

22nd - 28th
September

Thursday
9th October

Dress Bright 4 Sight

**National Eye Health Week
& World Sight Day 2025**

**Help us raise awareness of eye health and support those
experiencing sight loss in Nottinghamshire.**



Get involved and support National Eye Health Week & World Sight Day 2025

There are lots of ways your school can get involved to help us raise awareness of eye health and sight loss in Nottinghamshire.

The two main ways you can take part are by entering our Poster Competition and by taking part in Dress Bright 4 Sight on World Sight Day. You'll find lots of information about both of these initiatives in this pack, as well as information about eye health, sight loss awareness and accessibility. We've also included some posters and a certificate at the end of the pack.



About My Sight Notts

We are one of the oldest charities in Nottingham and we believe that **no one should face sight loss alone** and unsupported. We provide emotional support, practical advice, and peer support for children and adults with visual impairments, helping them live full and independent lives. Through a range of projects and services, we minimise the impact of sight loss and enhance quality of life. Our staff and volunteers assist with adapting to life changes, offering guidance on home safety, accessible technology, low vision aids, and more. We ensure individuals with sight loss have the resources they need to lead a life with equal opportunities.

National Eye Health Week

22nd-28th September 2025

National Eye Health Week takes place once a year and is when charities, businesses, health professionals and scientists come together to advocate the **importance of eye health** and the ways we can preserve our sight.



Poster competition

This year, we're inviting schools to **design a poster promoting the importance of eye tests for children.**

If you share your top three posters with us, they will be exhibited in the Broadway Gallery in Nottingham City Centre on World Sight Day, Thursday 9th October. Prizes will be awarded to the overall winners.

Hold your Poster Competition during National Eye Health Week and send us your winning posters by Friday 3rd October. We've provided a poster about the competition to share with students and parents, as well as certificates for your school's winning entries.

Send your winning posters to our address here:
My Sight Notts, 26-28 Heathcoat Street, Nottingham NG1 3AA



The importance of getting an eye test

Early detection of eye problems allows for timely treatment and support. Children may not notice vision issues, so **routine tests are crucial** to avoid impacting their development and education. Uncorrected vision problems can affect children's ability to learn and reach their full potential.

See the world clearly!

- **Spot problems early** - eye tests help find things like blurry vision or eye strain before they become bigger problems.
- **Do your best in class** - If you can't see the board clearly or read your books, learning gets harder. Eye tests make sure your eyes are school-ready! 📚✏️
- **Stay safe and confident** - Seeing well helps you feel more confident playing sports, riding a bike, or crossing the street safely. 🚲⚽
- **Even if your eyes feel fine** - some eye problems don't have symptoms at first. That's why regular check-ups are so important!

Fun fact!

Your eyes are amazing!
They can focus on 50 different objects every second.

Fun fact!

Your eyes blink about 15 – 20 times every minute — that's over 20,000 times a day!

Joel's Story



Joel is a 16-year-old service user at My Sight Notts. Outgoing and friendly, he loves Scouts, music, and the theatre. Joel was born extremely premature and as a result has faced several health challenges, including severe sight loss in both eyes. He has now lost all functional sight in his right eye following a retinal detachment he experienced two years ago, and he also uses a hearing aid.

Despite these challenges, Joel thrives at his mainstream school with the help of an iPad, a teaching assistant, and plenty of determination. He's working on his Duke of Edinburgh award and was even awarded the Medal of Meritorious Conduct by Bear Grylls for his achievements in Scouts.

A big part of Joel's life is Petal, his golden retriever buddy dog. While not a guide dog, Petal is a loyal companion who helps Joel build confidence and connect with others.

My Sight Notts has supported Joel with specialist equipment, tech workshops, and ongoing advice for him and his mum, Melissa. She says it's comforting knowing we're always there.

Joel hopes to raise awareness about sight loss at school— hopefully with Petal by his side—and says simple things like wearing bright clothes or introducing yourself really helps him.

Kind, determined, and always up for a challenge, Joel is an inspiration to us all.

