Olympic Silver Medal for Royal Blind Pupil!
Royal Blind supports people of all ages – from babies and toddlers at our pre-school playgroup, children at our school and after school club, young adults through our supported accommodation and respite care, and older people in our care homes. We also run the Scottish Braille Press, a leading UK provider of accessible media.

Visit www.royalblind.org to find out more

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**Reading iSite for the first time?**

If you would like to receive iSite for free three times a year please provide your contact details below or email marketing@royalblind.org

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If you would like to receive information about Royal Blind by email, please supply us with your email address. We promise to keep your details safe and will never sell or swap your details. If you change your mind about hearing from us, you can stop receiving our updates at any time by emailing privacy@royalblind.org, completing our web form at www.royalblind.org/contact or telephoning 0131 229 1456.

Please return this form to Royal Blind, 50 Gillespie Crescent, Edinburgh EH10 4JB.

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iSite in alternative formats
To receive iSite in large print, Braille or audio CD please contact us on 0131 229 1456 or e-mail events@royalblind.org

Royal Blind is a registered charity SC017167
Our sister charity Scottish War Blinded is a Scottish charitable incorporated organisation charity number SC047192.
Royal Blind has won a top award at the Scottish Sensory and Equality Awards in Glasgow.

We received the National award for ‘outstanding practice, innovation and dedication to sensory loss and inclusion in Scotland.’

Royal Blind Chief Executive Mark O’Donnell and staff from Jenny’s Well care home in Paisley were at the award ceremony. Jenny’s Well was also nominated for ‘outstanding practice, innovation and dedication to sensory loss in a specific local area.’

Mark O’Donnell said: “Winning this award is significant as it recognises the excellent and complex work we do across all of our services. They also provide a great platform to build on as we continue to look at ways to support even more people with sight loss. “I hope that all of our supporters, as I do, feel very proud of what we’ve achieved to this point and excited about the potential we have ahead of us.”
Silver medal
Olympic glory for Royal Blind pupil

British judo athlete Harrison Lovett has won a silver medal at the Special Olympics, defying childhood predictions that he may never walk unaided, thanks to the Royal Blind School. Harrison, 20, took second place in the male division 11 category in Abu Dhabi, gaining his first World Games medal on his debut appearance.

But Harrison had to defy professional medical opinion to make his dream come true, a dream that Harrison hopes will be followed by other young people with disabilities in the wake of his success.

Harrison had a stroke while in the womb and is registered blind. He suffered from periventricular leukomalacia, and has had to contend with hypermobility and cerebral palsy.

When he was three, Harrison’s family were told by his doctor that he wasn’t going to be able to walk, talk or sit up. But just a year later aged four, Harrison was to prove doctors wrong when he stood up and told his doctor, “Look!”

Harrison says, “I hope that by winning this silver medal, it will show that people with disabilities should never be written off at a young age.”

Harrison discovered judo when his keyworker at the Royal Blind School was looking for a way for him to use up his excess energy. A judo club was running at the school and it was Harrison’s keyworker who hit upon the idea of getting him to try it out. This was in 2010, and Harrison immediately took to the sport. He formed a close bond with Coach Jonny Imrie who is immensely proud of what Harrison has achieved.

“I’m extremely proud of Harrison,” says Imrie, “he has overcome so many challenges with his disability. His training routine has been brilliant. He’s on the mat three times a week and he’s worked really hard for this success.

“Harrison is registered blind but in Judo that’s one thing you can overcome because your opponent is so close. Harrison’s balance is also affected and balance is crucial in judo, so we’ve done a huge amount of cross training and work on balance to help his performance.
“Harrison would never have tried judo without the encouragement of Care Staff at the Royal Blind like Kelly and Audrey, I know that the Royal Blind are so proud of what he has achieved,” she says.

“If a story like Harrison’s doesn’t change people’s opinions of what can be achieved with some patience, planning and pure determination, I’d be surprised. I just hope Harrison can get out and about in the community and tell people his story,” says Imrie.

But Harrison isn’t stopping at a silver medal. The British championships are coming up and Harrison is going to take part in them. And he is very much hoping that he will qualify for the Special Olympics in Berlin in four years’ time.

But the last word must surely go to Harrison’s mum Fiona, who has watched him overcome any obstacle that has been placed in his way since the day he was born. She couldn’t be prouder of her silver medallist son.

