



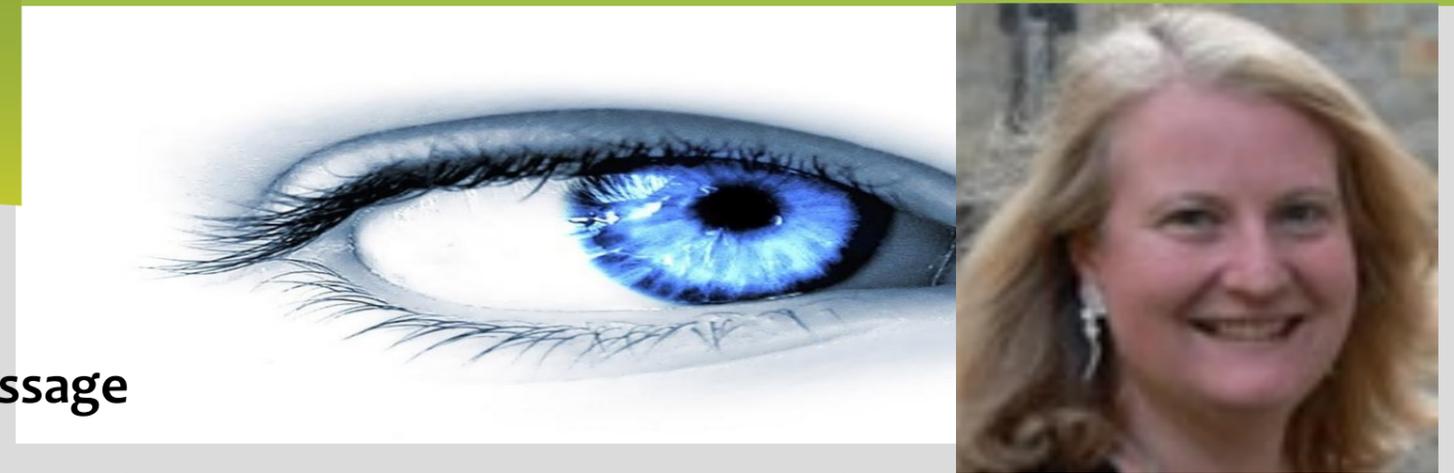
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# School of Optometry and Vision Sciences iSight Monthly Newsletter

## December 2014





## Head of School Message

Dear Colleagues,

It's hard to believe that I have now been Head of School for one-year and I would like to thank you all for your support and hard work. This year has had some very challenging tasks for us all and the School has worked together in a very cohesive way to try to address these. One excellent example of this is the new School website: I wish to thank Tony Redmond particularly for his lead on this and the support that Phil Booth has provided. We have also had lots to celebrate- among other things it is not every year that a member of Staff is awarded an OBE!

The School has undergone inspection by the GOC with a positive outcome. This was a major effort and Judith Colwill's work was critical in supporting Rachel North, Fergal Ennis and Kat Evans. We have successfully undertaken ARE and we face our five-year Periodic Review in 2015. There have been challenges in restructuring and re-organisation taking place both in the Eye Clinic and in Clinical Teaching. I would like to thank Fergal Ennis for his leadership as Director of Teaching and Learning and Kat Evans for taking up the role of Director of Clinics so enthusiastically and effectively. Emma Daniel- Davies' change in role in the clinic has been working well and attracting praise. Another additional feature has been the introduction of Kirsten Hamilton-Maxwell as a Feedback and Assessment Lead, focusing the School's effort to improve our NSS score. Leanne Morrish is giving the UGs a lot more dedicated support this year and Ashley Wood has been doing a lot of work on the UG Staff/ Student panel. Malgorzata Rozanowska has embraced the Erasmus and international agenda. The admissions process went well thanks to Richard Earlam and Jennifer Acton and Kat Evans. The exam period was hectic but the Exam convener, Maggie Woodhouse kept us on track. In the Eye Clinic Helen Morris has been working more closely with the School Board and the Eye Clinic has had an external Practice Health Check recently, with recommendations that we plan to take forward in 2015.

