# VISION IMPAIRMENT TEAM NEWSLETTER

**FOCUS ON NYSTAGMUS**

**Nystagmus is an involuntary movement of the eyes which can interfere with many visual skills, including fixing and focussing. A reduction in distance and near vision may occur along with considerable issues with scanning. Reading fluency may be affected. In addition, the depth of field vision is reduced with a possible resultant propensity to tripping and problems with hand-eye co-ordination. People with this condition often adopt a head tilt, as this helps them to establish a “null” point or a point at which the effects of the nystagmus are lessened. This should not be commented upon or discouraged. The effects of nystagmus depend on the severity and can worsen due to tiredness, illness and stress.**

[Happy Nystagmus Awareness Day!](https://enhancedvision.us19.list-manage.com/track/click?u=bbfb64c26c3d89a52ea1832ee&id=91e2dd21e2&e=fc64cdd882)**June 20th was nystagmus awareness day and so if you missed it this year put in in the calendar for next year. It affects 1 in 1000 people, and more people should be aware of it. Amanda Gene aims to educate and inspire parents and children who have nystagmus.**

**For more information, visit the Nystagmus Network, where you can also listen to an appeal by the broadcaster, Richard Osman, who has nystagmus himselff**

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| **Inspirational Youtube videos**  6 year old Besty, is a blind girl who thinks we should all be more positive!. Find out more here  <https://www.itv.com/news/london/2020-07-09/blind-six-year-old-betsy-griffin-becomes-youtube-star-with-positive-videos>>  [A Black Woman with Albinism](https://enhancedvision.us19.list-manage.com/track/click?u=bbfb64c26c3d89a52ea1832ee&id=d695607be8&e=06c71e002a) **Molly Burke is a star motivational speaker, YouTuber, author, and commercial model. She also happens to be blind. In this video, she interviews Thando Hopa, and they discuss several fascinating topics. Thando is a South African model, activist, and lawyer and this is a great interview covering her experiences as a person with albinism, representation and how we can build a more inclusive world.** |

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This is our last issue before the summer holidays. We break up on Tuesday 21st July. We wish you all a very happy and healthy summer

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**The Book Trust**

Read the article on the website relating to helping your children with the return to school:

<https://www.booktrust.org.uk/news-and-features/features/2020/june/how-to-help-your-children-return-to-school-5-top-tips/>

**Help with feelings/anxiety related the pandemic**

[www.mentalhealth.org.uk/coronavirus/coping-coronavirus-guide-young-people/](http://www.mentalhealth.org.uk/coronavirus/coping-coronavirus-guide-young-people/)

[www.mentalhealth.org.uk/coronavirus/change-loss-bereavement/](http://www.mentalhealth.org.uk/coronavirus/change-loss-bereavement/)

[www.youngminds.org.uk/find-help/feelings-and-symptoms/giref-and-loss/](http://www.youngminds.org.uk/find-help/feelings-and-symptoms/giref-and-loss/)

[www.cruse.org.uk/get-help/for-parents/](http://www.cruse.org.uk/get-help/for-parents/)



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**Cooking and Arts and Crafts** ideas are just some of the resources shared on the **VICTA** website

<https://www.victaparents.org.uk/covid-19-lockdown-resources/>

**Interested in making films?**

[Blind Filmmaker](https://enhancedvision.us19.list-manage.com/track/click?u=bbfb64c26c3d89a52ea1832ee&id=1f6fd7c76c&e=fc64cdd882) **Born legally blind with non-correctable conditions, James found a love for the camera when he realised, at its core, it's just a hi-tech magnifier. James is a filmmaker and has produced and directed a number of videos that carry strong messages. He even directed an advert for**[Tommy Hilfiger](https://enhancedvision.us19.list-manage.com/track/click?u=bbfb64c26c3d89a52ea1832ee&id=36eb7a1d70&e=fc64cdd882)

 Hopefully there will be some sunshine over the summer! Although mainly aimed at children with **aniridia**, you may be interested to look at the range of sunglasses for young children available here:

<http://www.ballsandballoons.com/a-guide-to-great-sunglasses-for-infants/>

Head over to **British Blind Sport** for a range of exercise videos with clear audio descriptions:

<https://britishblindsport.org.uk/stay-in-work-out/>

**FREE PACK** for 3-11 year olds to encourage activity:

<https://britishblindsport.org.uk/firststeps/>

**The RNIB shop has a range of sports/outdoor equipment for sale to keep your children and young people active**

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