“A big welcome home from niece Katie.

“Harrison would never have tried judo without the encouragement of care staff at the Royal Blind School like Kelly and Audrey, I know that Royal Blind is so proud of what he has achieved,” she says.

“And he wouldn’t have stuck at it had the coaches not been quite so awesome. A lot of people could rightfully claim a share in this medal and Harry would gladly give it. Thanks everyone.”
New dementia project launches at Jenny’s Well

A new project to consider how to care for the 12,500 people in Scotland who have both dementia and sight loss has launched at Jenny’s Well care home in Paisley.

Television news programme STV came to the launch and featured a piece about Jenny’s Well on the Glasgow news programme.

The Royal Blind has been awarded £20,000 by the Life Changes Trust with funding from the National Lottery Community Fund. Through the project we will research what activities in care homes people with sight loss and dementia find the most rewarding, and how activities can be tailored to their needs.

Many people with dementia enjoy reminiscence through looking at photographs or watching films.

For example at Jenny’s Well we have developed a tasting activity for residents where they can take part in reminiscence through sampling traditional local foods.

Mark O’Donnell, Chief Executive of Royal Blind and Scottish War Blinded said:

“Around eighty percent of residents at Jenny’s Well live with both dementia and sight loss. We have to work out how we are going to support people in a way that will enable them to live their lives to the full. What we want to find out is how can we help the people in our care enjoy themselves more.

“As a result of support from the Life Changes Trust we are able to take this research forward. We will involve people with dementia at every stage of the project so we can learn from them what activities they most enjoy, and how best we can provide them with what they need.”

Stephanie Kirkwood, is an Activities Co-ordinator at Jenny’s Well. She said: “They may have lost their sight but they’ve not lost anything else. They are still able to lead a great daily life. The residents here are able to be independent or to gain some of their independence back.”
But after several falls in the past few years, Ina, who has dementia and very little sight as a result of macular degeneration, was left feeling more and more reliant on her family, especially her daughter who she lived with at her home in Aberdeen.

In early 2018 Ina became unwell and was in hospital for several months. Her family were worried about her safety and they took the decision to find specialist care and support to help Ina feel more secure. Jenny’s Well was chosen for its proximity to family members and its team of nurses and care assistants who are specialists in sight loss and dementia care.

Ina’s daughter, Pam Franklin, said: “There was no question that Jenny’s Well was the best place for my mum. It’s a beautiful building and a warm and welcoming home. Families are encouraged to drop in and visit whenever they want to. Sight loss is a difficult thing to cope with but the staff are specially trained in how to care for people who are blind or partially sighted.”

When Ina first arrived at Jenny’s Well she relied on a wheelchair. But after encouragement from the staff, Ina is now able to walk to the living and dining areas. She has regained some independence and is more relaxed knowing that help is on hand.

Pam said: “It’s great to see her looking healthier and happier. Giving my mum back some independence has been a gift. She knows she can request help if she needs it but she doesn’t have to ask for help all the time. If she’s feeling sociable, there are other residents and staff to chat to, but she can be on her own if she wants.”

Ina added: “Jenny’s Well is a wonderful home that has helped me gain independence. The staff are so kind and helpful. One of the best things is that there is always something going on. Sometimes there is a walking group, or we will go out to a local pub or café. I don’t think there’s a single thing you could do to improve it.”

“Jenny’s Well is a wonderful home that has helped me gain independence. The staff are so kind and helpful.”

A former Private in the Army, Ina Franklin, aged 95, has always been independent. During the Second World War she worked to repair tanks, before going on to raise a family of five with her husband Jim.
Could you become an Activity Volunteer for the Royal Blind?

We Need You!

We are looking for a volunteer who could commit to some time on a weekly basis to help with activities for young adults who have vision impairment and additional needs including cognitive and communication impairments. We have two residential services in Edinburgh. Forward Vision in Morningside and Allermuir near Cameron Toll.

You would be helping to set up activity groups for residents with the aim of enhancing their wellbeing.

We are looking for volunteers who meet the following criteria:

• Minimum age 18+.

• It would be great to hear from volunteers with experience in health promotion for example, yoga, reflexology, massage or aromatherapy.

• A commitment to demonstrating Royal Blind values of being approachable, positive and forward thinking.

We offer volunteers the following support:

• Structured induction and training.

