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New Academic Year 2014/2015

Dear Colleagues,

As we end September and look forward to the start of the new Academic year 2014/2015, I would like to extend a very warm welcome back to those of you who have been away on Annual leave and especially to those who will be starting within the School in the next Academic year. We especially look forward to welcoming back the Undergraduate Students and the new intake as well as a new intake of Postgraduate Research and Taught Course Students.

This summer has seen the departure of a number of individuals. Tyrone Kidney has left for new pastures in Canada and we wish him the very best of luck in his future personal life and career. Dr Pratyusha Ganne who has been with us for six-months has departed back to India having completed her Research Fellowship. I would also like to wish her all the best for her future career and thank her for taking part so dynamically in the School.

We look forward to the new Academic year. I personally would like to thank you, thank the Directors of Teaching and Learning, Postgraduate Research, Postgraduate Taught Courses and the Chairs of all the Committees such as the Director of Research for their continuing dedication and hard work. This term will see a number of new initiatives particularly in Teaching and Learning with respect to the recording of assessment.

One of the most serious and pressing concerns the School needs to address however is the subject of Research Income and I will be working closely with Professor Andrew Quantock over the next few months to try to come up with some ideas as to how to improve both our application rate and success rate in grants. I hope that this will engage all those of you who are Research active within the School.

Here's to a dynamic and successful new Academic year 2014/2015!

Yours sincerely,

Professor Marcela Votruba PhD FRCOphth



Welcome Back

Welcome back to Leanne Morrish who returned from maternity leave on Wednesday the 30th of July 2014.

Leanne now takes on the role of Student Support and Administrative Officer and her Responsibilities include;

- ◆ Providing support and guidance to undergraduate students on a range of non-academic issues; signposting to relevant University services when appropriate;
 - ◆ School's Disability Officer
 - ◆ DBS (formerly known as CRB) contact for students within the School, including processing of checks at the start of the academic year
 - ◆ Extenuating circumstances co-ordinator
 - ◆ Administrative support for Research Ethics approval
 - ◆ The School's committee system and support to the Alumni Working Group.
- This is a new position in the School, created in response to feedback from undergraduate students that more support for personal problems would be helpful. This in no way takes away from the vital personal tutor role, but is intended to supplement this, a model that has been adopted by many other Schools across the University. Personal Tutors can refer students to Leanne in the event of personal circumstances that may benefit from input from University student support services, which Leanne is currently learning about and will receive further training on. Leanne is currently working three-days per week as a phased return.

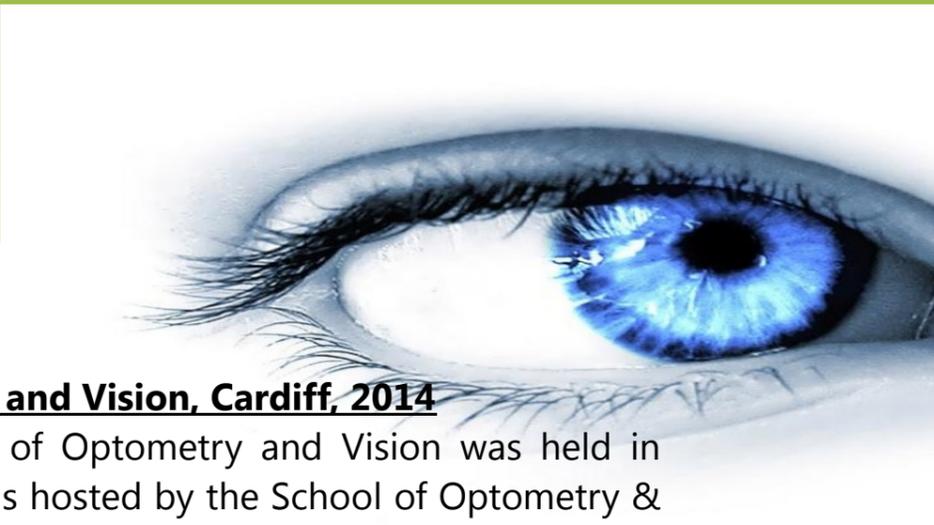


Farewell to;

Tyrone Kidney - who has left for new pastures in Canada

and **Dr Pratyusha Ganne** who has been with us for six-months has departed back to India having completed her Research Fellowship.