World Sight Day 2025

World Sight Day is on **Thursday 9th October** and is an opportunity to highlight the importance of **protecting our eyes** and vision, raise awareness of vision impairment and blindness, and promote eye and vision care.

Dress Bright 4 Sight

This World Sight Day, join us for **Dress Bright 4 Sight!** All you have to do is ask students and staff to wear their brightest clothes and make a suggested donation of £1 or £2 each.

You can donate the money you raise easily via our JustGiving page (link via the QR code on the poster provided), or by bank transfer, cash, or cheque—just let us know your preference. By participating, you'll help support people experiencing sight loss across Nottinghamshire.

Other fundraising ideas:

- Cake sale - with prizes for the best eye related or bright bake?!
- Raffle
- Tombola
- Making and selling crafts



What your donations can do:

£5

Covers transcription services for audio and braille materials

£25

Funds a session with our eye clinic liaison officer

£100

Sponsors a group physical activity or assisted lifestyle session

£500

Funds training sessions to improve client care

Eye Health Care

1. Get Your Eyes Tested

Have your eyes checked every two years, or sooner if needed. Eye tests can catch problems early — like squint, lazy eye, or blurry vision.

Eye tests are free for under-16s, and help with glasses may be available.

2. Eat Eye-Healthy Foods

Colourful fruits and veggies are great for your eyes — like tomatoes, blueberries, grapes, pineapple, and mango.

Other good choices: fish, chicken, eggs, and wholegrains.

3. Protect Your Eyes from the Sun

Wear sunglasses that block UV rays (look for CE, UV 400 or British Standard). A wide-brim hat helps too.

Check the UV level — if it's 3 or more, wear shades!

4. Go Outside

Time outdoors helps prevent short-sightedness from getting worse. Fresh air is good for your eyes!

5. Follow Instructions

If your optician gives advice, follow it carefully — especially with contact lenses. Always keep them clean and wear them properly.

6. Help Little Ones

For babies and toddlers, play helps eyesight develop. Try peekaboo, mirrors, building games, or high-contrast toys.

Accessibility & Awareness

Learn how to support people with sight loss and help make the world a more accessible place.

Be A Sight Superstar!



Support people with sight loss and help make the world more accessible.

What Is Sight Loss?



Sight loss can mean blurry vision, tunnel vision, or blindness. It can be present from birth or develop later. Everyone's sight loss is different.

How to Be Aware



- Introduce yourself and ask before helping. It can be hard to identify people - especially when everyone is wearing the same school uniform.
- Give clear directions, like "the door is behind you."
- Be respectful with your words.
- Keep paths clear of obstacles.

Tech That Helps



- Screen readers: Speak out what's on a phone or computer screen
- Accessibility Apps: Like 'Seeing AI'. Can help navigate, read menus, faces, money and more.
- Magnifiers & Braille: Help people read books, labels, and signs
- Voice Assistants: Like Siri or Alexa, can help with tasks.

Accessibility Matters



- Use large, clear text and high-contrast colours.
- Add image descriptions online.
- Ensure spaces are accessible for those with low vision.

Be a Friend



Inclusion is key. People with sight loss do amazing things, and sometimes they just need a little help.



Dress Bright 4 Sight

on World Sight Day

Join My Sight Notts and celebrate World Sight Day 2025. Dress in your brightest clothing and donate to help raise awareness and support people experiencing sight loss across Nottinghamshire.

Thursday 9th
October 2025



Tel: 0115 970 6806
Email: info@mysightnotts.org.uk





Congratulations



**Winner of the National Eye Health Week poster
competition 2025!**



Poster Competition!



Get Creative for Healthy Eyes!

This year, we have a super fun challenge just for YOU! We're asking schools to design amazing, colourful posters that show why it's really important for young people to have their eyes tested. It's your chance to be creative, learn about eye health, and maybe even become a star artist!

We will display the top three posters from each school in the Broadway Gallery in Nottingham City Centre on World Sight Day – Thursday 9th October!



When should we make our posters?

Hold your Poster Competition during National Eye Health Week, and make sure to send us your school's winning posters by Friday 3rd October.