• Ongoing support and supervision from a Volunteer Development Manager.

• Access to further training.

• Travel expenses.

It’s a fantastic way to make a huge difference to the life of a young adult in your local community.

To find out more and to apply contact us at: 
Why I volunteer for Royal Blind

By Cameron Currie, age 17

Cameron is in his final year at school and is volunteering at Braeside House, Edinburgh, our specialist care home for older people with significant sight loss.

“On a typical day the activities team will find residents who want to come to a session and we might play some music or do some quizzes. I will sometimes sing or play the piano.

“It’s really just interacting and talking and finding something that will engage both of you. I will help hand out the tea, biscuits. It’s being a familiar face who comes in every now and again.

“I would say to new volunteers – don’t be nervous. Sometimes you can feel nervous going into a room full of people who you aren’t familiar with. It’s just like going into school and not knowing people. But the residents are so lovely and they really want you there. Having volunteers there is so important as it’s a different face and voice for the residents.

“I’m just trying to make a difference to their day, and I’ve stuck at it, so I’ve enjoyed it!”

If you want to get involved as a volunteer for Royal Blind visit, bit.ly/RBvolunteering
I’m running the Edinburgh Marathon for Royal Blind

Fraser Glen, 20, has taken on the ultimate challenge, 26 miles pounding the streets of Edinburgh. He tells us what inspired him to take part.

“A friend of my family has had sight loss so I felt that running for Royal Blind would be a good choice. I’m training to be a PE teacher and I’m already noticing that some of the children I teach have sight issues so that’s another reason I want to support the charity.

“I’ve never run a marathon before but I really wanted to challenge myself so without telling my family I just signed up!

“I’m running three times a week and doing a long run at the weekend. My diet wasn’t the greatest and I’ve got a sweet tooth but I’ve cut all that out and I’m feeling fit!

“I want to aim for a time of around four hours. My friends and family have been brilliant, and they are doing things like having coffee mornings and bake sales to help me raise sponsorship money for Royal Blind.

“I would really encourage other people to take on the challenge!”

We are always looking for new ways to raise money to fund the essential work we do at Royal Blind. If you would like to get involved in one of our events or if you have any ideas for an event of your own then please get in touch with our fundraising team on:

0131 229 1456 or email us at fundraising@royalblind.org
Fundraising – how you can make it happen!

Join the Kiltwalk – raise money for Royal Blind with the walking tour like no other.

Aberdeen: Sunday 2 June 2019  
Dundee: Sunday 18 August 2019  
Aberdeen: Sunday 2 June 2019

Whether you want to take on the Mighty Stride (26 miles), Big Stroll (12 miles) or the Wee Wander (5 miles) you will see some stunning scenery in your choice of location. Royal Blind is offering FREE charity places.

Abseil down the Forth Rail Bridge.

South Queensferry: Sunday 9 June 2019

Royal Blind is offering FREE charity places for this iconic and unique challenge where you will drop 165ft, free fall style to the sandy beaches below.

Come to our brand new comedy night!

Edinburgh: Tuesday 2 July 2019 at 7.30pm

Royal Blind is hosting a fantastic night of comedy at The Stand Comedy Club Edinburgh.

Tickets cost £5 per person. We would love to see you there – please come along and show your support!

Event inspiration!

While most of us are thinking about whether we could manage one marathon, spare a thought for Dalkeith veteran Steven Waterston who is running in his sixth London Marathon.

Steve runs with a cane which helps him to create some space when he runs. Brain surgery after a haemorrhage in 2008 left Steve blind and running became a way of focusing on his recovery. Steve now holds the UK number one T38 Para Athlete titles for both marathon and half marathon distances.

Read more about Steve at Scottishwarblinded.org

To take part in any of these events  
Phone: 0131 229 1456  
Email: fundraising@royalblind.org  
Website: www.royalblind.org
How to cook – Royal Blind Style

The Royal Blind Learning Hub give their top cooking tips for young people with a vision impairment who want to learn to cook.

Cooking can be a daunting prospect for people who are blind or partially sighted. Learning how to cook and gain practical skills in the kitchen gives a young person with sight issues confidence and much greater independence. June Budd teaches Home Economics at the Royal Blind School.

“I teach vision impaired young people basic food preparation as well as National Qualifications. It is vital for a child or young person to be developing skills that will help them in everyday life.