British Congress of Optometry and Vision, Cardiff, 2014

The annual meeting of the British Congress of Optometry and Vision was held in Cardiff on the 8th and 9th of September. It was hosted by the School of Optometry & Vision Sciences at Cardiff University and attended by 75 delegates from the UK and Europe.

The congress allows researchers who are interested in basic and applied vision research to meet in a friendly and informal environment. It also provides post graduate students and early career researchers with the opportunity to present their research studies in a supportive arena.

There were 38 presentations covering a wide range of topics including tear dynamics, keratoconus, AMD, glaucoma, refractive errors, vergence eye movements, motion and face perception' with the majority being delivered by research students from the Optometry Schools in the UK.

The Key Note speaker was Cathy Williams, a Consultant Paediatric Ophthalmologist from Bristol Eye Hospital and Consultant Senior Lecturer at University of Bristol (Figure 1). She gave a very interesting lecture on the assessment of visuocognitive abilities of healthy primary school children.

Samantha Strong from the University of Bradford was awarded the prize for the best student oral presentation (Figure 2) and the best poster presentation was won by Marianne Piano from Glasgow Caledonian University (Figure 3).

BCOVS 2015 congress will be held in September and hosted by City University.

Fig1. Key Note Speaker — Cathy Williams



Poster Session



Fig2. Samantha Strong Awarded: Prize for best oral presentation



Rachel North Conference Organiser, School of Optometry & Vision Sciences, Cardiff University, Cardiff, UK

Maggie and Cathy



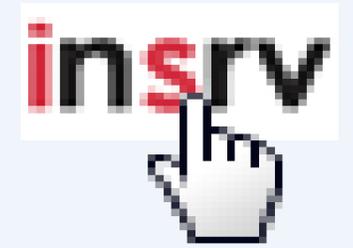
Fig3. Marianne Piano Awarded prize for the best poster presentation





STUDENT PRIZES & GRADUATION 17th July 2014





Staff Birthdays

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

BIRTHDAYS



July

- Emma Daniel-Davies
- Sue Hobbs

August

- Richard Earlam
- Lucy Grant

September

- Marcela Votruba
- Megan De-Witt
- Jon Erichsen
- Su Jenkins
- Allyson Treharne

October

- Keith Meek
- Maggie Woodhouse
- Terry Smith

November

- Kirsten Hamilton-Maxwell
- Sharon Leaves

December

- Steph Pulman
- Fliss Brooks

Message from Peter Obee (Business Change Manager)

University Research Data & Information Management Programme Update

Converis has been selected as the University's research information management system. The selection was approved by the University's Research Data and Information Management (RDIM) Programme Steering Group in June. The system will:

Provide facilities for researchers to increase the visibility of their research and research data online, gaining a higher profile and greater opportunities for collaboration and funding;

