

How BAME Vision can support you with information about your eye health and sight loss

At BAME Vision, we are here to help you with your eye health and sight loss. Not everyone has access to the internet or can find information online. We know that information about your eye health or sight loss can be hard to understand and accept. Sometimes this is due to the language or terminology used, or it could be due to attitudes and perceptions.

At BAME Vision, we want to enable ethnically diverse communities to make informed choices about their care and wellbeing relating to their vision.



Our Mission is to tackle the inequalities which prevent ethnically diverse communities from making informed choices relating to their sight by empowering, engaging and connecting with all stakeholders.

BAME Vision committee members can attend your place of worship, workplace, community centre, or luncheon club. We will come and share advice, resources and inform you about the services available to help you manage.



www.bamevision.org

Facebook - www.facebook.com/bamevision

Twitter - www.twitter.com/bamevision

LinkedIn - www.linkedin.com/company/bamevision

YouTube - <https://www.youtube.com/channel/UCkRQ-HKkDVRsVQSyXPY7zLg>

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We can talk in a variety of languages at a place convenient to you and your community members. We can help answer your questions by experts and professionals. We are also happy to tackle misconceptions, bust any myths and share personal experiences by people living with different eye conditions from various ethnic backgrounds.

Many eye conditions causing blindness can be avoided and you can prevent sight loss when action is taken early.

We want to help by sharing these messages early so that some people can save their sight or stop it from getting worse.

We can talk about a variety of topics such as:

- Dry Eyes,
- Cataract,
- Glaucoma,
- Macular Degeneration,
- Diabetes,
- Diabetic Retinopathy,
- Looking after your eyes,
- Diet and Nutrition,
- Using your eye drops correctly,
- Mental health and wellbeing,
- Practical tips and equipment,
- Technology,
- Who is eligible for a free eye test or home visit and
- Why it is important to get your eyes tested often.



Our Founder, Bhavini Makwana, is registered as blind and lives with Retinitis Pigmentosa. She understands the cultural barriers and perceptions to being blind.



YouTube - [https://www.you](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8)



She has been dealing with these attitudes from her own community, as well as others.

She is a blind wife, mother, and she also works full time and volunteers. She enjoys going to the theatre, bowling and cooking. Bhavini knows that being blind should not stop people from achieving their ambitions.

She can share how she attends family and community events, and help you make your cultural events accessible.

Feel free to ask Bhavini and others in her situation questions or to hear their experiences.

Email BAME Vision on info@bamevision.org to book a talk or presentation for your workplace or community. Let's talk about sight loss and eye health and where possible, stop your sight from getting worse.



Our Aims at BAME Vision is to address:

- The Lack of engagement from professionals and organisations claiming ethnically diverse communities are “hard to reach”.
- The Lack of access to eye care information in a format and language ethnically diverse communities understand, from point of diagnosis onwards.



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- The Negative attitudes and cultural barriers to sight loss within all communities.
- The Gaps in data about eye care, eye health and sight loss in ethnically diverse communities.

Contact us to find out more about our aims and what we are doing about each one. If you wish to collaborate with us, support us or just get involved, we would love to hear from you.

We have a variety of resources, lived experience stories through blogs and vlogs and information about projects which we are working on, all on our website. Please do visit www.bamevision.org

Read and watch Dr Sylvanus' story of being a blind dad, tackling stereotypical views and combating misconceptions. He shares wonderful tips on being a father and thriving in his career.

Check out our resource on using eye drops during Ramadan in a safe way without breaking your fast. The Wrist On Knuckle technique developed by one of our committee members, Subhash Suthar, can be demonstrated during one of our talks or presentations. You can find more about this and other resources on our website.

Masuma has glaucoma and shares how she observes fasting whilst using her eye drops safely. Read her blog also on our website.

If you would like to join us and support our vision and mission, then please see our News & Events section on our website for more details or email us at info@bamevision.org



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