



MACULAR
DEGENERATION
NEW ZEALAND

Viewpoint

The MDNZ Newsletter

ISSUE 19 – June 2021

0800 MACULA (0800 622 852) | info@mdnz.org.nz

www.mdnz.org.nz

Help with the Banking Changes

As you will be aware the banks are currently going through some changes with branches closing and cheques being phased out.

Many people have voiced to us their concerns about how they will make payments without cheques, access personal service and how they can use the technology available especially with vision loss. We have spoken to the banks and shared these concerns. The banks have informed us of services that they are putting into place to address some of these issues.

In this issue of *Viewpoint* we focus on providing to you as clear as we can details about what each of the 7 major banks have available and how to contact them. We hope that you find this useful.

Please feel free to either pull the centre pages of this newsletter out or cut out your specific bank's information. Page five (the first of the centre pages) is an instruction sheet on how to use ATMs with earphones/hearing buds (the wired kind). The majority of ATMs can be used this way. You do not need to be able to see the screen when doing this.

As cheques will no longer be available, the Fundraising Institute of New Zealand (FINZ) has been working with the banking industry to support other ways for people to donate. Please check with your branch manager/staff to see what is being offered to support your charitable giving.

MDNZ is very grateful to all our kind donors. With your continued support we can continue our work to prevent unnecessary loss of sight. Unfortunately, we will no longer be able to accept donations by cheque after the **20th June 2021** (to enable any cheques to be banked).

Donations can still be made by credit card, through our website www.mdnz.org.nz, over the phone or by donation slip. You can also donate directly into our bank account (either by automatic payment, internet banking, or through bill payee details).

Please call us on **0800 622 852**, we are happy discuss these options with you.

Introducing Shalini Raju

We are very pleased to introduce Shalini, our Fundraising and Administration Support person.



You may have spoken with Shalini as she often answers the phone, helping people out with their inquiries. Shalini is a well-loved and important part of the MDNZ's team who is always

happy to lend a hand whenever needed. This is shown by her (and her family) recently volunteering to be a puppy raiser (walker) for Blind Low Vision New Zealand. We are looking forward to sharing this experience with Shalini, when the puppy comes into our office.

Shalini says "I'm still relatively new to MDNZ, starting my role as Fundraising & Admin Support in June 2020 coming from an accounting background. I came into MDNZ not knowing much about macular degeneration but, very quickly felt passionate about the work being done to save sight. I enjoy working at MDNZ, it's a small tight-knit unit of people with the same goal in mind - to help people."

Shalini would like to share the following eye healthy recipe that you may like to try. "This recipe is lovely and very suitable for winter as a treat. It is also very large and makes two standard loaves, I hope you all enjoy it."

Banana and Walnut Loaf

This is fabulous served straight from the oven with a little butter as a special treat or equally as delicious served on its own. Makes 2 standard loaves.

Ingredients:

Olive oil for greasing
450g (14 ½ oz) plain flour
Pinch, sea salt
1 teaspoon nutmeg powder
1 teaspoon bicarbonate of soda
400g (13oz) caster sugar
5 eggs
250ml (8fl oz) light olive oil
1 cup walnut kernels, roughly chopped and toasted
4 ripe bananas, mashed
1 teaspoon vanilla extract, optional

- Pre-heat oven to 180°C (350°F).
- Spray and line two 31 x 9cm (standard size) loaf tins.
- In a large bowl, sift together the flour, salt, nutmeg and bicarbonate of soda.
- In a separate bowl mix sugar, eggs, olive oil and vanilla, stir until combined, then add the walnuts and bananas and mix together with the dry ingredients.
- Pour into the two loaf tins and cook for about 1 hour (timings can vary depending on each oven).
- Halfway through baking rotate the loaf tins to help loaves bake evenly.
- Test loaves are ready by inserting a skewer into the centre of the loaf. If it comes out clean the loaf is done.
- Let them cool in the tins for 10 minutes then turn out onto a wire rack to cool.
- Serve warm and enjoy.

Macular Degeneration seminars

We hit the ground running with the organising of seminars in 2021 after experiencing quite a bit of disruptions to our plans due to Covid-19 last year.