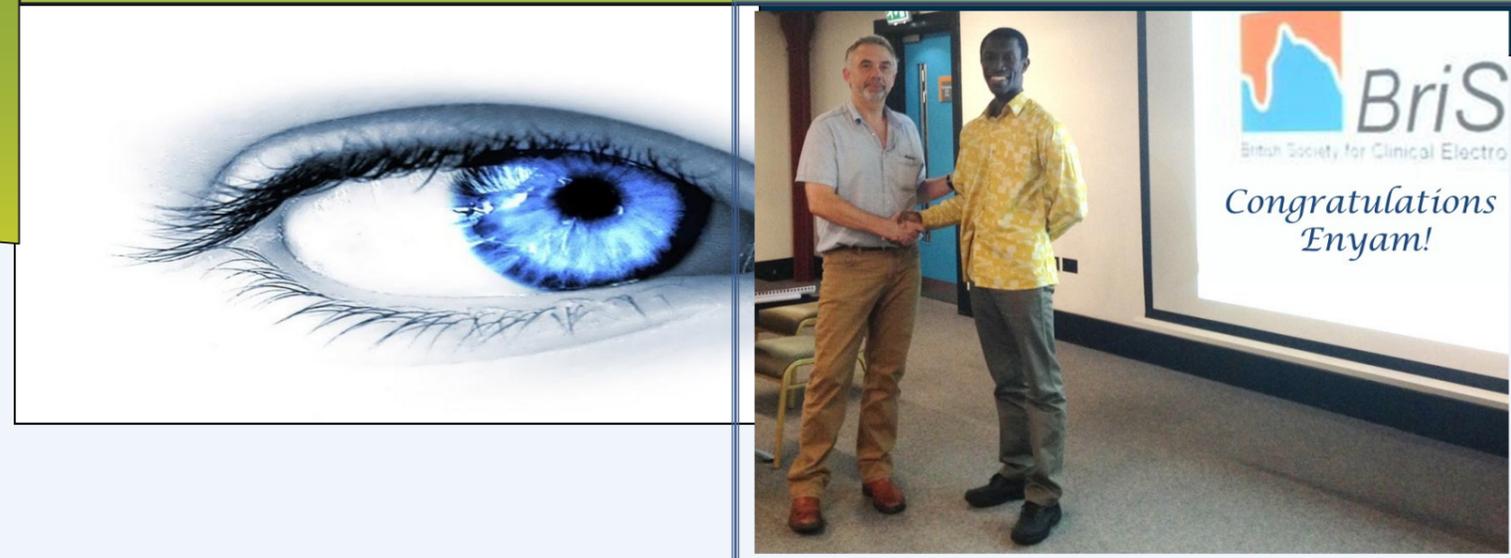
Reduce the burden of research administration. Making it easier to access information about research and manage projects - freeing up time for research.

Make it simpler for researchers to re-use information about their research to generate researcher profiles, CVs and provide information to external systems about research outcomes.

Make it easier to return the University's REF 2020 submission.

The programme team is looking forward to getting its hands on the software over the summer and demonstrating it to interested parties in the autumn/winter.

The RDIM programme will also be providing new policy, training, support, central storage and metadata tools. These will help researchers to manage their research data and meet funder requirements for making data available.



CELEBRATING EXCELLENCE AWARDS 2014

The Celebrating Excellence Awards 2014 dinner and presentation is scheduled to take place on Thursday the 20th of November 2014 at the Thistle Parc Hotel, Park Place, Cardiff.

The Celebrating Excellence Awards represent the University's appreciation of staff who have demonstrated an outstanding commitment and contribution and who are recognised for going above and beyond the call of duty.

The following members of staff from the School of Optometry have been short-listed to receive an award and have been invited to attend the event:

- ◆ Richard Earlam ~ Lifetime Achievement
- ◆ Dr Maggie Woodhouse OBE ~ Outstanding Contribution to the Community or Environment

We will update you further following the ceremony on the 20th of November.

SEPTEMBER'S OPEN DAY - THANK YOU

September's Open Day attracted around 50 visitors to the School, including mature students as well as A-level students deciding whether to choose Optometry.

They left with a good impression and we expect to receive applications from some in the near future.

A special thank you from Jennifer Acton and Judith Colwill must go to; Beth Flynn and Chris Jones for running the workshops and demonstrations.

Also, a big thank you to Grant Robinson, Lee McIlreavy, Emma McVeigh, Chris Jones and Anna White for taking visitors on guided tours of the building.

BRISCEV 2014 CONFERENCE

The 12th British Society of Clinical Electrophysiology of Vision (BriSCEV) Conference was held at the Museum of Science and Industry, Manchester on the 8-9th September, 2014. There were about 70 participants attending from various universities, hospitals and companies across the UK. Most of the speakers were leading experts in the field but there were also presentations from newcomers to the conference. The sessions were educative, interactive and friendly with topics ranging from methods and analysis, case reports and new technologies for recording and analysing electrophysiology tests.

I presented a poster titled "A comparison of the spatial characteristics of the pattern electroretinogram and focal photopic negative response", which won the Best First National Presentation Award.

To: Amewuho Morny

Subject: Congratulations on BriSCEV 2014 presenter award

Dear Enyam,

On behalf of the BriSCEV board I want to congratulate you for an excellent poster presentation – you impressed the judges with your background knowledge and breadth of understanding.

Your award is well deserved.

Vikki McBain, our treasurer will be in touch shortly with a certificate and the actual £ prize, but meanwhile I have attached a snapshot PowerPoint memento.