Postgraduate research has seen a substantial change in structure and administration and I want to thank Jon Erichsen in taking such a lead in driving this in the School and Sue Hobbs who is invaluable in this work. PGT continues to grow and with the approval by The University of the plans for the first floor I am optimistic that education and research will thrive. Thanks to Nik Sheen and Barbara Ryan for their continued drive and energy. The Clinical Research Facility users have really pulled together and Tom Margrain has been working hard to co-ordinate the reorganisation of clinical research facilities.

The School faces continuing challenges in terms of generating research grant income. Andrew Quantock, Director of Research, and I have started a series of research staff meetings, spanning early 2015, to address research income, outputs and impact and refresh our School research strategy. The School has appointed a new Chair; Jez Guggenheim, who will start in February 2015.

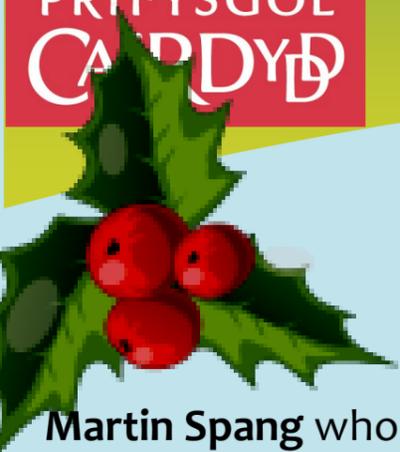
There have been other very positive notable changes in the School, far too numerous to list. I would like to thank all those who have put in time and effort to making things work well. The School relies on all of you who serve on or chair committees, without which the School could not function, a good example being Julie Albon and the Ethics Committee.

I would particularly like to thank all of the School's Professional Services Staff for their hard work and dedication, ably led by the School Manager, Anna Taylor. The new system for accessing a range of support appears to be evolving well and Finance and HR processes have been updated this year. Technical services and finance roles are increasingly being refined so a big thanks to Phil Booth and Gregg Morrish, and Sian Evans and John Speck. Fliss Brooks and Stephen Johns have been able to give far more HR support than was previously available and this is making a difference. Anna Taylor and the E&D committee have worked very hard on our School's Athena Swan Silver renewal application, so we are waiting for the outcome with keen anticipation. The Away Day generated a lot of positive suggestions which the School is working through to deliver on. I hope that the new performance and talent management ideas coming through from the College will improve career aspirations and working lives.

Last but not least, my life would now not be complete without Su Jenkins, and I would like to thank her for her amazing support over a range of School activities in 2014.

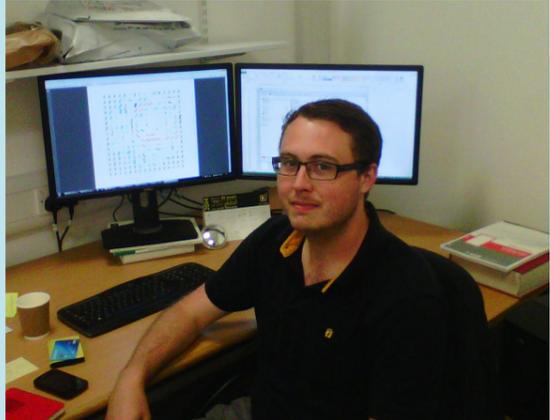
Yours sincerely

**Marcela**



## Welcome To:

**Martin Spang** who recently joined the School as a visiting researcher. Martin is on placement from The Ohio State University until July 2015 and is self-funded via a Whitaker Foundation Bioengineering fellowship. His project is in experimental and computational analysis of whole eye biomechanics. Martin is based in room 3.17



**Dr Anna Majander** who is a Clinical Research Associate in the University College London, Institute of Ophthalmology—Moorefields Eye Hospital, working on NIHR research on Genotype and Phenotype in inherited Neurodegenerative Diseases.



She graduated as a MD from the University of Helsinki (Finland) in 1990, defended her thesis on the respiratory chain complex I and its function in Leber's hereditary optic neuropathy for the degree of Doctor of Medical sciences (PhD) in 1996, became Specialist in Ophthalmology (Consultant) in 2002, and Docent (Adjunct Professor) in Ophthalmology in 2014. Since 2002 she has worked as a consultant and surgeon in the Paediatric Ophthalmology and Strabismology Service of the Department of Ophthalmology, Helsinki University Central Hospital, Finland, with specific interest on childhood glaucomas and anterior segment developmental disorders. Her primary research activity was on biochemical characterization of mitochondrial respiratory chain function in diseases, specifically Leber's hereditary optic neuropathy.