A big shout out to

ANZ Staff Foundation for their support and sponsorship which enabled us to organize five seminars for the public around Aotearoa: We delivered some excellent presentations with the help of these wonderful and knowledgeable ophthalmologists in the following cities:

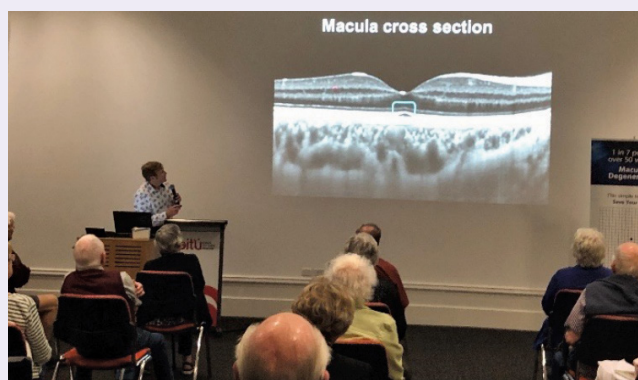
WANAKA 27 February

DUNEDIN 28 February

Dr. Harry Bradshaw presented three excellent presentations over the weekend. We received lots of positive feedback from close to 130 attendees, commenting that Dr Bradshaw gave very clear information

with the use of analogies which made it very easy to understand. The team at MDNZ had an interesting weekend too as Auckland went into a second lockdown in a month on 28th February, while the rest of the country was at Level 2 with restrictions on the number of people allowed at public gatherings. We went into contingency mode, calling as many of our registered attendees as possible and splitting the group into two for Dunedin. We thank everybody who attended and accommodated the change in session times.

We are also grateful for all the help and support we got from the Wanaka Upper Clutha Lions Ladies, Lorraine and Darlene; Robyn, Michelle and Rhonda from Blind Low Vision, Kirsty from Ocula Wanaka, Christine from Lake Wanaka Centre and Penny and her events team at Toitu Otago Settlers Museum. We could not have done this without you!



Top: Dunedin seminar, everyone sitting 1m apart to meet Covid requirements while Dr Harry Bradshaw presents. **Bottom:** Wanaka Seminar with Dr Harry Bradshaw presenting

ALBANY (AUCKLAND) 13 March

This was held at a lovely setting, North Shore Golf Club on a beautiful Saturday morning. Dr. Narme Deva gave an excellent and very clear presentation to a cozy group of about 40 people and helped answer a lot of questions from the floor. We are thankful for the support from our lovely volunteers from ANZ Takapuna Branch, Jade and Maja, David from Haydon Optometrist and Niishahn from Humanware who showed a few of their assistive technology products for people with low vision.

NEW PLYMOUTH 27 March

We made the decision to postpone this seminar from 6th March as we were in between lockdowns. Apologies that we did not manage to convey the change of date to a few participants who had turned up on the original day. Dr. Simon Nicholas gave a very "concise, informative and reassuring presentation" to about 100 people at TSB Showplace, with many people commenting that they learned a lot about macular degeneration. Thank you to Stratford Optometrists for their presence and Debra and Sue from Sight Support for being there with the low vision aids and to offer advice to people with low vision. Also a heartfelt thank you to Lance Girling-Butcher from Positive Ageing New Plymouth for helping us publish an article in Midweek, and for the help with the shuttle service.



Waikanae Seminar Dr James Leong presenting

WAIKANAЕ 10 April

More than 70 people attended our seminar at Waikanae Baptist Church. Dr. James Leong received great reviews from the audience with his very clear, enthusiastic and engaging presentation. Almost everybody commented they learned so much, and that the seminar was very useful to them and that they enjoyed it. Again, thank you to our lovely friends Debra and Sue from Sight Support, offering advice on low vision aids, and a big thank you to the amazing volunteers from ANZ, Hope and Vik.

As a small charity organisation, we cannot emphasize enough the gratitude from our team for all the support and help we get. Thank you again.

Seminars coming up in 2021

We are planning for a few more public seminars for the next few months:

These seminars will be in:

Palmerston North – 26th June 2021, 10am-11.30am. Venue: Globe Theatre

Taupo – September

Manukau / East Tamaki – November

Please register your interest to attend these seminars at

 www.mdnz.org.nz/public-seminar-sign-up or call us on

 **0800 MACULA (0800 622 852)**

We look forward to seeing you at a seminar this year.

Bank ATMs, and using their audio function

The majority of ATMs in New Zealand have their voice instruction option enabled. This means that once you plug in a pair of earphones/hearing buds they can instruct you to complete your banking needs without you having to be able to see the ATM screen.