“In the kitchen organisation is key. Before cooking begins, it’s important to clearly label cupboards in both large text and braille. Contents should be placed in easy to reach positions.

“Placing large photos of the cupboard’s contents inside the cupboard door can help pupils who are vision impaired locate their equipment.

“Large trays with only two or three utensils in each compartment help the pupil find what they need. A basket containing small items, like cutlery, is also useful.

“Organising your work area is essential. The ingredients that need to be chopped are placed at the top left of the chopping board and what has already been chopped is placed at the top right. In order to know where your sharp knife is at all times, it is placed blade facing inward, handle lined up with the bottom of the chopping board. Trail your hand along the bottom of the chopping board to reach the knife handle. This stops any chance of picking up the knife by the sharp blade.

“When chopping vegetables, the bridge method ensures safety. With a firm grip, the supporting hand is placed on top of the ingredient. The ingredient is then sliced using a knife in the dominant hand.

“When adding other ingredients, transfer solids and liquids from larger containers into smaller dishes like a ramekin. Using your finger as a guide, pour in the required amount. For larger quantities, decant ingredients into a pouring jug.

“When adding each ingredient, always locate your bowl with your supporting hand, to ensure the ingredients land correctly inside the bowl.

“When putting food into the oven bring the tray close to the hob so it’s easy to locate. Open oven door carefully, especially if it is a fan oven. To locate the oven rack, gently tap it with your baking tray before placing in the oven.

“Remember to always return equipment to the correct position when cooking is completed. In order for this system to work, it is crucial that items are back where they belong as soon as you’re finished so that they can be located the next time you’re in the kitchen.”

A correctly laid out chopping board.
Lewis Shaw shares his experience of learning to cook at the Royal Blind School.

“Before I came to the Royal Blind School the only thing I could really do was put something in the microwave and just cook it for how long I was told to do. But apart from that, and maybe turning an oven on, there was nothing else I could do. I felt really negative about cooking. I had a fear of knives, a fear of heat, so I struggled to even use pans or even put things in an oven. I had no confidence at all.

“One skill that I’ve really learned at Royal Blind School is chopping vegetables. I have a system where the knife is at the bottom right hand side of the chopping board, blade side in. And I know it’s not going to cut me. I pick it up by the handle. I know it’s safe. And then it’s easier for me to go in with the knife and chop. It’s very important for young, blind people to learn how to cook because you don’t want to be waited on all the time. It’s good to be able to cook your own food and know what’s in your food as well because otherwise you have to have ready meals which aren’t always healthy.

“My favourite thing to cook would probably be mince and potatoes because I love that. But it’s a close run thing between that and a mug chocolate brownie done in the microwave.

“Now I love cooking! I feel like I’ve got more skills, and it’s made me more independent. I’m not as scared now to try cooking new things. When I eat food I have prepared it feels like a success. I feel proud of myself.”

Visit www.royalblind.org/learninghub to see a short film of Lewis, sharing his experiences of learning how to cook for himself.

We are very pleased to tell you that Lewis is now studying politics at Stirling University. We hope that you are keeping up the cooking Lewis!

Your donations can buy simple items like these that will make a huge difference to pupils at the Royal Blind School learning to cook.

£10 could buy a liquid level indicator. Ensuring blind and partially sighted people can fill their cup, pot or glass in the knowledge they will not spill or cause an accident.
Raise money for Royal Blind with the walking tour like no other!

Whether you want to take on the 26 mile Mighty Stride, the 12 mile Big Stroll or the 5 mile Wee Wander, you’ll see some stunning views in your choice of three of Scotland’s best-known cities.

Kiltwalk 2019
Take some big steps in aid of Royal Blind

Give your fundraising a 40% boost. However much you raise, Kiltwalk will top it up by an incredible 40%!

When does Kiltwalk take place?
- Glasgow: 28 April
- Aberdeen: 2 June
- Dundee: 18 August
- Edinburgh: 15 September

How do I sign up?
Simply contact the Royal Blind Fundraising Department for a FREE charity place by emailing us at fundraising@royalblind.org or call 0131 229 1456. We’ll then be in touch to send out your sponsorship pack, which includes a branded t-shirt and sponsorship forms.

RoyalBlind.org/kiltwalk-2019
Scottish Charity Number SC017167
Royal Blind has been supporting people with vision impairment for the last 225 years.