## Congratulations ~ OBE

**To:** Dr. Margaret Woodhouse who was made an OBE (Officer of the Order of the British Empire) by the Duke of Cambridge at Windsor Castle on Thursday the 2nd of October 2014.



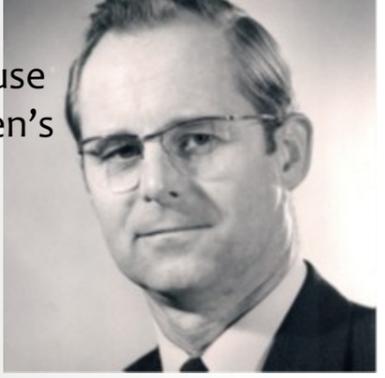


### The David Pickwell Lecture 2014

**Venue:** University of Bradford

**Guest Speaker:** Dr J. Margaret Woodhouse

**Presentation:** Clinical Research in children's vision: how can we make a difference



### Lecture Synopsis

Carrying out clinical research in children's vision with an aim to improving practice involves much more than doing some experiments and publishing the result. Firstly, there is the issue of recruitment and retention of subjects; this means making the study sound appealing to both children and their parents. Secondly there is the conduct of the research; keeping the children engaged and involving the parents. Thirdly, there's the vexed question of dissemination of results; parents, educators and clinicians might not read scientific journals. While the University system demands 'impact factors' having a real impact on clinical and educational practice means communicating directly with the people who matter.

Maggie discussed her work on visual development in Down's syndrome to present examples of how we might tackle these issues so that the research does make a difference.

David Pickwell was Professor of Optometry at the University of Bradford until his retirement in 1992. He was influential and highly respected in the UK and Internationally. He served the optometry professional and community in Yorkshire for over forty-years, and the University for over twenty-five years from its inception until his retirement. He laid the foundation for Bradford School of Optometry and Vision Science as we now know it.



### Congratulations Dr Terry Smith

At the sixth MitOX meeting, held on Tuesday the 9th of December 2014 at the John Radcliffe Hospital in Oxford, Dr Terry Smith was awarded the Runner-up prize for his poster entitled "Can Idebenone be an effective treatment for patients with dominant optic atrophy?".

Congratulations Terry!

The conference is a yearly meeting held in the winter, organised by Dr Karl Morten and Prof. Jo Poulton from Oxford University (pictured above).

It is a day long event with a focus on mitochondrial function, disease and novel treatment strategies.



# Staff Birthdays

A very Happy Birthday to all  
Members of Staff who celebrate  
their birthdays in 2015;



## January

Allannah Gaffney

## February

Judith Colwill  
Stephen Johns  
Jon Baston

## March

Ceri Goodman  
Helen Morris  
Katie Mortlock  
Jane Powell

## April

Karen Rowland-Jones  
Barbara Ryan

## May

Sasha Macken

## June

Jennifer Acton  
Anna Taylor

## July

Emma Daniel-Davies  
Sue Hobbs  
Rod Woodhouse

## August

Richard Earlam  
Lucy Grant

## September

Megan De-Witt  
Jon Erichsen  
Su Jenkins  
Allyson Treharne

## October

Keith Meek  
Maggie Woodhouse  
Terry Smith

## November

Kirsten Hamilton-Maxwell  
Sharon Leaves

## December

Fliss Brooks  
Stephanie Pulman



## Optometry Christmas Lunch Fortune House Cantonese Restaurant

43-45 Salisbury Road, Cathays, Cardiff

**Friday 19th December**

**From 12:00noon**

**Christmas Menu**

### Starters

Mix Hors D'oeuvres

(spare ribs, spring rolls, prawn toast and seaweed)

