



A Change of Direction [Interview in OPTOMETRY TODAY with HoS]

Professor Marcela Votruba talks to OT's Emily McCormick

For many, a new year means new beginnings, and for Professor Marcela Votruba (pictured) marked a new job role after she was appointed Head of the School of Optometry and Vision Sciences at Cardiff University, a position which she took up on 2nd January 2014.

An Ophthalmologist by training, Professor Votruba joined the University in 2003 as a Clinician Scientist funded by the Medical Research Council, before going on to become a senior lecturer within the department.

Discussing the new position, Professor Votruba speaks with confidence as she tells *OT* why she applied for the role. “When the position became available, it was clear that we, as a School, needed to refocus our energies and look to future developments,” she said. “looking at the post from a clinician scientist’s perspective, I knew that I had something to offer and I felt strongly about how the School should evolve.

Very clear about her ambitions for the School’s future, the Professor’s imminent focus will be on reformulating the School’s strategic plan and Research strategy, with an overarching goal to “bring teaching and research closer together”.

A Department United;

The new direction for the department will be driven by two factors, Professor Votruba explained. One element focuses on the education of the next generation of optometrists, the second is its basic and Clinical Research—both of which she labels as “the core functions of the School”.

Today the department enrolls, on average 96 optometry undergraduates annually, producing optometrists who rank in the top 10% of the profession.

While proud of the School’s prestigious reputation, Professor Votruba feels strongly about the need to develop further. “Every School of Optometry in the UK needs to think about its future because nothing, however good it is, can stand still,” she explained.

“We cannot rest on our laurels, we have to be aware that everyone and everything moves on. Courses develop and we must move forward into the next decade,” she added.

To read the full article, please use the following link; <http://www.optometry.co.uk/news-and-features/features/?article=5845>

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**STOP
PRESS!**



OBE

AWAY DAY REMINDER

Cardiff School of Optometry School Away Day

*Cardiff City Hall
Cathays Park, Cardiff, CF10 3ND*

*Friday 27th June 2014
09:30am ~ 4:30pm*

Dr Joy Margaret Woodhouse from the School of Optometry has been awarded an OBE for services to People with Disabilities.

For over 20 years Dr Woodhouse has been running a study of visual development in children and young people with Down's syndrome.

Her research is supported by a study group of over 250 children and young people with Down's syndrome and has resulted in changes to eye care practice and to educational management of children with Down's syndrome.

The honour follows a lifetime achievement commendation she received last year in the Understanding Disability Awards.

Her Research is often held up as an example of how by bridging the gap between Research and community, it is possible for Research to translate to a real and lasting impact on the life quality and learning opportunities of those with Down's syndrome



DR MARGARET WOODHOUSE FORTY-YEARS SERVICE

40 Years Service

Dr Woodhouse (Maggie), will reach forty-years of service in Cardiff University in September 2014, which we feel deserves a mention in our School Newsletter:

Maggie is an exceptional person. Her work has impacted on people with learning disabilities, their families, eye care professionals, voluntary organisations, policy makers and researchers.

As an Optometrist, from early in her career, Maggie specialised in providing eye care to people with learning difficulties. Over the years, she has directly improved the visual outcomes of thousands of children. When she set up her pioneering 'Special Assessment Clinic' at Cardiff University, charts and test equipment to assess vision in people with learning disabilities were not available. Developing testing equipment was one of the first challenges. As there were small numbers of people affected, companies weren't interested. Maggie demonstrated her usual innovation and entrepreneurship and developed the charts herself and worked with a small company to distribute them. The 'Cardiff Cards' and other equipment to assess vision in people with learning disabilities can now be found in Optometry practices and hospitals around the world.

Through her work in the Special Assessment clinic, Maggie pioneered Research into the effect of Down's syndrome and learning disabilities on visual function. For example, over the last twenty-years, by following a group of over a hundred children since 1992, she has made important discoveries about the ways in which eyes and vision differ in children with Down's syndrome. These have led to evidence-based guidelines for testing and managing eye problems and eye care Professionals are now far better informed to ensure that children with Down's syndrome are able to reach their full visual potential. More recently, her work testing sight in children in special schools has led Welsh Government to develop new policy to ensure very child in a special school has a sight test annually in school.

