



# iSight



## Quarterly Newsletter School of Optometry & Vision Sciences



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### The School of Optometry and Vision Sciences retain Bronze Athena Swan Status

You may be aware that the School recently applied for renewal of its Silver Athena Swan award. I am sorry to say that the application to renew the Silver award was not granted. The School was however, successful in retaining Bronze Athena Swan status. As you can see above, this was presented to me by Professor Dame Julia Higgins at the University of Greenwich, London on Monday the 15th of June 2015.

The School received some detailed feedback on the award application but the general feedback was that the School fell short of effective progress monitoring, and more detailed evidence of impact was required to retain Silver. Whilst we cannot disagree with this, we feel that it is important to highlight that changes in key personnel and lack of resources to deliver some of the actions have clearly been factors in this. Over the past five-years, the scope of the award has also changed a great deal, as more and more Institutions/Schools are now Athena Swan members. The benchmarks have therefore shifted quite considerably. It is also important to point out that the School was the first to receive a Silver award at Cardiff, and therefore the first to go through the process of applying for renewal. This has clearly been a learning experience for the School and for the University.

- ◆ Provision of part-time, flexible postgraduate study options;
- ◆ Increase in number of women at senior levels over the last five-years;
- ◆ Research staff included in School committees;
- ◆ Good examples of female role models;
- ◆ School support for sabbaticals and female leadership/springboard programmes;
- ◆ Flexibility for students in personal tutor arrangements.

Now that the School is on a solid footing with many plans falling into place, I feel that we are in a strong position to really drive this work forward in the School. We need to build upon our “solid foundation” and stretch the boundaries to include some innovative ideas. Innovation is the difference between Bronze and Silver. Athena Swan falls under the remit of the School’s Equality and Diversity Committee, however, we are very interested to hear from anyone (staff and students) that has a particular interest in driving the Athena Swan agenda in the School. In order to succeed in securing Silver again, we need passion and creativity. If you feel that you would like to be involved in this exciting work, as part of the committee or independent to it, please contact Anna, the Chair of the School’s Equality and Diversity / Athena Swan committee.

Anna Taylor



**Down's syndrome Celebration**, combining art and science was always going to be interesting and fun. Add in a professional clown, canapés and some mice with Down's syndrome and it gets even better.

Young people who have been part of our Down's syndrome cohort have had their eyes examined for up to twenty-five years and we took this opportunity to invite them and their parents to come and listen to a research update, whilst celebrating the work of Gloucester artist and mum of a little boy with Down's syndrome, Joanne Humphries ~ who's creative pieces adorned the walls of the atrium.

It was a chance to celebrate the contributions of existing participants whilst introducing new families to our work. Maggie gave an overview of her pioneering work to date, whilst Flors and Steph gave a flavour of some vision research to come. Prof. Lizzie Fisher (UCL) shared the development of her trisomy 21 mice, while Jess Hall (Psychology) discussed how she was using these mice to examine the origins of Alzheimer's disease here in Cardiff.

Plenty of young people with Down's syndrome came along too, and were entertained by our favourite clown, Paddy. They also enjoyed the refreshments!

It was a great evening to bring families, patients and research together.

**Maggie Woodhouse & Steph Campbell**



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**AOP Lecturer of the Year**



We are delighted to announce that **Kat Evans** has been nominated for the award of AOP Lecturer of the Year.

“The Judges have deliberated and the AOP can reveal the following people have been shortlisted for the AOP Awards ‘Lecturer of the Year’ accolade:

- ◆ **Dr Katherine Evans**
- ◆ Andrew Gridley
- ◆ Professor Ed Mallen

**Voting is now open until midnight on September 20th.**

OT will be profiling all shortlisted candidates over the coming months.

The winner will be revealed at a black tie gala dinner at the Hilton Metropole Birmingham on Thursday, November 5. The ceremony will take place during the National Optical Conference (NOC).

To vote, [click here](#).

A great achievement for Kat, and very well deserved. Let's all keep our fingers crossed for her.





# Research Awards



Issue 11 June 2015

## Andrew Quantock, Carlo Knupp and Keith Meek

Corneal research in the School will receive a boost owing to a three-year £955 project grant award from the BBSRC, entitled; “The Cellular Control of Corneal Development and Transparency and Generation of Biomimetic Corneal Tissue”. Written by Andrew Quantock, Carlo Knupp and Keith Meek (along with Jim Ralphs in BIOSI). The grant will begin in August, with Rob Young undertaking three-dimensional electron microscopy on the very earliest states of corneal development in the chick, as a natural follow on from work he published in PNAS early last year. Also, employed on the grant is Elena Koudouna, who obtained her PhD here last year and is presently conducting research at Doshisha University in Kyoto Japan. Elena’s globetrotting will continue because for the first nine-months of the new BBSRC grant she will be based in the University of California, working in the lab of Prof. Jamie Jester, using sophisticated three-dimensional laser microscopy for correlative imaging of the developing cornea to augment the electron resolution of Rob’s work. In the US she will work with Geraint Parfitt, another of OPTOM’s talented PhD graduates. Later research will analyse the cellular and molecular basis of corneal transparency and its acquisition in the developing cornea, and focus on new ways of growing corneal cells in a three-dimensional culture system which has been used previously to cultivate tendon cells. It is thus hoped that the research will enhance our knowledge of the complex cell and matrix interactions that drive the establishment of a transparent mature cornea.