I would like to put your picture on our website to celebrate your success. I hope you may be happy for this ... please let me know... maybe with a few sentences about your training and career plans to accompany the picture.

Our congratulations again, We wish you every success in the future

Dorothy

Chair Thompson

BriSCEV



RESEARCH AWARDS

Jennifer H. Acton PhD BSc(Hons) MCOptom
 Lecturer and Associate admission

Project Title: Does rehabilitation officer input improve quality of life in individuals with low vision?
Funding body: Sight Support Cymru / Cardiff Council
Amount: £38,481
 1st Sept 2014 for 18 months
 A microperimetric evaluation of age-related macular degeneration and polypoidal choroidal vasculopathy
 Japan Society for the Promotion of Science (JSPS)
 362,000 JPY (+ airfare, insurance)
 1 month postdoctoral fellowship at Kyoto University 31/3/15 – 30/4/15

Jennifer H. Acton PhD BSc(Hons) MCOptom
 Lecturer and Associate admission

Project Title: The application of spatial filtering to microperimetry in age-related macular degeneration
Funding body: College of Optometrists
Amount: £2000
 8 week summer student scholarship

Dr Matt J Dunn PhD MCOptom AFHEA
 Research Associate

Project title: "Understanding Binocular Vision in Infantile Nystagmus"
Funding body: College of Optometrists
Grant name: Postdoctoral Research Award
Amount: £20,000
 The grant will fund a nine month project investigating the effects of the nystagmus null zone on binocular vision. The project will also involve developing a simulation of nystagmus in healthy control subjects, and fund time to visit eye movement and perception labs abroad.

20th International Congress for Eye Research



Andrew Quantock attended the 20th International congress for Eye Research which was held in San Francisco in July this year. He was an invited speaker at the 5-day conference, part-organised by Professor Shigeru Kinoshita from Kyoto honorary distinguished professor at Cardiff University and spoke about the Pioneering three dimensional electron microscopy work which is going on in the school.

The talk was very well received and the session reflected Cardiff's standing in the field of corneal structural biology more widely given that two other speakers, Professor Che Connon from Newcastle University and Dr Geraint Parfitt currently at the University of California were former members of OPTOM.



Please Support Cardiff Optometry Students

Please **support** Cardiff Optometry Students by booking your **FREE** Eye Examination and **FREE** contact lens trials, available for all members of staff, friends & family at Cardiff University Optometrists.

All members of staff and the general public are able to be seen during term-time. (October-March) These examinations are run as part of the students training to professional standards, and are an essential part of their degree, leading to their final qualification.

All you have to do is give up 1-2 hours of your time to sit for our final year students. The students will conduct the eye examination, supervised by a qualified optometrist.

As a token of our appreciation, anybody who sits for an eye examination in the student clinic will receive a **20% discount** off the cost of new spectacles (terms & conditions apply)

To arrange an appointment please telephone **029 2087 4357** and ask for an appointment in the student clinic.

Clinic Times are;

Monday 10am & 2pm
Tuesday 10am & 2pm
Thursday 10am & 2pm
Friday 10am



Should you wish to see our resident optometrist, the appointment will take approximately 30 minutes. Optometrist appointments are available all year for all staff, students and the general public. Provision exists for STAFF who regularly using display screen equipment to have School/Division funded sight tests and financial assistance towards the cost of corrective appliances from the University's Eye Clinic.

Please contact your line manager to generate an internal order to cover the cost of your eye examination. Regrettably, if we do not have your order number on the day of your appointment, you will be required to pay for your eye examination. The cost of the eye examination conducted by a qualified Optometrist is £25.00 for all members of staff & £30.00 for the general public.

Free Eye Examination and Free Contact Lens Appointments for everyone!!!