Her research has done what the best research should do, it has expanded our knowledge. But more importantly, in addition to her research outputs, through her tireless efforts in teaching and for charities she has changed eye care practice and changed the lives of very many people.



 **Sight Cymru**

Thursday 26th June 2014
School of Optometry & Vision Science

Sight Cymru (formerly known as Sight Support) has, for a number of years now, organised and delivered the Wales and West Vision Conference which is aimed at professionals working within the eye care sector. In previous years we have been fortunate in being supported with **exceptional speakers** and this year's conference will focus on recent developments in sight loss treatments and will also include some advise from the Alzheimer's Society about dealing with service users who also have dementia.

Sharon Beckett said: "following our hugely successful conference which we co-hosted with SeeAbility in 2013, we are delighted to announce the date for the Wales & West Vision Conference 2014. This event will provide an excellent opportunity for the sector to come together to network and engage with colleagues and acquire information delivered by expert speakers from the eye care and dementia sector.

The conference programme is being finalised but below are some of the confirmed speakers and, as you can see, promises a "not to be missed" event!

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|----------------------------------|--|
| Mr Richard Wormald | Consultant Ophthalmologist, Head of Epidemiology, Moorfields Eye Hospital |
| Dr Stephen Hicks | Research Fellow in Neuroscience and Visual Prosthetics. Oxford University |
| Mr Manoj Kulshreshtha | Reader in Rural Health MB ChB FRCSI CCST (Certificate of Completion of Surgical Training) in Ophthalmology |
| Professor Marcela Votruba | Consultant Ophthalmologist and expert in inherited eye disease. Newly appointed as Head of School of Optometry & Vision Sciences. |



The Annual Speaking of Science Conference

The Annual Speaking of Science Conference is a unique and very popular student led event for Postgraduate Researchers in the physical, biomedical, biomedical and life sciences at Cardiff University and neighbouring institutions. The Speaking of Science Conference provides Postgraduate Researchers with a platform to present their Research with impact and I believe it is a nice way to start presenting their work before going to national or international conferences.

The year's conference was the largest so far with more than one-hundred delegates and a total of thirty-five oral presentations and forty-poster presentations. The School of Optometry and Vision Sciences was well represented in this conference not only by the number of delegates from the School that attended but also by the number of awards received;

Winners List





Staff Birthdays

Happy Birthday to all Members of Staff who celebrated their birthdays in March, April and May and June 2014

March

- Ceri Goodman
- Katie Mortlock
- Jane Powell
- Helen Morris

April

- Barbara Ryan
- Karen Rowland-Jones
- Steve Morgan

May

- Sasha Macken

June

- Claire Bartlett
- Anna Taylor
- Jennifer Acton



Information Security

The Information Security Framework (ISF) programme is delivering a framework by which the University can manage the significant financial and reputational risks involved in collecting, storing and using personal and other data. It will also help to assure external stakeholders that the University can be regarded as secure in relation to the way it manages its information/data.

During the course of the launch campaign, you may have spotted the Dark Robot character dotted about campus....



The Dark Robot, with his sack of stolen data serves as a prompt to think about the security of your and the University's information. From the 19th of March you will also have been able to see posters providing information on how to be more secure both at work and at home. Each of the posters carries the URL of the newly created [ISF website](#).

For more Information;

This [Blas article](#) outlines the programme's aims as well as new and upcoming developments which will affect all staff such as the [University Information Classification and Handling Guidelines](#).

See the [ISF website](#) for a range of advice and guidance, such as how to select a good password, how to protect your mobile device etc. In addition there is information on important changes to information management policies and practice such as the new Information Security Incident Management Policy.

You can also follow the ISF programme on Twitter @CU_InfoSec



On behalf of everyone at UCAN;

A massive thank you to two of our wonderful volunteers, Amy McCoy and Clare Murray, who recently presented UCAN Productions and Dr Margaret Woodhouse with a cheque. Both young ladies have had a very busy year, as well as being graduating third year students at Cardiff University School of Optometry and Vision Science, they are also members of the Student Optometry Society OPSOC and this year's RAG representatives. Amy and Clare raised funds by making pancakes, organising raffles at the annual Eye Ball and fundraising events around Christmas and Valentine's Day. They managed to do all this whilst studying for their degrees and being regular and committed UCAN volunteers. Again, a big THANK YOU to both Amy and Clare and to wish them the very best of luck with everything they do in the future.