Below we have described how to do this. If you would like further help do not hesitate to ask the bank staff. Or call MDNZ and we will see if we can help over the phone.

- 1. Locate the hearing buds plug, on the bottom right side of the ATM.** This is normally just above where the cash comes out. You will find a row of raised imprints, the first in the shape of hearing buds. Then a dip with the hole to plug the hearing buds into and then a button with some raised symbols showing volume increase/decrease.
- 2. Put your hearing buds on, then insert them into the hearing buds hole** (described in step 1). Make sure they are fully inserted. The machine will start talking straight away. If you hear no sound, make sure the sound is turned up, using the volume button. If still no success, play with the hearing buds plug a little to make sure they are connected fully (some are a little difficult). If still no luck maybe try another ATM or set of hearing buds.

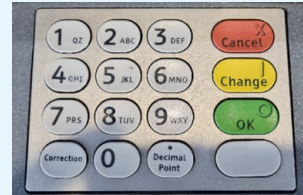
In brief...



- 1** Locate the hearing buds plug



- 2** Insert hearing buds into the hole



- 3** Listen to description of keypad layout



- 4** Insert your card and follow the audio prompts

- 3. Once you can hear it the ATM will explain the process through the hearing buds in full:** including the layout of the keypad which has “braille marks” on it – the number 5 button has a raised dot; the ok button has a circle; the change button has a straight line; and the cancel button has a cross. We found when doing this that it can be easier to use an ATM that does not have the security cover over the keypad, especially if your fingers are not very nimble. Please just make sure that you keep your hand covered when entering your pin.
- 4. It will then tell you to insert your card (including what is the right way up) into the card reader and then what numbers to push on the keypad to achieve whatever you wish to do.**

We found that this process does take time to do, especially the first time, but if you do take your time and listen carefully to the ATM's instructions it is very successful.



ANZ PHONE NUMBERS

Customer Service	0800 269 296
Phone Banking	0800 103 123

Banking info that could help

- All **ATMs can be used with hearing buds** (wired version) and will guide people with low vision to be able to gain access to services (refer to separate article in this *Viewpoint* on page 5).
- **ANZ Phone Banking**, automated telephone banking system, 24/7 unlimited access. Login in using Voice ID or PIN: Phone number is 0800 103 123. To register, call 0800 269 296.
- You can also set up payees with the help of customer service for your Phone Banking, these can then be given easy reference numbers to make it even easier when you call 0800 103 123. A printout of these can be supplied by the branch for reference.
- **ANZ Internet Banking** is designed to meet the international Web Content Accessibility Guidelines and is compatible with screen readers (such as JAWS, NVDA for desktop). To register, visit www.anz.co.nz and search Internet Banking, or visit any ANZ branch with photo ID.
- **ANZ goMoney (Smartphone App)**: login supports the use of fingerprints and facial recognition (Android phone ability being worked on). On Android phones, the app supports your phone settings to enable text to be enlarged. To register, download 'ANZ goMoney New Zealand' from the App Store (Apple) or Google Play (Android) and follow the registration process.
- **Contactless payment with ANZ Visa Debit and Credit Cards**, or leveraging smart phone abilities via Apple Pay or Google Pay.

- **Special Phone Assistance** If you are over 70 and you call in (0800 269 296), you will be automatically directed to a specialist team who are happy to spend any length of time needed with you to help you with any banking needs you may have.
- ANZ cards have several features to help identify them including:
 - Cut out notch and high visibility stripe to help determine the right direction
 - "Braille" indicators, being dots: 2 dots on Visa Debit Cards, 1 dot on Credit Card, no dots on EFTPOS cards.

ANZ has further information at [<https://www.anz.co.nz/banking-with-anz/ways-to-bank/>](https://www.anz.co.nz/banking-with-anz/ways-to-bank/) and guides that may be useful [<https://www.anz.co.nz/banking-with-anz/ways-to-bank/guides/>](https://www.anz.co.nz/banking-with-anz/ways-to-bank/guides/)

ANZ have presentations suitable for everyone that community organisations can request (Ways to Bank and Ways to Pay and Keeping Your Self Safe from Scams).

ANZ is suggesting with **cheques going**:

1. Talk to your Branch or Customer Services 0800 269 296 and discuss how to manage your payments that you currently pay with cheques.
2. ANZ staff are happy to guide you through any technology that you might be interested in learning, either in person or they can guide you over the phone.

