



Additional information and resources

Room Two, Morning: My Macular and Me

Session one - Mark Chapman, I've been diagnosed, what next?:

[Eye Care Liaison Officers \(ECLOs\) | RNIB](#)

[Talking books service | Books in accessible formats | RNIB](#)

[Registering as sight impaired - Macular Society](#)

Session two - Becky and Ros, Nutrition and wellbeing:

[Nutrition for eye health and macular disease - Macular Society](#)

[Nutrition and lifestyle - Macular Society](#)

Professor Ruth Hogg - [Diet and nutrition - your questions answered - Macular Society](#)

Dr Tiarnan Keenan - [Supplements offer hope for advanced AMD, says researcher - Macular Society](#)

[Can supplements slow the progression of late-stage AMD? - Macular Society](#)

Session three - Carly and Sharon, Navigating relationships and getting the right support:

[Free counselling for sight loss | Macular disease emotional support - Macular Society](#)

[Telephone befriending - Macular Society](#)

Session four - Jo and group volunteers, Peer Support:

[Local support groups - Macular Society](#)

Room Two, afternoon: My Macular and Me

Session one - Hannah, Claire and Natalie, Maximising low vision:

[How to make the most out of your optician appointments - Macular Society](#)

[Lighting at home. Practical tips for people with sight loss - Macular Society](#)

[Low vision aids - Macular Society](#)

[Eccentric Viewing online training - Macular Society](#)

Session two - Will and Pat, Practical support hints and tips:

[Bumper pads pack of 50. Tactile markers to help find buttons and switches - Macular Society](#)

[Looking after yourself - Macular Society](#)

[Lighting at home. Practical tips for people with sight loss - Macular Society](#)

Session three - Will, Anne & Hazel, Practical support hints and tips:

Products mentioned:

- Liquid level indicator – can be purchased online (even on Amazon) and some local resource centres or sensory teams may provide these.
- Bread slicer guide – easily found online, multiple options for different sizes and colours.
- Talking scales – multiple options available, can be purchased online, via RNIB or some more specialist retailers.
- Bumpons (link above to the ones we sell in our online shop).
- Coloured knives – can be found online or in kitchen retailers.
- Onion holder – as above, different sizes and colours are available.
- Talking meat thermometer – online retailers, RNIB, kitchen stores – relatively easy to find, different models available.
- Meta glasses – ask in opticians.
- Neck reading light – widely available, Amazon, Argos and even Tesco sell these.
- Silicone oven gloves – online or in kitchen stores.

Watch on demand

If you can't stay with us all day, all the presentations **will be available from the conference page on our website**. News and updates will also appear in our newsletters and publications throughout the year. If you pre-registered for the conference, further notifications will be sent to you by email.

Save the date

Please join us again next year! Save the date Saturday 11 September 2027! If you have any suggestions about how we can improve the conference for next year, please add your comments to the survey which will be sent out after the event.

Macular Society

General/Helpline

If we don't manage to get to your question today please contact our Helpline between 9am and 5pm Monday to Friday on 0300 3030 111 or help@macularsociety.org.

Our Research

To learn more about the research that the Macular Society funds go to our website: <https://www.macularsociety.org/research/explore/>

To sign up to our Research Participant Database and hear about opportunities to take part in research on macular disease fill in the form on our website: <https://www.macularsociety.org/research/get-involved/>

To learn more about the research projects we fund <https://www.macularsociety.org/research/explore/projects/>

Supporting Us

If you've found our conference useful and would like to support the fight to Beat Macular Disease, please donate at: <https://www.macularsociety.org/donate/> Thank you.

Our Weekly Lottery helps fund the fight to Beat Macular Disease. You can join today, help fund lifechanging support and research – and be in with a chance of winning a prize. Play our Lottery here: <https://www.macularsociety.org/get-involved/other-ways/lottery/>

Membership

If you're interested in becoming a Macular Society member with a six month free trial, please get in touch with our Supporter Care Team on 01264 350 551(Monday to Friday, 9am to 5pm) or info@macularsociety.org.

Why not be part of the only community in the UK dedicated to beating macular disease? You can become a member, and your first six months are free! Join today at: <https://www.macularsociety.org/get-involved/beat-macular-disease/membership/>

*** Membership is FREE for the first 6 months and then costs £22 per year. Six-month free trial is only available to new members who are UK residents. If you have been a member before, or if you live outside the UK, you can still join us today for £22 by calling 01264 350 551.**