

Vision really matters



Dear colleagues,

Sight is the sense that many people fear losing most, yet many people don't know the best ways to look after their eyes, or understand fully how different factors can affect vision.

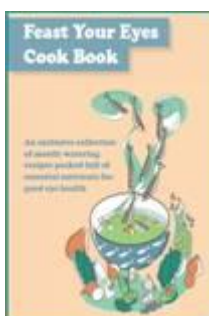
This week (21 to 27 September) is National Eye Health Week to help put that right.

Did you know a good **healthy diet** with broad leaf greens and brightly-coloured fruit promotes healthy eyes, as does **exercise**? Consumption of alcohol and smoking can adversely affect good eye care.

And of course all these factors influence other aspects of well-being.

On **PeopleFirst** we have a wealth of information about sight care and related issues:

- Check out our [information here on eye care and sight issues](#) with lots of links to local help, including how residents can get a free NHS eye test.
- If someone does have some sight loss, there's [lots of information here on local help and support on sight loss](#) and links to national organisations that can assist.
- There's [information here on having a balanced and nutritious diet](#) . And in [one of last month's emails](#) we highlighted help and support for residents who might be at risk of malnutrition.



National Eye Health Week have also produced an excellent [Feast Your Eyes cookbook available here online](#)

- Moderate exercise is also important for eye health, see our [information here](#)

[with tips and contact details for local support to keep exercising](#), even if you have mobility issues or a disability.

- And there's information on [giving up smoking](#) and [responsible drinking](#) .
- To find out lots of other useful facts and information about care for the eyes visit [the National Eye Health Week website](#) including some [really good downloadable leaflets](#) about eye care initiatives.

... and come and visit the eye-pod!



Join Central West London Vision on Shepherds Bush Green this Thursday 24 September as they host the RNIB Eye Pod to raise awareness of sight loss and how it can be prevented. Visitors to the Eye Pod will be able to use the sight loss simulator to experience eye conditions, including glaucoma and cataracts. From 10am to 4pm [Find out more here](#)

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