## Malgorzata Rozanowska

Malgorzata’s application with Pharmacy to Ser Cymru NRN for a one-year project grant has been successful. This is a project with Charles Heard and Andrea Brancale as co-applicants, to be funded by the NRN Wales Post-Doctoral Research Project “Novel modulators of the visual cycle for treatment of retinal degenerations, “£50,000 over one-year (£25,000 for OPTOM) starting on the 1st of October 2015. Dr David Houston, a postdoctoral researcher to be employed on this project will work mostly in OPTOM where we have suitable darkrooms, which can accommodate Charles’s HPLC, which will be transferred from Pharmacy for the duration of the project.

**James Morgan** has been successful in obtaining a “Fight for Sight Project Grant”

**Title:** Retinal ganglion cell degeneration in human glaucoma, a connectomic approach, **£112,000** (will need clarification of final amount from FFS).

**Start Date:** 1st October 2016 for two-years

## Jez Guggenheim

Wellcome Trust Institutional Strategic Support Fund (ISSF) to Cardiff University. Populations Pilot Award (2015). PI Guggenheim. “Genetic prediction of myopia: Pilot Study”. £24,000

UK College of Optometrists. PhD Studentship (2015-2018). PI Guggenheim. “Genetic prediction of individuals at-risk for myopia development”. £55,077.





# Publications



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Campbell P, **Redmond T**, Agarwal R, Marshall LR, Evans BJW. Repeatability and comparison of clinical techniques for anterior chamber angle assessment.

*Ophthalmic Physiol Opt* 2015;35 (2):170-178

Mulholland PJ, **Redmond T**, Zlatkoba MB, Garway-Heath DF, Anderson RS. Estimating the critical duration for temporal summation of standard achromatic perimetric stimuli. *Invest Ophthalmol Vis Sci* 2015;56(1):431-437

**Guggenheim JA**, St Pourcain B, McMahon G, Timpson NH, Evans DM, Williams C. Assumption-free estimation of the genetic contribution to refractive error across childhood. *Molecular Vision* 2015; 21: 621-632

The School is delighted to celebrate an enormous accomplishment by **Prof. Jon Erichsen**. He has published a paper in the prestigious journal *Cell*, which has an impact factor of 33.

**Enhancer evolution across 20 mammalian species.** Villar D<sup>1</sup>, Berthelot C<sup>2</sup>, Aldridge S<sup>1</sup>, Rayner TF<sup>1</sup>, Lukk M<sup>1</sup>, Pignatelli M<sup>2</sup>, Park TJ<sup>3</sup>, Deaville R<sup>4</sup>, Erichsen JT<sup>5</sup>, Jasinska AJ<sup>6</sup>, Turner JM<sup>7</sup>, Bertelsen MF<sup>8</sup>, Murchison EP<sup>9</sup>, Flicek P<sup>10</sup>, Odom DT<sup>11</sup>.

## Abstract

The mammalian radiation has corresponded with rapid changes in noncoding regions of the genome, but we lack a comprehensive understanding of regulatory evolution in mammals. Here, we track the evolution of promoters and enhancers active in liver across 20 mammalian species from six diverse orders by profiling genomic enrichment of H3K27 acetylation and H3K4 trimethylation. We report that rapid evolution of enhancers is a universal feature of mammalian genomes. Most of the recently evolved enhancers arise from ancestral DNA exaptation, rather than lineage-specific expansions of repeat elements. In contrast, almost all liver promoters are partially or fully conserved across these species. Our data further reveal that recently evolved enhancers can be associated with genes under positive selection, demonstrating the power of this approach for annotating regulatory adaptations in genomic sequences. These results provide important insight into the functional genetics underpinning mammalian regulatory evolution.

The link to the paper is: <http://www.ncbi.nlm.nih.gov/pubmed/25635462>



## Important Reminder—Re: Open Access Publishing

This website is very useful for checking whether a journal is compliant with the open access requirements for REF, RCUK and Charities etc.

<http://www.sherpa.ac.uk/fact/index.php.g> the entry for Ophthalmology....

**Journal: Ophthalmology: Journal of The American Academy of Ophthalmology** ISSN: 0161-6420, Publisher: Elsevier



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✓ **You can comply with your funder's policy:**

✓ **You can publish your article compliantly with open access**

Paid open access option available - [Open Access](#) - with a range of Creative Commons licences to be selected or confirmed by the author.

Indicative fee: \$500 - \$5000 per article

× **You cannot readily archive your article compliantly in Europe PMC/Pubmed Central** This journal has a non-compliant special embargo of 12 months for funders that require archiving of articles.