### Main Course

Sweet & Sour Port Cantonese Style

Crispy Chicken

Fried Sliced Duck with Ginger and Spring Onions

Fried Sliced Beef in Chilli & Black Bean Sauce

Fried Mixed Vegetables with Cashewnuts

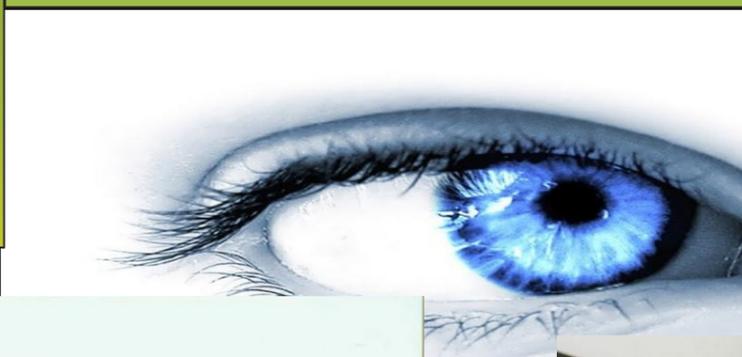
Special Fried Rice

(Vegetarian Meal also available)

### Dessert

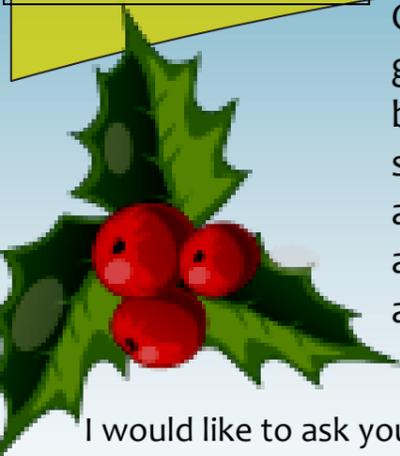
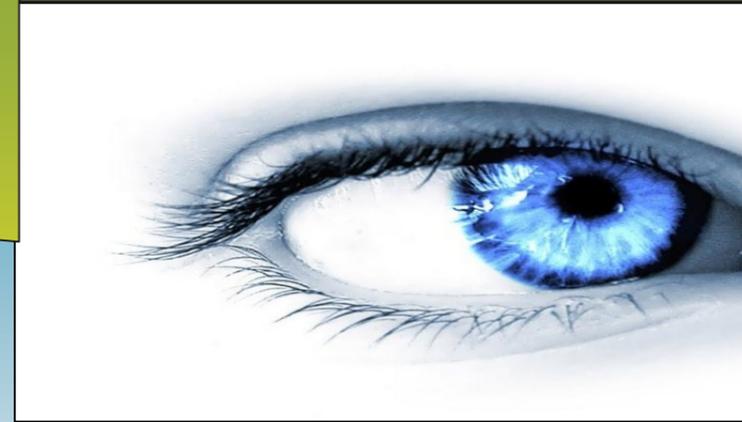
Mince Pie





the first!  
Celebrating 40 years of  
Maggie Woodhouse  
at Cardiff University





On behalf of the School I would particularly like to congratulate all individuals, PIs and collaborators, who have been awarded research grant funding over the last four to six months. Please make sure that all grants that are awarded are communicated to Anna Taylor, School Manager, and it would be great if you could Cc Marcela as she is very keen to celebrate your success.

I would like to ask you to join with me in sending our congratulations to our Colleagues; **Maggie Woodhouse and Jon Erichsen** for their success in obtaining grant funding for a period of three years to support a Postdoctoral Research Associate to work on Control of accommodation and eye movements in children with Down's syndrome. The effect of bifocals.

Funding body; Action Medical Research for £169,053

Dr J M Woodhouse, Prof J T Erichsen, Dr J-A Little [Coleraine], Ms C Williams [Bristol], Mr P Watts [UHW], Prof K J Saunders [Coleraine].

### **New Grant Leads to Reunion by Prof. Keith Meek**

Several members of the School carry out research at national facilities such as the Diamond Light Source near Oxford, but what is often not realised is that to gain this access requires a reviewed grant application, and that these beam-time awards carry a cash value that contributes to our REF research income. At the last REF, this amounted to £1.45 million. This virtual income has continued to come in since the REF submission, for example, Sally Hayes and Keith Meek were awarded 6 days at the Diamond synchrotron in the coming months with a nominal value of about £180K. Sally has also been awarded a further two days' beam-time at the Spanish synchrotron called Alba, in Barcelona, where she will be travelling to carry out her experiments in December. Coincidentally, Tina Kamma-Lorger (below), who was a PhD student and Research Associate in our School, is now the Station Scientist at Alba, and Tina will be helping Sally to collect her data.