ANZ will stop cheques on 31 May 2021





ASB PHONE NUMBERS

Customer Service	0800 803 804
Priority Line	0800 272 119
Fastphone Telephone Banking	0800 272 272

Banking info that could help

- All **ATMs can be used with hearing buds** (wired version) and will guide people with low vision to be able to gain access to services (refer to separate article in this *Viewpoint*)
- **FastNet Classic** (banking over the internet by computer) Please go into your closest branch or call ASB on 0800803804 and they can help set you up with this and the branch staff can show you how. Branches also have computers and free Wifi for customers.
- **Priority Line:** If you are over 65 (or need more personalised help due to low vision), call 0800272119 which is answered by staff trained to help with all your banking needs.
- Most branches have a **priority hour** for customers over 65, and those who need extra help from 9am to 10am during weekday branch opening hours.
- **The ASB Mobile Banking App** can be set up at the branch or over the phone call 0800 803 804 or 0800 272 119 if you are aged 65 and older.
- **Fastphone**, telephone banking automated system: phone number is 0800 272 272 (0800 ASB ASB). 24/7 unlimited phone access, can do most banking processes.

ASB has how to videos at <https://www.asb.co.nz/how-to> that show how to use internet banking and other services such as the App.

ASB offers free in person Better Banking Workshops (find out more at www.asb.co.nz/workshop) at branches across the country.

To support customers adjust to a world without cheques:

1. Set up automatic debits or direct debits to pay for bills and other costs.
2. Make sure you deposit any cheques you have from any banks prior to their cheque exit date (ASB will not accept cheques less than 3 days before that other bank's cheque exit).
3. Make payments through the above Fastphone number or call the 0800272119 number and they will be able to help you make payments over the phone.

ASB will stop cheques on 27 August 2021

ASB will trial **Community Bankers** later this year, where a mobile banker will travel to customers and personally assist them face to face with their banking needs.





BNZ PHONE NUMBERS

Client Services **0800 275 269**

Phone Banking **0800 240 000**

Banking info that could help

- All **ATMs can be used with hearing buds** (wired version) and will guide people with low vision to be able to gain access to services (refer to separate article in this *Viewpoint*).
- **BNZ Internet Banking** and mobile app and phone banking can be set up in the branch or over the phone, call 0800 275 269.
- **BNZ Phone Banking**, automated telephone banking system, 24/7 unlimited access. Phone number 0800 240 000
- **BNZ Internet Banking** is designed to meet the international Web Content Accessibility Guidelines and is compatible with screen readers.
- **BNZ App** login supports the use of Touch ID, Face ID and Fingerprint Login.
- BNZ Branches have specific lighting requirements to help with visibility.
- If you are over 50 and you call in you will be directed to a priority queue, speeding up service and giving you more time on the phone.
- Calls into Customer Service can be authenticated using Voice ID so no need to enter or remember a PIN.

BNZ has further information at <https://www.bnz.co.nz/personal-banking/everyday-banking>

BNZ run Digital Educational Days from their branches which are opportunities to have group or individual sessions with staff to help you become more comfortable with the tools available.

BNZ also have a Mobile Bus which visits New Zealand towns and **can help with cashless banking needs, offer advice on managing your everyday finances, and show you how to use online banking tools. More information on the Mobile Bus and where it is travelling to can be found at** <https://www.bnz.co.nz/about-us/supporting-communities/mobile-bnz-bus?km=bus>

BNZ has online resources about computer security and scams that you may find useful: <https://www.bnz.co.nz/about-us/online-security> and <https://www.getscamsavvy.co.nz/>

BNZ is suggesting with **cheques going**:

1. Talk to your branch or Customer Services 0800 275 269 and discuss how to manage your payments that you currently pay with cheques.
2. The BNZ staff are happy to guide you through any technology that you might be interested in learning, either in person or they can guide you over the phone.

BNZ will stop cheques on 30 June 2021





The Cooperative Bank

CO-OPERATIVE PHONE NUMBERS

Client Services **0800 554 554**

Phone Banking **0800 807 747**

Banking info that could help

- Co-Operative bank does not have ATMs. **You may use all other banks ATMs that can be used with hearing buds** (wired version) and these will guide people with low vision to be able to gain access to all services (refer to separate article in this *Viewpoint*).
- **Co-Operative Bank Internet Banking** and mobile app and phone and text banking can be set up in the branch or over the phone, call 0800 554 554.
- **Co-Operative Phone Banking**, automated telephone banking system, 24/7 unlimited access. Phone number 0800807747
- **Co-Operative Text Banking** enables you to cheque your balance, interest rate and transfer money between accounts.
- **Mobile Banking App** enables you to complete all your banking by your phone.
- When you call Co-Operative Banks Customer Services number your call is answered by a trained branch staff, 0800544544. They are available from 8am to 8pm on weekdays and 9am to 5pm weekends and can help you with all your banking needs.