*T & Cs apply

PLUS
20% OFF
COMPLETE SPECTACLES AT STUDENT CLINIC

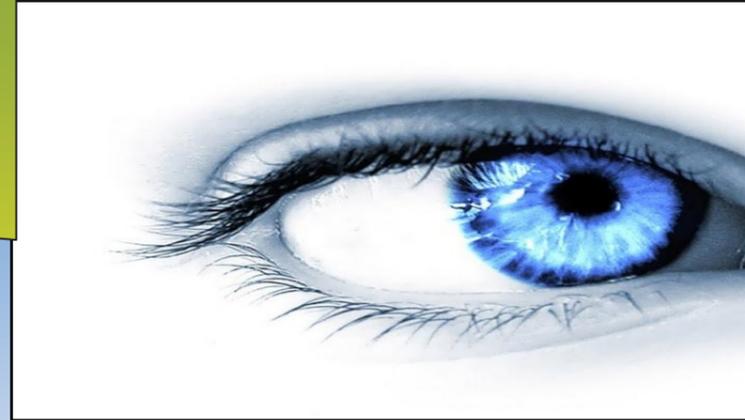


Maindy Road, Cathays,
Cardiff CF24 4HQ (next to Lidl)
www.cardiff.ac.uk/optom/eyeclinic

Contact us now on 029 2087 4357

Ltd FREE PARKING! Open: Monday to Friday 9am - 5pm

*Terms and conditions - Free appointments in student clinic only. Appointments must be made



Congratulations to:



Phil Booth on his engagement to his "now" fiancé Courtney

(Phil looks like he's still in shock) !

Rod and Emma Woodhouse who recently tied the knot on Saturday the 13th of September in Halifax (Emma's hometown).



Following an interview process within the School, we are delighted to confirm that Mrs Anna Taylor has been appointed as the School Manager with effect from the 1st of August 2014.

This role is to ensure consistency in management structures across all Schools within the University.



Our newly appointed Doctors; Claire McKeague, Saleh Aljarudi and Kholoud Alshaghroud who recently defended their theses and a huge congratulations to them both on this achievement.



Easy Dinner Ideas ~ 'Not just for Students'

'Chicken Wrapped in Bacon'

Cooking Time = 25—35 minutes

Serves 2

Ingredients:

Two Chicken Breasts
 Cheese of your choice, works very well with mozzarella or stilton
 Various Salad
 Olive Oil
 4—6 rashers of smoked bacon
 Oven chips / fries

Method:

1. Pre-heat the oven to 180/200 degrees c
2. Slice a pouch into each chicken breast
3. Stuff with sliced mozzarella or sliced stilton
4. Securely wrap 2 or 3 rashers of smoked bacon firmly around each chicken breasts, make sure you join the two ends of the bacon together on the top of the chicken breast to stop it from opening
5. Place in a glass pyrex dish and cover with foil
6. Place in a pre-heated oven for between 25-35 minutes (make sure it is cooked all the way through before serving)
7. Meanwhile cook your oven chips / fries
8. Plate up salad (works well with a rocket salad)

'Thai Fish Curry'

Prep Time ~ 20minutes

Serves 1

Ingredients:

1 piece of pangasius or other white meaty fish (ask your fishmonger for fish similar to pangasius if they don't have any)
 4 cherry tomatoes, sliced in half
 1/4 an onion, peeled and finely sliced
 Thumb sized piece of ginger, peeled and finely sliced
 Thai green curry paste
 200ml coconut milk
 Big pinch of chopped fresh coriander
 1 lime
 1 red or green chilli, deseeded and finely chopped
 Vegetable oil
 Half a mug of basmati or long grain rice

Method:

1. Pour the rice into a small saucepan then pour in one mug of water. Stir the rice, lifting it from the bottom of the pan. Turn on the heat to full power and bring the water to the boil.
2. Boil the water until you start to see little holes or craters appear in the rice (you may need to fan some of the steam away to see into the pan)
3. As soon as you see these, turn the heat right down (to number 2 if you're using electric, or just a really low heat if you're using gas) and place the lid on. Now just leave the rice to slowly steam away.
4. **On to the Curry:** Slice the fish into cubes on a clean plastic chopping board
5. Put a small saucepan over a medium high heat and pour in a drop of oil. Once hot, add the onion. Fry until it starts to soften—so about 3 or 4 minutes. Now add the ginger and chilli.
6. Stir in about 2 teaspoons of the curry paste. Mix everything together until the curry paste breaks down and mixes into the other ingredients.
7. Add the fish then immediately pour in the coconut milk. Push it down so its submerged underneath the coconut milk. The coconut milk will start to simmer and gently cook the fish. Cook for around 10 minutes until the fish is cooked through.
8. Add the cherry tomatoes, a squeeze of lime and the chopped fresh coriander and simmer for another 4 minutes.