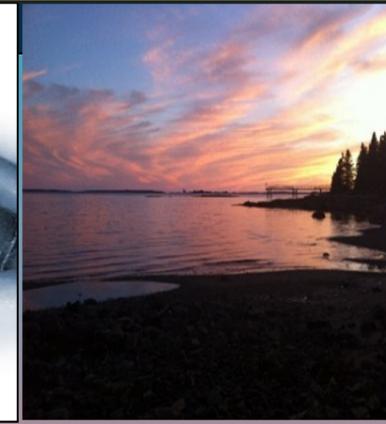
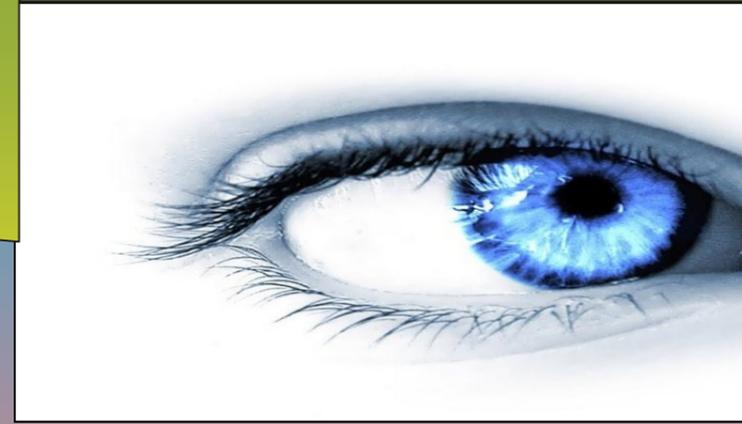
### **College of Optometrists recognises Outstanding contributions to optometry**

The College of Optometrists have elected three new Life Fellows and three new Honorary Fellows. Fellowship of the College is awarded to individuals who have made an outstanding contribution to the profession or to the College.

**Professor Rachel North**, in recognition of her contribution to optometric education and international optometric research, and her leading role in the development of Vision Aid overseas.

The awards will be presented at the Annual Diploma Ceremony on Tuesday 4th November 2014 in Central London, where the College will also be celebrating the achievements of its members through the award of higher diplomas and research excellence awards, and welcoming newly qualified optometrists to the profession.





## Working in Vacationland by James Tribble

In September I was fortunate to visit the Jackson Labs in Maine (US) where I worked in the lab of Prof. Gareth Howell. The work was part of an ongoing collaboration with Gareth and Prof. Simon John studying potential mechanisms behind the loss of retinal ganglion cells in glaucoma. The labs are surrounded by the Acadia National Park and look out onto the sea, they are peaceful and breath-taking, but admittedly don't have the convenience of a Lidl next door!

The Jackson Labs are a world leader in the study of the processes of neurodegeneration and ageing. Working outside of an academic institution in a lab like this was a really different and fascinating experience. The facilities and set up were enough to turn me green with envy, but it was the American "can do" attitude that really struck me the most.

Despite two weeks of very intense work I did manage to get outside the lab occasionally, where I was treated to the idyllic surround of the national park and sleepy seafront town of Bar Harbour. While working at the labs may be intense, the lifestyle certainly is not. Maine is dubbed "Vacationland" and its easy to see why. Every morning I was greeted by a family of deer in my garden and wild turkeys on my walk to work. In the evenings I was thoroughly looked after and treated to plenty of American BBQs.

Those who remember Marcela and James' former student Pete Williams will know that Pete currently works as a post-doc in Simon's lab. Peter and I worked together to complete this project and it was really nice to work with him again. Like myself, Peter also came out to these labs as a student around four-years ago. This is the reason I wanted to write a piece for the newsletter. Yes it is a great opportunity to brag and show off my holiday snaps, but it also shows the fantastic support we as postgrads receive from this School and the great opportunities we are afforded. The links and friendships we make as postgrads can take us to wonderful places, help in making future collaborations and importantly ply us with homebrew when we get there.



## Volunteering, Working and Studying Abroad

### Malgorzata Rozanowska

Volunteering, working and studying abroad is recognised by the University as an important learning experience. Because of that, the University wants to keep records of students having such experience by entering it into SIMS, and supporting students who want to gain such experience.