... Shows that if you will need to pay for open access (“gold route”), as self-archiving the article (“green route”) is only possible after 12 months, which is not compliant.

NB: REF rules;

The higher Education Funding Council of England (HEFCE) and the other 3 UK funding bodies announced policy for the next Research Excellence Framework (REF) on March 28. The REF assesses the quality of selected research from UK HELs. Eligibility for REF assessment will require:

- ◆ All REF submissions accepted for publication after April 1, 2016 must be published on an open access basis, whether green or gold
- ◆ Requirement applies to journal article and conference proceedings accepted for publication after April 1 2016 (note: exclusion of monographs, book chapters working papers, data etc.
- ◆ If green, the accepted manuscript must be self-archived in an institutional or subject repository within 3 months of acceptance for publication (authors can comply by making closed deposit while any embargo is in place).
- ◆ Bibliographic/metadata information must be immediately discoverable by all
- ◆ Full text must be available to all after any embargo period (maximum 12 months STM, 24 months SSH), which begins on online publication of article
- ◆ No specific license requirements - conventional and creative commons acceptable
- ◆ There will be some, limited exceptions to the policy



# Teaching and Learning Success



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As many of you know, I co-ordinate the annual module and teaching evaluation surveys in the School. A “new and improved” survey was introduced this year, where we asked all of our undergraduate students to provide us with module-by-module feedback in a wider range of categories than ever before (teaching and academic support, resources and learning environment, assessment, organisation and management and overall satisfaction). It also asked the students to rate their overall satisfaction with the staff who contributed to these modules.

I know that everyone has been working hard this year to implement a number of key changes to Teaching and Learning, such as the OSCEs for Years 0, 1 and 2, SIMS, feedback within 4 weeks, feedback on all assessments, post-assessment office hours, new clinic Logbooks and procedures, Research Project feedback—just to name a few! The good news is that it appears that the students are recognising and appreciating our efforts; in fact, we have had a number of modules and individuals that have been rated extremely highly by the students.

The following modules received an overall satisfaction score of 100%;

- ◆ OPO201 Human Development, lead by Rod Woodhouse
- ◆ OPO202 Systematic Pathology in Optometry, lead by Katie Mortlock
- ◆ OPO205 Introductory Optometry, lead by Katie Mortlock
- ◆ OPO206 Written and Communication Skills, led by Rod Woodhouse
- ◆ OP1207 Physiology of Vision, lead by Tony Redmond
- ◆ OP2202 Contact Lenses, lead by Kat Evans
- ◆ OP2203 Investigative Techniques, lead by Kirsten Hamilton-Maxwell
- ◆ OP3104 Abnormal Ocular Conditions, lead by Rachel North

The following staff members received an overall satisfaction score of 100% in one or more modules;

- ◆ Jennifer Acton (OPO205)
- ◆ Matt Dunn (OP2206)
- ◆ Kat Evans (OP2202 and OP3202)
- ◆ Allannah Gaffney (OP3205 and OP3206)
- ◆ Kirsten Hamilton-Maxwell (OP1201 and OP2203)
- ◆ Marcela Votruba (OP3104)
- ◆ Maggie Woodhouse (OPO205)
- ◆ Supervisors for OP2203 (as a group)
- ◆ Eirian Hughes (OPO205 and OP2201)
- ◆ Laura Monger (OPO205)
- ◆ Katie Mortlock (OPO205)
- ◆ Rachel North (OP3104)
- ◆ Tony Redmond (OP1207)
- ◆ Ashley Wood (OP2206)
- ◆ Rod Woodhouse (OPO206)

The following modules have met or exceeded the University’s assessment and feedback target of 80%, with the **modules in bold type** scoring more than 90%

- ◆ Year 0: **OPO201**, OPO202, **OPO203**, **OPO205**, **OPO206**
- ◆ Year 1: OP1203, OP1207
- ◆ Year 2: **OP2202**, **OP2203**, OP2205
- ◆ Year 3: OP3101, OP3202

Kirsten Hamilton-Maxwell

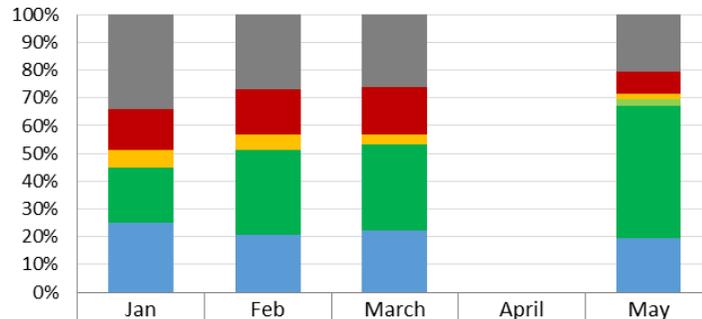


## Performance Development Review Statistics (aka PDR/Appraisals)



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OPTOM % PDR/Probation Completion Rates