British Congress of Optometry and Vision Science (BCOVS) 2014 CARDIFF

We are pleased to announce that the next BCOVS meeting being held on Monday 8th and Tuesday 9th September 2014 at the School of Optometry and Vision Sciences at Cardiff University.

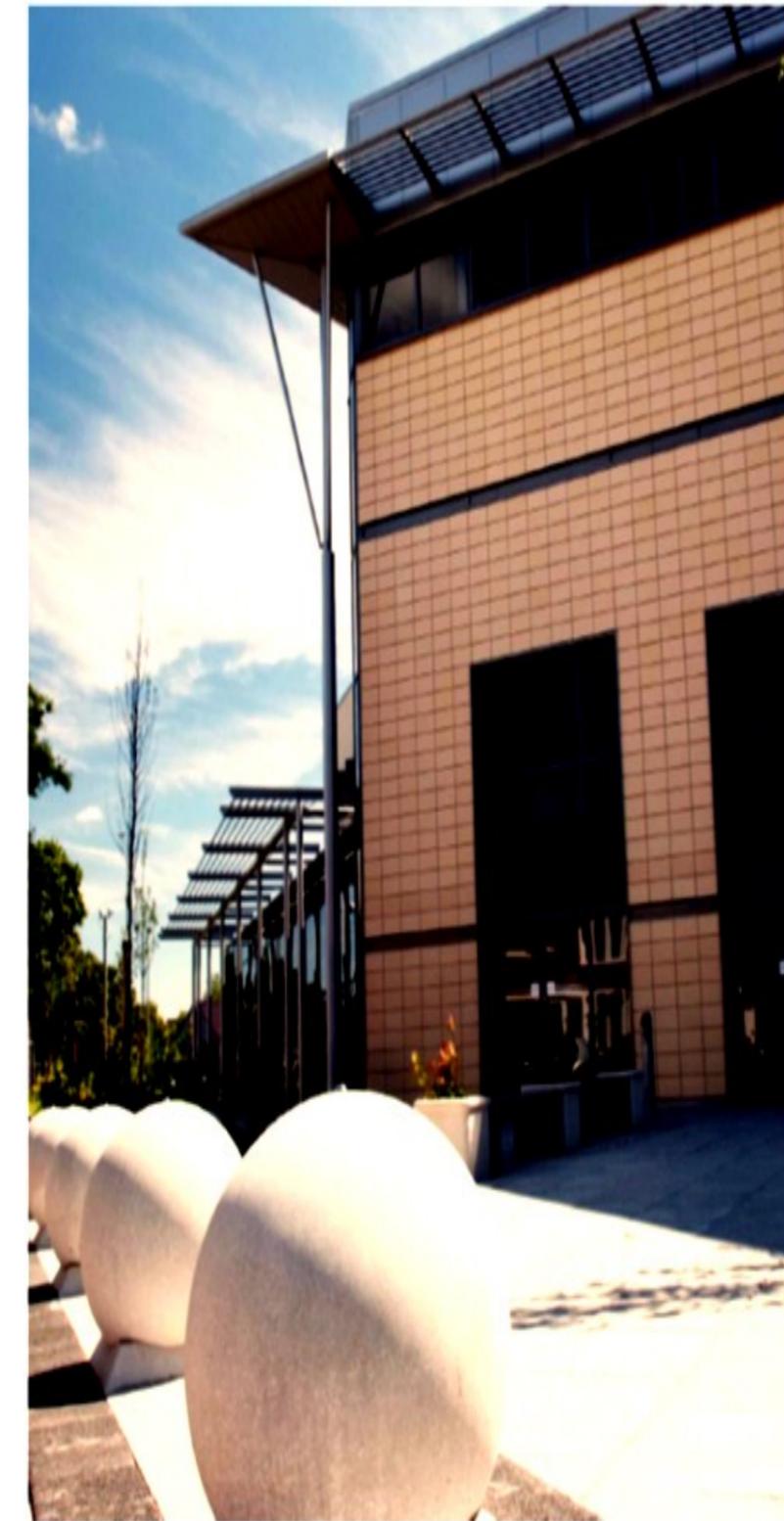
The Congress aims to allow researchers who are interested in basic and applied vision research to meet in a friendly and informal setting. We especially wish to encourage clinicians, post doctoral researchers and PhD Students to present their work either as a short talk or poster in this supportive environment.