Pete Hong, Professional Tutor in our School, has been actively involved for several years in organising various volunteering activities around the World, where our students can help by using their knowledge and experience gained during the first two-years of the Optometry course, and further develop their professional skills, as well as various transferable skills; adaptability, working in a multicultural team, organisational skills, and problem solving. Together with Pete and his collaborators, Andrew Feyi Waboso an Ophthalmologist and Clinical Research co-ordinator from the Royal Gwent Hospital, and Petros Kayange, head of the Ophthalmology Training programme in Malawi, we have prepared a plan for sending our students to do voluntary work in eye hospitals in Malawi, including a Clinical Research project. We have applied to the Global Opportunity Centre for a bursary to support this.

In response to a call for expression of interest to do voluntary work and being involved in Clinical Research projects in Malawi, thirty-six students replied. The pre-selection was tough, and eventually fourteen students were selected for the interview. The selection was based on the student's academic performance, previous experience and a statement explaining why they should be chosen. All interviewees made a great impression not only on Pete Hong, Beth Flynn and myself but also on external interviewers; Andrew Waboso and his wife Sally, Global co-ordinator, Sight 2020 Direct and Onani Eye Foundation.

In the meantime, our application to the Global Opportunity Centre for a bursary covering part of the travel expenses for the Project Lead, our Optometrist Pete, and four students proved successful.

The four volunteers selected for the Malawi trip with a bursary already in place are Josie Carmichael, Katie Etherton, Zoe Smith and Katherine Ward. ~ Congratulations!

These students will be involved in cataract and refraction projects in the Southern region of Malawi, primarily supervised by Peter Hong. Andrew Feyi Waboso and Petros Kayane. They will work for four-weeks alongside Optometrists and Ophthalmologists in the Eye Unit in Zomba, and the Eye Hospital in Blantyre to care for patients with eye-related problems and contribute to Clinical Research Projects. The projects are run in collaboration with the University of Malawi. The students will have an opportunity to work in the largest eye hospital in Malawi, with ninety-five bed capacity, high patient turnover and busy outpatients Clinics. The students will be allowed to examine patients on the wards and during Clinics and will be allowed to observe surgeries. They will have a chance to see various infectious cases and HIV-related eye conditions. The presentation of eye conditions in Malawi is often different (e.g. many patients present late) than what would normally be experienced in the UK.

The awardees had a chance to meet Petros Kayange, the Head of Ophthalmology Training Programme in Malawi with whom they will work next Summer. The organisers of the Malawi tip were so impressed by our students that they decided to increase the number of students going to Malawi to eight. The other four students selected for the Malawi trip are Philippa Franklin, Natasha Harrison, Drew Johnson and Julia Rose ~ Congratulations!

They will need to apply individually to the Global Opportunity Centre for bursaries. We wish them good luck! The team will be working in Northern Malawi, initially in a tea plantation near Mzuzu, then further north at Karonga. Malawi is one of the poorest countries in the world; around 70% of the population survive on about 60p per day. Our students are already active in fundraising to enable them to help 1,000 people with spectacles.





## Inherited Eye Disease Patient Day Friday 9th January 2015

### Invitation:

Dear Colleagues,

**Re: Inherited Eye Disease Patient Day—January 9th 2015; 12:30—17:00**  
**School of Optometry & Vision Sciences, Main Lecture Theatre**

I would like to invite you to attend an inherited Eye Disease Patient Day on Friday the 9th of January 2015 at the School. The purpose of the meeting is to bring together patients and eye care professionals in South Wales to give them opportunities for further information, education, networking and support. This is a new initiative.