	Jan	Feb	March	April	May
No data available	34%	27%	26%		21%
PDR greater than 24 months	14%	16%	17%		8%
PDR within 15-24 months	7%	5%	4%		2%
PDR within 12-15 months	0%	0%	0%		3%
PDR within 12 months	20%	31%	31%		47%
On Probation	25%	21%	22%		20%

OPTOM PDR uptake %  
Correct as of 8 June 15  
Probationees excluded



	08-Jun-15
No PDR data available	26%
PDR greater than 24 months	10%
PDR within 15-24 months	2%
PDR within 12-15 months	3%
PDR within 12 months	59%

The importance and value of providing our staff with regular development discussions is clear and it's understandable why improving the University's PDR uptake is a priority for the VC. Each month the college provides Heads of Schools and School Managers with a breakdown of their PDR uptake, with the aim of achieving 100% of staff having a PDR review within the past 15 months. The above chart provides you with a review of Optometry's performance to date.

As you can see, when we started reviewing this data in January, only 1 in 5 school staff had had an appraisal within the last 12 months. When we discount for probationers, this means that only 1 in 4 eligible staff had received an appraisal during the previous year, which was one of the lowest rankings in the college. However, thanks to some gentle nudges and everyone's commitment to the employee experience, I am pleased to see that our statistics have improved significantly, with over half of you now having had a formal PDR meeting with your managers/staff within the time frame.

However, there is still some way to go. For 1 in 5 staff, HR has no record of a probation or PDR meeting taking place and I suspect a lot of you are having these discussions, but not documenting them or letting me know. Please ensure that once a formal probation meeting or PDR has been completed that you submit a copy of the document to me. I can then co-ordinate obtaining Marcela's signature and place the document on file, should you need it for future reference.

If you have any concerns, questions or want to discuss the PDR/Probation processes with me, please don't hesitate to pop in.

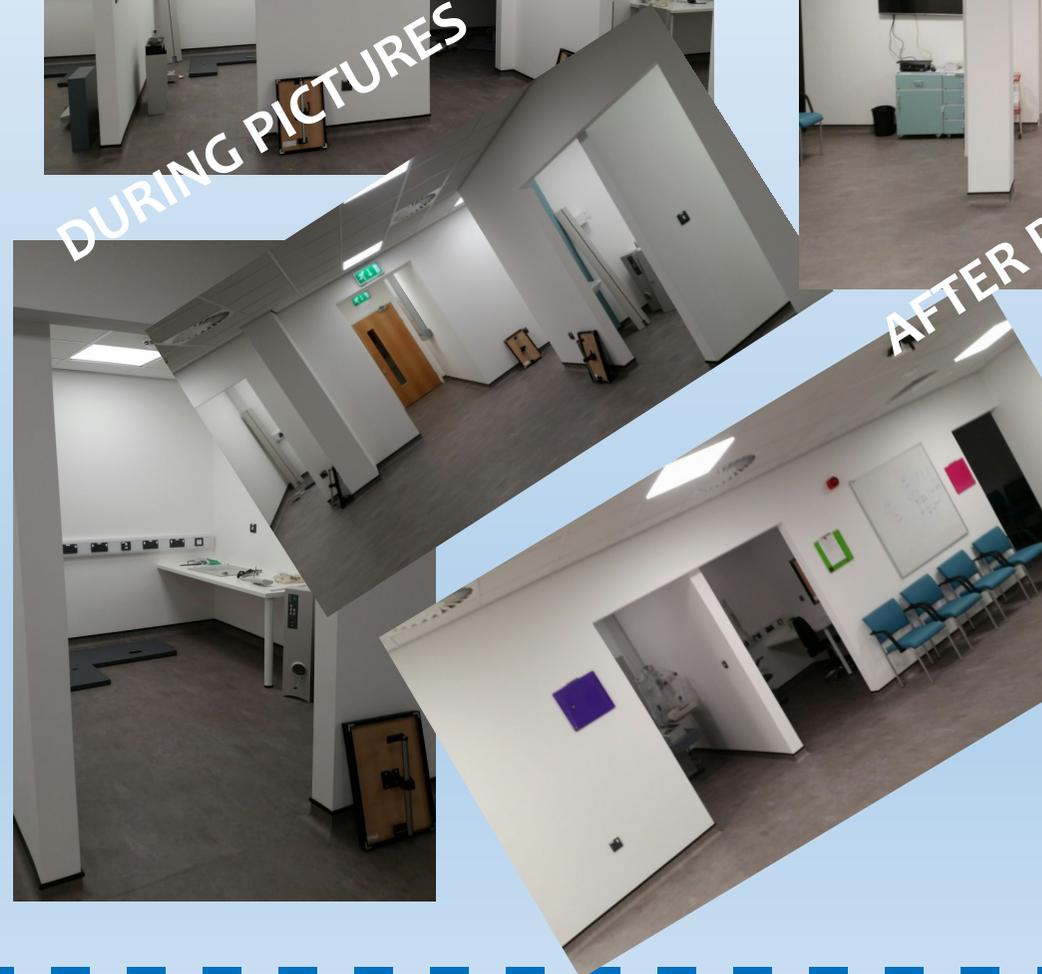
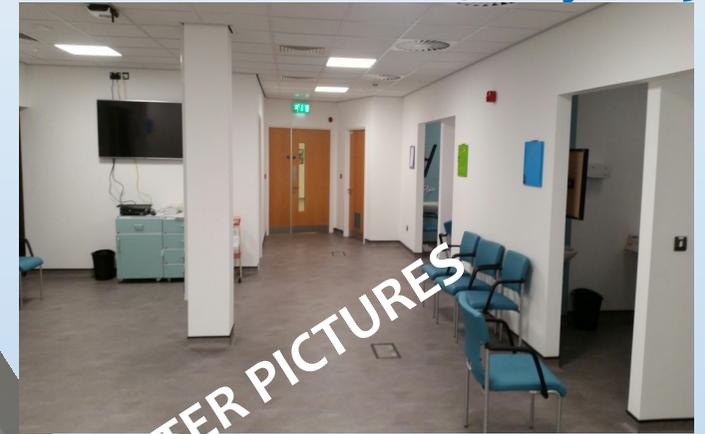