We are here to help from childhood right through to care in later life. But with sight issues affecting more people in Scotland than ever before, we need to make sure we are reaching everyone who needs us.

Director of Services Hawys Kilday joined Royal Blind in January 2019, having previously worked as Assistant Director of Services for Barnardo’s and Chief Executive of Caledonia Youth. She is responsible for developing new services across Scotland, as well as overseeing the management of Royal Blind’s existing services. Here Hawys explains the charity’s ambitions for growth.

“Quite simply our desire is to take our collective excellence and passion further to help transform the lives of more people. We currently have very skilled niche services for children in the Royal Blind School, young adults in our Forward Vision and Allermuir supported accommodation and older people in our care homes, Jenny’s Well and Braeside House.

“But we know that there are many needs that are not being met. And that the population is going to increase greatly in terms of sight loss. We know we need to develop services in ways that can enable us to reach many more people.

“We want to be supporting people with sight loss in their homes and communities, families where a child or parent may have sight loss, or helping adults with sight loss access further education or find work.

“Sight loss can make many people feel very isolated. We need to develop more flexible outreach style services to reach people of all ages living with sight loss at home but struggling to prosper.

“My ambition for the charity is that over the next ten years we are helping many more people with sight loss, no matter what age they are. I would like everyone with sight loss in Scotland to have access to proper support in whatever setting is best for them. I also believe there will be more exciting and crucial roles created by working in partnerships with others and by recruiting and training many more volunteers.”
Scottish Braille Press celebrates first year in new building

Staff at the Scottish Braille Press celebrated the first year anniversary of being in the new modern headquarters in Gorgie, Edinburgh. A specially printed cake was enjoyed by all.

Sandra Wright, Deputy Head of Operations at the Scottish Braille Press said:

“It’s been a fantastic first year in this state of the art building. The building is so light and bright and it’s a lovely environment to work in. But more importantly, we have some very high profile clients and this building sends out the right message about the high level of services we provide.”

The Scottish Braille Press is the leading UK provider of accessible media, transcribing documents for a wide range of professional clients into braille, large print and audio formats. They also produce books in braille and are very proud to be an employer that supports people with disabilities.
What is the Royal Blind Learning Hub?

The Royal Blind Learning Hub provides teacher training, educational resources, advice and workshops to teachers and other education professionals working with vision impaired pupils. Our aim is to support teachers and support staff in all areas of their work with vision impaired pupils in both mainstream and independent schools.

We offer support through:

- **One to one contact** – We can visit schools directly and provide outreach support.
- **Teacher training** – Please come along to one of our forthcoming seminars.
- **Online learning** – Browse our website at www.royalblind.org/learninghub for free resources.

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**Seminar Programme For 2019/20**

**2019**

- **Thursday 5 September** – Vision Impairment Maths and Science – Adaptation of Exam Questions
- **Wednesday 25 September** – Mindfulness
- **Thursday 3 October** – Vision Impairment Awareness Training – Glasgow
- **Wednesday 30 October** – Vision Impairment Awareness Training – Inverness
- **Thursday 7 November** – Music for Pupils with VI in the Mainstream Setting (1/2 day)
- **Thursday 21 November** – An Introduction to Pre Braille Skills

**2020**

- **Thursday 6 February** – Teaching Braille and Braille Technology
- **Thursday 20 February** – Tactile Graphics and Tactile Book Making
- **Tuesday 25 February** – Communication in Practice with Learners at an Early Stage of Development with Vision Impairment and Complex Needs
- **Thursday 27 February** – Using Drama Techniques and Sensory Stories to explore real situations and provide opportunities for inter disciplinary learning
- **Wednesday 4 March** – Art for Children with Vision Impairment and Complex Needs
- **Thursday 12 March** – Independent Living Skills
- **Thursday 19 March** – Music – Vision Impairment and Complex Needs
- **Thursday 26 March** – Mindfulness
- **Tuesday 19 May** – Canaan Barrie Signing Workshop

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Sign up for our free seminars
Learninghub@royalblind.org
0131 446 3128

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Veteran back in the saddle

Scottish War Blinded veteran Bryce Campbell rediscovers his passion for cycling after a 20 year break.

Bryce, 84 who lives in Edinburgh loved cycling from when he was a boy and even took part in time trials against Olympians in the 1970's.