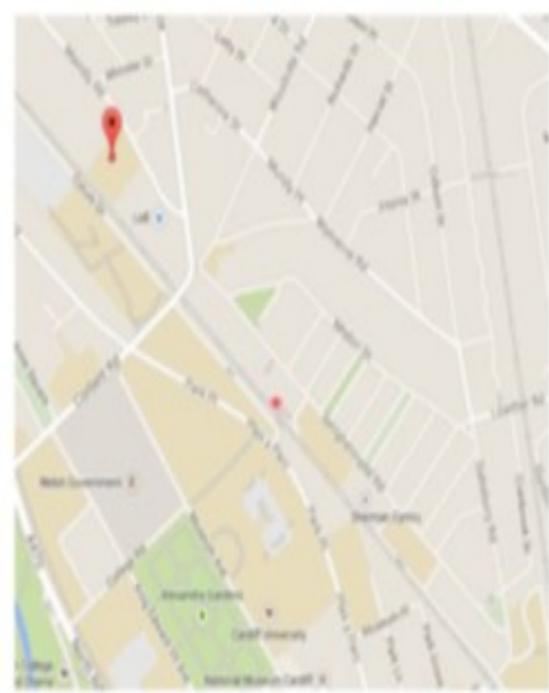
It would be absolutely wonderful if we could bring as many parties together as possible. We have a capacity of approximately 150 in the Lecture Theatre and therefore I would appreciate it if you could RSVP as soon as possible with your intention as to whether or not you would be able to attend.

Yours sincerely,

**Prof Marcela Votruba PhD FRCOphth**



Cardiff School of Optometry & Vision Sciences  
Maindy Road, Cathays, Cardiff, CF24 4HQ



There is no general parking available on site. Limited disabled parking is available. Blue Badge holders should contact Angela Burgess to request a space.  
Email: [burgessam@cf.ac.uk](mailto:burgessam@cf.ac.uk), Tel: 029 2074 6940

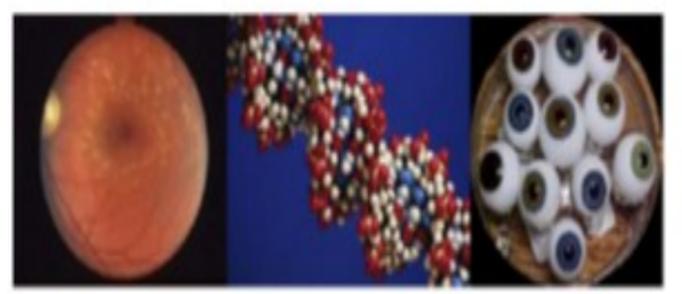


### Inherited Eye Disease Patient Day

Friday 9<sup>th</sup> January 2015  
[12:00 – 4:30pm]

Cardiff School of Optometry & Vision Sciences  
Main Lecture Theatre

Organised by Prof Marcela Votruba,  
Hon. Consultant Ophthalmologist





# Easy Dinner Ideas ~ 'Not just for Students'

## 'Italian Sausage and Pasta Bake

### Ingredients;

- 1 pound mild Italian Sausage
- 2 cloves garlic, minced
- 1 each red and green bell peppers, chopped
- 14-1/2 ounces canned Italian-style tomatoes, undrained
- 6 ounces tomato paste
- 8 ounces ziti, cooked and drained
- 1/4 cup chopped fresh basil or 1 tbsp. dried basil
- 2 cups shredded Italian Cheese, divided

### Method;

1. Remove casings from sausage, then cut into 1/2 inch pieces
2. Cook sausage in large skillet over medium heat for 5 minutes or until browned on all sides. Drain fat from pan
3. Add garlic and peppers; cook for 5 minutes or until sausage is cooked through and vegetables are crisp-tender
4. Add tomatoes and tomato paste; mix well.
5. Stir in pasta, basil and 1 cup of cheese
6. Transfer to 13x9 inch baking dish. Cover and bake in preheated 375<sup>o</sup>F oven 20 mins.
7. Uncover, sprinkle remaining cheese evenly over casserole. Continue to bake until cheese is melted (about 5 minutes)

## Leftover Chicken and Cheese Quesadilla

### Ingredients;

- Left over chicken
- Tortilla
- Shredded cheese
- Vegetables (optional)
- Spices (optional)
- Butter or oil
- Pan and Spatula

### Method;

1. Put butter or oil in a pan and set to low temperature. Let it melt and spread over the pan.
2. Put one or two tortillas on the pan.
3. Place the shredded cheese on the tortilla. Followed by the chicken, vegetables and spices.
4. Then add another layer of cheese on top
5. Place second tortilla on top
6. Press down on quesadilla. Then flip
7. The first flip may be a little tricky. Press and Flip
8. When browned, remove from pan and eat
9. Service with salsa and sour cream for a Mexican treat