# CERF First Floor Development

## Before, During and After Photo's



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# New School Meeting Rooms For Use By Everyone



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We are delighted to present photographs of our new School meeting rooms.

Both rooms can be booked in the usual way through  
[optomroombooking@cardiff.ac.uk](mailto:optomroombooking@cardiff.ac.uk)

Room 2.72 replaces meeting room 2.40,  
which no longer exists due to recent room  
reconfigurations.

Room 1.41 has now been fully restored as a  
meeting room, which can seat up to 12  
people.





**Congratulations to Lee McIlreavy** on his recent appointment to Lecturer.

Following interviews carried out on Friday the 12th of June 2015 by a large panel, Chaired by Marcela Votruba, and including two representatives from outside the School, we are delighted to announce that the panel were unanimous in suggesting that Lee be appointed the role of Lecturer within the School.

**Congratulations; to our New Doctors:**

**Dr Steven Gardner.** Steven successfully defended his thesis on the 1st of May 2015.

And; **Dr Daniela Nosch** who successfully defended her thesis on Thursday 22nd May 2015.

Congratulations to you both on this wonderful achievement.



## Promotions, New Appointments & Leav-

### Promotions

**Congratulations to;**

**Dr Fergal Ennis** and **Dr Malgorzata Rozanowska** who have both been awarded the title of “Senior Lecturer” with effect from the 1st of August 2015.

Congratulations to you both on achieving this well deserved recognition.



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**Welcome to:** Georgina Butler who joined us on Thursday the 16th of April 2015. Georgina is employed by Moorfield’s Eye Hospital to support Prof. James Morgan with a Moorfield’s project that he is working on. Georgina is located in room 1.04 for the moment, and can be contacted on extension 75347. Her e-mail address is: [ButlerG@cardiff.ac.uk](mailto:ButlerG@cardiff.ac.uk)



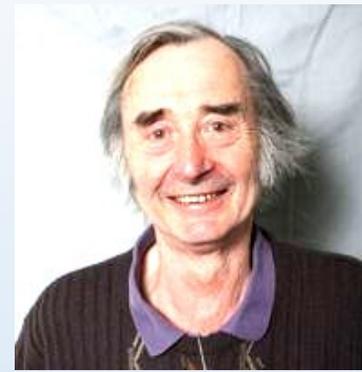
**Leavers:** Farewell and good luck to:

- Laura Monger
- Neringa Galloway



## Richard Earlam Retiring

### What your Colleagues say;



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#### Richard's Legendary Fresher's Week - "Walk in the Park" !!

Enjoy the pleasures of the Brecon Beacons! A coach full of Freshers would embark from the department looking forward to a quick stroll and may be a photograph or two, before retiring to the pub for the rest of the day. How wrong could one be!

Richard's usual plan was a fifteen-mile hike, regardless of weather, that often included crossing streams with water up to the knees. All good team building stuff!

(The student who came wearing "ballet pumps" had clearly underestimated the scale of the challenge).

It would often take much cajoling to get the Fresher's over the finishing line and if tired and weary, they arrived back in daylight they might just have had time for a "swift half" before crashing out on the coach for the return journey to Cardiff.

To his credit, Richard never lost anyone– or never admitted as much. However, the Brecon Beacons hike (and the occasional pot holing trip that he organised) would have been a convenient way to "fine—tune" his first year admissions target! Happy days

*By Rachel North*

Arguably the best thing about the Optometry course at Cardiff, compared to other Universities, is the relationship between the students and staff: friendly, informal, yet full of mutual respect. Way back when I was an undergrad, this relationship was shaped by Richard and Maggie – two larger than life characters who made it their mission to develop a fun-loving, party-going, hard-working, patient-caring mindset in students. This ethos is still there, getting passed from one year-group to the next, fostered by Richard's continued enthusiasm.