But when Bryce who is married with three children and has two grandchildren, was diagnosed with glaucoma 20 years ago he was forced to stop cycling. Bryce who was in the Royal Army Pay Corps in 1962 said: “I've always loved bikes, you name it I did it – time trials, road racing. I even raced against the Russian Olympic Team in the 1970's.

"I think I've been interested in bikes since I was two, I took it up as more of a sport when I was 14 and I cycled all the time before I joined the army. Cycling was fantastic, it always felt like low level flying to me and there's nothing like it."

Bryce, who attends Scottish War Blinded’s Linburn Centre, the charity’s activity centre for veterans with sight loss in West Lothian said: “I had to stop cycling when my glaucoma hit me, I was devastated to have to stop doing something that I loved so much.

“At first I was very reluctant to come to the Linburn Centre, when I did finally come I couldn’t believe how fantastic it was.”

When staff at the centre learned about his cycling background, they worked with VIE Velo, Cycling UK's tandem cycling club for people with vision impairments. The team brought a tandem bike to the centre and with Linburn Centre Officer James Gregson acting as pilot while Bryce took the position as stoker; they were soon happily circling the activity hub’s grounds.

“It's just been fantastic to cycle again,” Bryce said, “I feel like I've got a new lease of life, I'd love it if we got one of those recumbent bikes, they're fantastic!”

And with the huge success of the tandem bike trial, the Linburn Centre is looking forward to bringing more cycling experiences to Scottish War blinded members in the future.

“At first I was very reluctant to come to the Linburn Centre, when I did finally come I couldn’t believe how fantastic it was.”

Bryce Campbell
New hope for glaucoma patients

Ground breaking research at the Manchester Royal Eye Hospital is set to bring new hope for people with the eye condition glaucoma. Minimally Invasive Glaucoma Surgery, (MIGS) is a new procedure designed to lower eye pressure but with a lower risk than conventional surgery.

The surgery uses a device called a Hydrus Microstent, the stent is the size of an eyelash and can be inserted into the eye to relieve pressure but is much smaller than the drainage hole needed for a traditional trabeculectomy.

The new surgery has been pioneered by Mr Leon Au, a Consultant at the Royal Eye Hospital in Manchester, and is typically suitable for those patients who have failed to respond well to drops or medication, and who are at the earlier stages of glaucoma.

Mr Leon Au said: “Hydrus stent is a promising technology which appears to lower eye pressure and reduces the amount of medication patients need to take.

“Although it doesn’t lower eye pressure as much as trabeculectomy, its excellent safety profile makes it suitable for patients with milder disease. We hope it will prevent further deterioration and avoiding the need for future invasive surgery.

“Hydrus stent has been through vigorous scientific testing and should be available for surgeons to adopt in Scotland in the next one to two years.”

Glaucoma is mostly caused by a blockage in part of the eye. This prevents fluid draining out of the eye and increases pressure in the eye, called intraocular pressure. People with glaucoma can lose their peripheral vision and have misty or patchy vision.

Treatment, initially in the form of eye drops aims to reduce the intraocular pressure in the affected eye.

A consultant may recommend that a patient considers surgery like a trabeculectomy, where a tiny drainage hole is created to allow fluid to flow out of the eye and help lower eye pressure, preventing or reducing damage to the optic nerve.

There are four types of glaucoma:

Chronic open-angle glaucoma
This is the most common of the four conditions and develops slowly over a long period of time with no noticeable symptoms at first.

The eye is usually affected from the outer field of vision, working inward towards the centre. In the early stages of the condition people are often unaware that their sight is being damaged.

Acute angle-closure glaucoma
This is a rare condition which can cause intense pain. It can occur gradually but could also develop rapidly. Symptoms include headaches, tender eyes, misty vision or loss of vision, redness of the eye, seeing rings around lights.

Symptoms of acute angle-closure glaucoma can last for just one or two hours before disappearing again. If you have these symptoms see your GP or A&E.

Secondary glaucoma
Mainly occurring as a result of another condition, injury to the eye, some medicines or operations. Symptoms, like misty vision or seeing rings around lights, can often be confused with other eye conditions.

Developmental glaucoma
Occurring in very young children, developmental glaucoma is rare. Symptoms can include sensitivity to light, watery eyes, large eyes, a cloudy appearance of the eyes and jerky movements of the eyes.

If you think you may have glaucoma, contact your GP or optometrist.
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