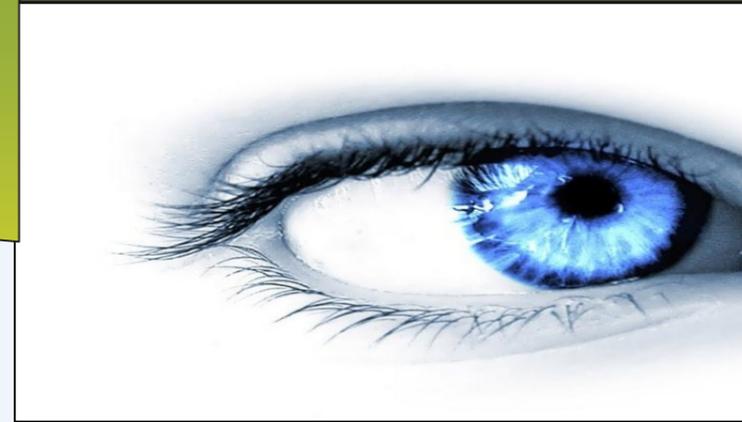
Further information regarding the programme and speakers will be available soon.

For more information visit and bookmark <https://bcovs2014.eventbrite.co.uk> or contact BCOVS-2014@cardiff.ac.uk

Registration fees:

£25 (pre-doctoral students)	£35 (post-doctoral students, research fellows, principal investigators, staff)
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Ministerial Visit

Welsh Government Health Minister, Mark Drakeford visits the School of Optometry, Friday 23rd April 2014

The Welsh Government Health Minister, Mark Drakeford has visited the University to see first-hand how a £9.5m fund can help improve patient care.

The Wales Optometry Postgraduate Education Centre, based in the School of Optometry and Vision Sciences and the School's Eye Clinic are participating in two projects funded by the HTF: The Open Eyes Initiative and the Technology Refresh for Optometry Practices and Connectivity to NHS Wales Network.

Speaking at the School of Optometry and Vision Sciences, Mark Drakeford said: "Technology plays a key role in achieving the best outcomes for patients and reduces the need for patients to have to travel to hospital for their care. This new round of £9.5m of funding will cover four key areas and shows the Welsh Government's ongoing commitment to improving health and delivering first-class health services in Wales". The Wales Optometry Postgraduate Education Centre (WOPEC) remains the only dedicated postgraduate optometry education centre in Wales. Over 4,500 eye care professionals around the world have studied with WOPEC, providing education and training for optometrists and eye care practitioners, creating a workforce of professionals who can deliver the highest quality eye care to patients.

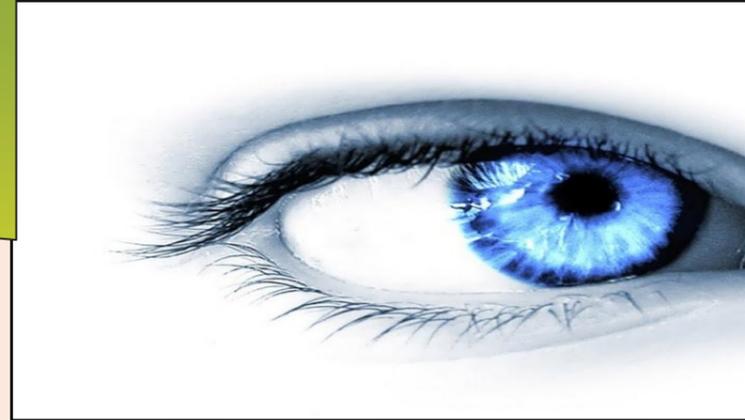
Head of School of Optometry and Vision Sciences, Professor Marcela Votruba added: "We were delighted to welcome the Minister to the School of Optometry and Vision Sciences so he could see first-hand the benefits of how investing in new technology can benefit patients".