I sincerely hope it will continue for the years ahead, even without Richard on hand.

P.S. One of the academic staff at the Optometry School in Hong Kong is still there after retiring 3 times. We should mention this to Richard...

*By Jez Guggenheim*



Here we have Richard preparing to "test lenses"



## Summer Studentships



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**Title:** Predicting the integrated visual field in age-related macular degeneration

**2nd year student:** Josie Carmichael

**Primary Supervisor:** [Jennifer Acton](#)

**Co-supervisor:** Tony Redmond, Nikki Cassels

**Funding:** CUROP £1,440

**Dates:** Six-weeks flexible

**Title:** Binding Hand Movements to Visual Percepts

**Student:** Katherine Ward (to be confirmed)

**Primary Supervisor:** [Matt Dunn](#)

**Co-Supervisor:** Simon Rushton (PSYCH)

**Funding:** £810 (Stipend)

**Dates:** One-month (June) and possibly a week either at the end of May.

**Title:** The short-term effect of two different lubricant eye drops on tear film properties measured with the Keeler Tearscope and EasyView Plus

**Student:** Amy Gatfield

**Primary Supervisor:** [Kat Evans](#)

**Co-Supervisor:** Ashley Wood

**Funding:** £2,000 CooperVision sponsored

**Dates:** 1st August—15th September 2015

**Title:** Investigating the effect on contractile behaviour and matrix metabolism of scleral fibroblasts subjected to simulated IOP

**Student:** Kate Densley

**Primary Supervisor:** [Craig Boote](#)

**Co-Supervisor:** Dr Emma Blain

**Funding:** £CUROP £1,440

**Dates:** 13th July—4th September 2015

**Title:** Evaluation of intra-retinal layer segmentation software on clinical OCT images

**2nd year student:** Kelly Lu

**Primary Supervisor:** [Ashley Wood](#)

**Co-supervisor:** Louise Terry

**Funding:** £1080 for the six-week duration

**Dates:** 15th June to the 24th July 2015

**Title:** The effect of optical filtering on psychophysical measurements of visual function

**2nd year student:** Julia Rose

**Primary Supervisor:** [Tony Redmond](#)

**Co-supervisor:** Shindy Je

**Funding:** CUROP £1,440

**Dates:** 21st July—30th September 2015

**Title:** Relationship Between Retinal Ganglion Cell Distribution and the Photopic Negative Response

**2nd year Student:** Kishan Patel

**Primary Supervisor:** [Tom Margrain](#)

**Co-supervisor:** Enyam Morny

**Funding:** £1440 for 8 weeks

**Dates:** 25th June 2015 - 14th August 2015



## JSPS Fellows Experience

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I undertook my JSPS fellowship at the Department of Ophthalmology and Visual Sciences, Kyoto University, for one month, hosted by Prof. Nagahisa Yoshimura. My research involved an examination of retrospective clinical data in patients with the eye disease, polypoidal choroidal vasculopathy (PCV). PCV is seen in about 10% of macular disease cases in the UK, but in Japan, it is ubiquitous in the macular clinics. The study evaluated the visual field loss in the macular area (defined by Microperimetry) and the relationship to retinal lesion characteristics, using spectral-domain optical coherence tomography images. I was able to observe in the patient clinics and in doing so, learn about clinical interpretation.

My hosts were extremely kind, putting on both welcome and farewell parties. Other members of the team included Dr Ken Ogino and Dr Yumiko Akagi, who were very helpful in providing academic support. As a foreigner, one of the challenges was navigating the kanji on the medical records and computer systems. Whilst Google Translate was useful for finding crucial meanings, like the difference between 'save' and 'delete', it was never any trouble to ask for help, when copy and paste were not possible.

I will never forget one particularly considerate individual, a clinical technician called Yuko, who didn't really speak any English. Through hand signals and drawings, managed to understand and solve an instrument software problem, pivotal to my project. She was rather pleased when I gave her some Welsh fudge, in turn, I was touched when she returned a gift of Suzu Monaka, a speciality from her home town. I was very glad to have been advised in my Japanese class beforehand, to bring a few small gifts from your Country, for your hosts and others.

My short stay in Japan was absolutely delightful, in particular, the unforgettable weekend sightseeing and exotic food. I found local and excellent recommendations from a ramen blogger <http://www.ramenadventures.com/p/food-tours.html>, mostly based in Tokyo, but other cities included).

**Jennifer Acton**



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The ARVO journey does not start when you get on your plane. This seven-to-eight month journey includes collection of experimental data, summarising your study into an abstract, more data collection and analysis, poster design, preparing and at last presenting your hard work!

During this journey you feel enthusiastic but equally worried about the prospect of presenting. Once you've arrived, the excitement grows and you realise why you're there.

