**Logo Description: 4 solid circles interlinked, colours left to right, Brown, Tan, Coffee and Beige. The word BAME written in white within, Vision written underneath in tan and in brown, Supporting ethnically diverse communities with their eye health and sight loss, written beneath.
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**BAME Vision National Eye Health Week webinar 3 – Eye on Mental Health**

BAME Vision, in collaboration with eye care & sight loss professionals and people with lived experience, are facilitating a series of informative webinars around this year’s themes of National Eye Health Week.

This year, National Eye Health Week runs from the 18th – 24th September 2023.

We are hosting 6 webinars starting from Tuesday 12th to Wednesday 27th September. These sessions are free, and are open to everyone. There will be an opportunity to ask questions to our speakers at each of the webinars.

**Session 3: Eye on Mental Health**

In our third session, we will cover:

* The link between sight loss and mental health
* Exploring the stages of the grieving process
* Coping strategies and techniques
* The support services available

Speakers:

Sandeep Saib - Mental Health advocate, suicide survivor, public speaker and mentor

Dr Beverly Duguid – Author, writer, poet, historian, and mindfulness teacher

Eamonn Dunne - Partnerships and Projects Development Manager, Thomas Pocklington Trust

Lived Experience Speaker:

Perm Bachu - living with a retinal dystrophy, Usher 2, and Charles Bonnet Syndrome, living by the mantra “I’m visible, not invisible.”

**When : Tuesday 19th September 2023**

**Time : 7 - 8.30pm**

**Where : Online via Zoom**

To register, email [info@bamevision.org](mailto:info@bamevision.org) or visit [www.bamevision.org](http://www.bamevision.org) for further information about the full schedule of webinars.

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