Health Technologies and Telehealth Fund being spread across four key areas:

Health boards across Wales will benefit from a share of £9.5m to invest in new technology and telehealth to improve patient care. Healthboards made applications to the Welsh Government's Health Technologies and Telehealth Fund, with the money being allocated in four key areas:

- Connecting primary care (£2.33m) - these projects support e-referrals, discharge and data sharing, covering pharmacy, dentistry and optometry.
- Hub and spoke models (£0.53m) - these projects will enable pre and post-operative care as lymphoedema care.
- Telemedicine (2.87m) - Investment in remote devices and connectivity to link clinicians and patients together
- Enabling infrastructure (£3.92m) - these projects will provide core infrastructure on a once-for-Wales basis

The NHS Wales Informatics Service (NWIS) in partnership with the Wales Eye Health Care Steering Group has been awarded £1m, which will fund two projects: the Open Eyes initiative and the Technology Refresh for Optometry Practices and Connectivity to NHS Wales Network.



WELL DONE: PERSONAL ACHIEVEMENTS

A huge well done and congratulations to:

Professor Jon Erichsen who has been awarded a **Personal Chair**, with effect from the **1st of August 2014**.



And;

Dr Craig Boote who has been promoted to **Senior Lecturer**, also with effect from the **1st of August 2014**



Since January 2014, we would like to congratulate the following who have successfully passed their PhD viva's during 2014:

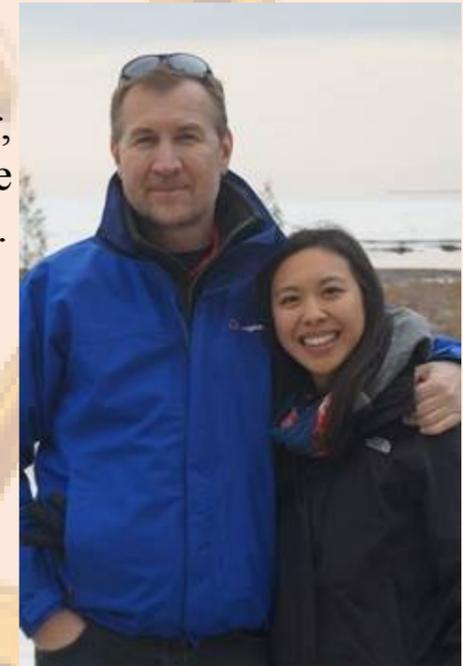
- ◆ **Stephen Cross**
- ◆ **Alison NG**
- ◆ **Rachel Hiscox**
- ◆ **Hannah Jones**
- ◆ **Matthew Dunn**
- ◆ **Simon Goodson**
- ◆ **Elena Koudouna**
- ◆ **Sian Morgan**



CONGRATULATIONS TO:

Alison Ng and Tyrone Kidney.

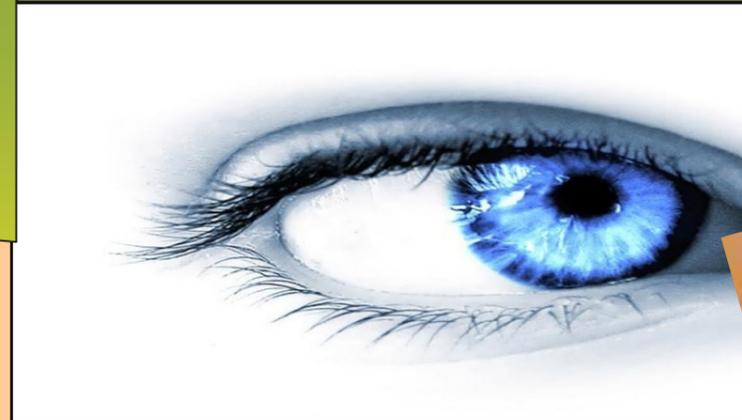
Tyrone and Ally got engaged in Canada at Easter, where Ally is now a post-doctoral fellow at the School of Optometry at the University of Waterloo.



Tamsin and Peter Gleed
Tamsin (nee Callaghan) and Peter celebrated their wedding on the 11th of April 2014.

Louise and Tom Bower
(Louise nee Terry) and Tom tied the knot on the 24th of May 2014.