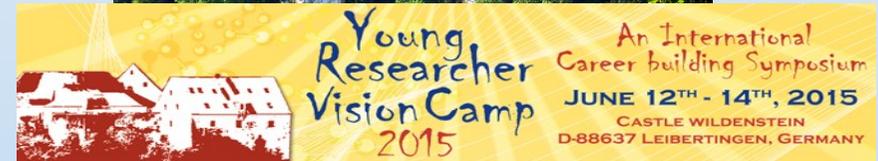
ARVO is the largest and most respected eye and vision research organisation in the world. Just the chance of networking with nearly twelve-thousand researchers from over seventy-five countries and discussing their / your research makes the experience worthwhile.

Have you ever put faces on the authors of the papers you read frequently? If you wanted to confirm how good you are at 'face guessing', ARVO is a must. It gets even better; you might even get feedback from them!

Besides the opportunity of meeting researchers working/interested in your field and possible collaborators, ARVO expands your horizons and updates you on the ophthalmology and vision research underway, and the latest breakthroughs.

It is very easy to feel disheartened during your PhD, when you are doing long hours in the office and you don't know whether your research is going anywhere. Attending conferences and meeting similar minded people, reminds you of how meaningful your work is and how it contributes to a better understanding of vision.

**Valldeflors Vinnela Navarro, Shindy Je and Lee McIlreavy**



In mid-June I travelled to Germany to attend the Young Researchers Vision Camp. The International career building symposium took place over a weekend in the remote and beautiful location, above the river Danube, of castle Wildenstein. The event was attended by PhD students and young post docs from all over Europe, working on a broad range of research in the areas of ophthalmology and vision research.

The program was action packed from start to finish with so many interesting talks on offer, mostly from early stage vision researchers. The atmosphere was relaxed yet enthusiastic, and I greatly appreciated the opportunity to present my work in a poster session in such a supportive environment.

A barbeque was held each evening, allowing us to unwind and enjoy the evening sun in this tranquil setting in addition to providing an excellent opportunity for networking with other young people working in the field of vision research.

**Kathy Beirne**



# Staff Birthdays



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## January

Allannah Gaffney

## February

Judith Colwill  
Stephen Johns  
Jon Baston

## March

Ceri Goodman  
Helen Morris  
Katie Mortlock  
Jane Powell

## April

Barbara Ryan

## May

Sasha Macken  
Tony Redmond

## 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  
Marcela Votruba  
Allyson Treharne

## October

Keith Meek  
Maggie Woodhouse  
Terry Smith

## November

Kirsten Hamilton-Maxwell  
Sharon Leaves

## December

Fliss Brooks  
Steph Pulman



**Congratulations to Alison Binns** (and partner Tristan), on the birth of their baby boy Samuel Felix Couch, on Friday 8th of May 2015, weighing in at 8lb.

Both Mother and Baby are doing well.





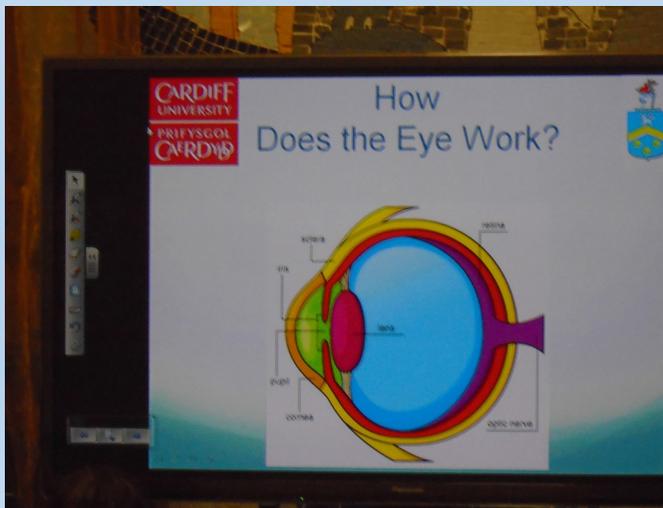
## Tredegarville Primary School Visit

On behalf of the School Admissions Team, Postgrad; James Brawn and first year students, Heidi Wynn, Adam Kidner and Habiba Uddin, visited Tredegarville primary school to give a presentation to a class of 7-8 year olds about Optometry and eye health. The children enjoyed activities such as taking apart a model of the eye, eye disease simulation specs, colour vision tests and iPad colour vision defect simulator.



Jennifer Acton

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## UCAN Productions win the Citizen Led Services Award

UCAN Productions are incredibly proud to announce they have won the ‘Citizen Led Services’ award at the Care Council of Wales 2015 Accolades Awards.

Founder members of UCAN Lloyd Coleman and Eleanor Wait attended the award ceremony at Cardiff City Hall on June the 18th. Lloyd said “Eleanor and I are delighted to accept the award on behalf of all 600 of UCAN Productions’ members. We have always said that UCAN exists to prove that visually impairment is no barrier to success and this Accolade Award proves exactly that”.

Jane Latham co-founder and Development Director of UCAN said “This award is a testament to the commitment of our wonderful members, I am stunned and delighted in equal measure”.

