

Lions District 410W Sight Newsletter



Sight or Vision is one of the pillars of Lions Service Projects alongside Hunger, Childhood Cancer, Diabetes and Environment. Ever since Helen Keller challenged the Lions Clubs of the world to “become Knights of the Blind” back in 1925, Lions Clubs from all over the world have accepted her challenge and Sight remains one of the most important services in which Lions Clubs are involved in. The two most common eye problems Lions Clubs will encounter are myopia and presbyopia.

Myopia, short-sightedness or near-sightedness is when the patient has a problem with their distance vision. This is very common eye problem in school-going children and typically this manifests itself at the age of about 8 years old and upwards. This is important because if a Lions Club intends screening primary school children, there is no point in screening Grade R or Grade 1 pupils as they are too young to show the signs of myopia. Ideally the screening should start with the Grade 2 or Grade 3 pupils. Pupils who seem to have near-sightedness need to be referred to an optometrist for further evaluation and a probably a pair of spectacles.

The next problem is presbyopia or long-sightedness whereby the eyes lose their ability to focus on nearby objects, resulting in difficulty reading. Presbyopia usually becomes noticeable in your early to mid-40's and will continue to worsen until your mid-60's. A pair of reading spectacles from your local pharmacy or a pair supplied by your optometrist is the solution to this condition.

October is eye awareness month in the Lions calendar and I would like to encourage each Lions Club in District 410W to try and get involved in at least one vision related project this month. Lions Brightsight has a special for the month of October whereby if the Lions Club donates a R1,000 to Brightsight the Club will be entitled to 10 pairs of single vision spectacles (normal price is R200) or 4 pairs of bifocal spectacles (normal price R500 each) – effectively the Lions Club is getting the spectacles for half price.

I would like to thank the Clubs in 410W who have supported Lions Brightsight. There has been a marked improvement from our District – for the 1st three months of the 2021/22 year, 410W Clubs sent 61 prescriptions to Brightsight and this year over the same three month period, 90 prescriptions were processed by Brightsight, an improvement of nearly 50%.

Please also remember that because of an LCIF grant, Lions Clubs are able to give all school going children free spectacles through Lions Brightsight. This can save your Club quite a lot of money, just mark the script clearly “school child – LCIF grant” and the spectacles will be delivered to a business address in our community by Seabourne Couriers absolutely free.

If I can assist in any way, please feel free to phone me on 0832540437 or email me on peterdaniel@mweb.co.za

Yours in Lions,
Peter Daniel (DC Sight)