GRADUATION AWARDS & PRIZES

<u>Student Name</u>	<u>Name of Prize</u>	<u>Category</u>
Jasmine Smith	Boots Opticians	Best Degree Result
Christine Constantinide	Sutnam Bahra Memorial	Best Written Project
Christopher Williams	Civavision	Best CAL Project
Chloe Law	Carl Ziess Vision	Best Performance in Optics & Visual Optics—Year 1
James Lam & Jasmine Smith	Essilor UK	Best Performance in Dispensing—Year 3
Kathryn Glacken	Essilor UK	Bes Performance in Dispensing—Year 2
Nicolas Campbell	Peter Yeo Memorial	Best Performance in Optometric Practice
Neringa Mordaite	Anne Howell Memorial	Best Performance in Low Vision

<u>Student Name</u>	<u>Name of Prize</u>	<u>Category</u>
Sarah Wyatt	Bausch & Lomb (UK) Ltd	Best Performance in Contact Lens Practice—Year 3
Chloe Law	Bausch & Lomb (UK) Ltd	Best Performance in Clinical Practice—Year 1
Kathryn Glacken	Bausch & Lomb (UK) Ltd	Best Performance in Clinical Practice—Year 2
Neringa Mordaite & Jasmine Smith	Association of Optometrists	Best Performance in Occupational Optometry & Law
Linda Lawrence & Kristan Skoczek & Jasmine Smith	Mrs Liles	Best Practical Project
Esther Mellowes	Louis Stone Optical	Best Performance in Abnormal Ocular Conditions—Year 3
Lubna Moolla	Louise Stone Optical	Best Performance in Abnormal Ocular Conditions—Year 2
Chloe Law	Louis Stone Optical	Best Performance in Abnormal Ocular Conditions—Year 1
Fiona Heston	School of Optometry & Vision Sciences	Top Student Year 0



FREE TO A GOOD HOME

The following are pictures of all the 'junk' in Wolfgang's old Lab (1.44).
If there is anything that is yours, or you want please claim it/them **before the 30th June**.

There will be sticky labels in the Lab, please label (easily visible) what you want.
Please make every effort to remove it yourself, but if technical assistance is needed please arrange a time and location with either Gregg, John Speck, or Phil!





Easy Dinner Ideas ~ 'Not just for Students'

'Cheap as Chips' - Veggie Pizza

Prep Time = 15 mins

Cooking Time = 25 mins

Serves 5

Ingredients:

200g Carton Passata	5 medium eggs
Pack of 5 large Flatbreads	Freshly grated nutmeg
750g bag frozen spinach, defrosted	Small bunch of basil
1 garlic clove, chopped	Shaved parmesan (or vegetarian alternative to serve)
3 balls mozzarella, patted dry & torn	

Method:

1. Heat the oven to as high as it will go. Spread 1-2 tbsp. of passata over each flatbread. Squeeze as much water as you can from the spinach (this will prevent your pizzas from being soggy), then scatter on top, leaving a gap in the centre.
2. Divide the garlic and mozzarella between the pizzas, seasoning generously as you go.
3. Place two flatbreads on a baking tray, carefully crack an egg onto the middle of each and season with nutmeg and some of the basil.
4. Bake for 7-minues until the cheese has melted and the egg is cooked to your liking.
5. Repeat with the remaining pizzas and ingredients.
6. Serve, garnished with a little more basil and some parmesan
7. Cut into slices and share.

'Moroccan Spiced Mince with Couscous

Ready in 35-40 minutes, plus draining time

Serves 4

Ingredients:

2 tbsp. sunflower oil	2 medium onions, roughly chopped
350g pack Quorn mince	1 tbsp. ground cumin
1tsp ground turmeric	100g ready-to-eat dried apricots, quartered
600ml vegetable stock	grated zest of 2 lemons
280g couscous	50g unsalted cashews, toasted
4 tbsp. chopped fresh mint	Under grill

Method:

1. Heat the oil in a large non-stick pan, add the onions and cook gently for 5 minutes until they soften. Stir in the Quorn & spices (unlike meat & poultry, quorn doesn't need to be browned), then add the apricots and stock.
2. Bring to the boil, then turn the heat down and gently cook for 10-15 minutes.
3. Meanwhile, make up the couscous following the packet instructions—it will take about 450ml boiling water to give it a nice fluffy texture. Fork through the lemon zest and mint. Season to taste.
4. Spoon the couscous onto serving plates, pile the quorn mixture on top and scatter with cashew nuts