Photos above and link to video: <https://www.dropbox.com/sh/2xese6kx5mtmc8q/AAAFk087RGGiXsHuExAFtNhQa/2.%>



## Easy Dinners ~ Not Just for Students



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### Spiced Salmon Kedgeree

#### Ingredients

- |   |   |
|---|---|
| 300g Basmati Rice                                 | 4 hard-boiled eggs, shelled, then roughly chopped         |
| 100 g unsalted                                    | 4 spring onions, cut into 3cm lengths and finely shredded |
| 2 tbsp olive oil                                  | Juice of 1 lime   |
| 1 tbsp hot curry paste (Madras)                   | 2 tbsp chopped fresh coriander                            |
| 1 small red onion, finely chopped                 | 2 tbsp chopped flatleaf parsley                           |
| 225g hot smoked salmon, cut into Chunks or flaked |   |

#### Method

1. Throw the rice into a large heavy-based saucepan, pour over 770ml/ 1+1/4 pints of water and sprinkle in a good shake of salt.
2. Cover and bring to the boil, then remove the lid and allow all the water to be absorbed—this should take about 15 minutes.
3. Turn off the heat, cover again and allow to steam dry.
4. Melt half the butter with the oil in a large frying pan. Stir in the curry paste and cook until you start to smell the wonderful aromas.
5. Add the onion and cook until softened and beginning to brown.
6. Throw in your rice and quickly stir to make sure all the buttery juices are absorbed and the rice is heated through.
7. Mix in the salmon, eggs, spring onions and lime juices.
8. Stir gently, chuck in the herbs along with the cubes of the remaining butter and serve in warm bowls.

### Quick & Easy Hot-and-Sour Chicken Noodle Soup

#### Ingredients

- |  |                           |
|--|---------------------------|
| 140 g dried whole-wheat noodles                                  | 1 tbsp groundnut oil      |
| 1 medium red chilli, deseeded & finely chopped                   | 2 tbsp grated ginger      |
| 4 skinless, boneless chicken thighs, chopped into Small chunks   | 700ml hot vegetable stock |
| 1 tbsp Shaohsing rice wine                                       | 1 tsp dark soy sauce      |
| 1 tbsp cornflour, mixed with 2 tbsp cold water (to make a paste) | 1 handful beansprouts     |
| 2 tbsp light soy sauce   | 2 tbsp rice vinegar       |
| 2 spring onions  |                           |

#### Method

1. Bring a small pan of water to the boil and cook the noodles following the pack instructions.
2. Drain, rinse under cold running water to stop them cooking further
3. Drizzle over a little oil to prevent them sticking together
4. Divide between 2 deep bowls
5. Heat a wok over a high heat and add the rest of the oil.
6. Once it starts to smoke, add the ginger and chilli, then stir-fry for a few seconds.
7. Add the chick and stir-fry for two minutes. As the meat starts to turn brown, add the rice wine and cook for three-minutes
8. Add the vegetable stock, bring to a simmer, then add the mushrooms.
9. Season with the dark soy, light soy and rice vinegar.
10. Bring back to a simmer, then add the corn flour paste. Simmer and stir until thickened.
11. Stir in the beansprouts and most of the spring onions, then ladle the soup over the noodles.



## Word Search Fun ~ Songs from the Year 2003



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L U F I T U A E B U L C A D N I U F  
 H P I C T U R E R Y O B Y B A B O I  
 Y G N I T N O R F A S E Y Y A S Y G  
 S N I N T O Y O U M I S S Y O U T H  
 U O P U D N A T S H U N W E L L N T  
 B R A T I R O N E S T O O S W E A E  
 T T Y S U P E R M A N T O N N O W R  
 E S K L O F P I S S O G H O M M I A  
 G D U I L I G Y O N O S T G E E G N  
 A A E M I S N A A N R S U S I U C N  
 E E V W K O S T E W A E M N S R O W  
 L H A I E M K T U E A E` V A R I L O  
 B A H T G E C C K I R T G O T I I L  
 U N I H L D O I U I T U F I E C S T  
 O G L Y U A L I Z T S I N I A M K E  
 R E L O E Y C E E T S G O N R H O G  
 T L A U L A N D S L I D E N A D T C

ALL I HAVE	I'M WITH YOU	STAND UP
ANGEL	IGNITION	STUCK
BABY BOY	IN DA CLUB	SUGA SUGA
BEAUTIFUL	INTO YOU	SUNRISE
CLOCKS	INTUITION	SUPERMAN
COME OVER	LIKE GLUE	TROUBLE
DRIFT AWAY	MESMERIZE	UNWELL
FIGHTER	MISS YOU	
FRONTIN	PICTURE	
GET BUSY	RAIN ON ME	
GET LOW	RIGHT THURR	
GOSSIP FOLK	SAY YES	
HEADSTRONG	SENRITA	
I CAN	SO GONE	
I WANT YOU	SOMEDAY	