Co-Operative Bank suggests with **cheques going:**

1. Talk to your Branch or Customer Services 0800 554 554 and discuss how to manage your payments that you currently pay with cheques.
2. Co-Operative staff are happy to guide you through any technology that you might be interested in learning, either in person or they can guide you over the phone.

Co-Operative Bank has already stopped cheques.



Cut here and retain for your files



KIWIBANK PHONE NUMBERS

Client Services	0800 113 355
Specialised Phone Number	0800 487 888

Banking info that could help

- **Kiwibank Phone Banking**, automated telephone banking system, 24/7 unlimited access. Phone number 0800 113 355.
- If you are an older customer, you can call 0800 487 888 to speak to a specially trained team member.
- **Kiwibank Internet Banking** and mobile app and phone banking can be set up in the branch or over the phone, call 0800 113 355.
- **Kiwibank Internet Banking** is designed to meet the international Web Content Accessibility Guidelines and is compatible with screen readers.
- Kiwibank's Branches have been designed with accessibility standards in mind and they also have concierges in branch to assist.
- Kiwibank **ATMs are currently not enabled to be used with hearing buds**, however you can use other banks' ATMs with this system at no extra cost (refer to separate article in this *Viewpoint*)
- People who are blind/low vision can request to be provided free phone banking services.

Kiwibank has further information at <https://www.kiwibank.co.nz/contact-us/support-hub/> they also have further info and videos to assist at <https://www.kiwibank.co.nz/contact-us/support-hub/internet-banking/guides/>

Kiwibank has Digital Angels that can help over the phone or an appointment can be made in a branch. They also have fee free accounts for people over 65 years.

Kiwibank has partnered with Digital Inclusion Alliance Aotearoa, which runs free community-based Stepping Up workshops to help people learn and build confidence. DORA (Digital On-Road Access), a mobile computer equipped banking classroom, has been traveling around New Zealand over the past 18 month visiting more remote and rural areas. This programme teaches the basics of online banking and how to protect yourself online and recognise scams.

Kiwibank suggests with **cheques going**:

1. Visit your local branch or talk to a customer service representative over the phone on 0800 113 355 and discuss managing your payments.
2. Kiwibank staff will guide you through any technology that you might be interested in learning, either in person or they can help over the phone.

Kiwibank has already stopped cheques.





TSB PHONE NUMBERS

Client Services **0800 872 226**

Banking info that could help

- **TSB ATMs are currently not enabled to be used with hearing buds**, however you can use other banks' ATMs with this system at no extra cost (refer to separate article in this *Viewpoint*).
- **TSB Internet Banking**, mobile banking and phone banking can be set up at your local branch or over the phone, call 0800 872 226.
- **TSB Phone Banking** lets you check account balances, transfer funds, pay bills, and review past transactions. To get setup, call 0800 872 226.
- **TSB's Customer Engagement Centre** team can support you with all your banking needs from the comfort of your own home, or wherever you may be. Simply call 0800 872 226 between 8am-7pm weekdays, 9am-5pm weekends.
- You can also complete all your banking needs by visiting your local branch to bank in person.

TSB have partnered with Digital Inclusion Alliance Aotearoa, which runs free community-based Stepping Up workshops to help people learn and build confidence in using computers and online technologies, including digital banking. Contact your local library or visit <https://steppingup.nz/> for more information.

TSB suggests with **cheques going**:

1. Talk to the team at your local Branch or call the Customer Engagement Centre team on 0800 872 226 to discuss alternative ways to make and receive payments without cheques.
2. The TSB team are happy to guide you through any technology that you might be interested in learning, either in person or they can guide you over the phone.

TSB will stop accepting cheques on 25 June 2021





WESTPAC PHONE NUMBERS

Contact Centre	0800 400 600
Phone Banking	0800 172 172

Banking info that could help

- All **ATMs can be used with hearing buds** (wired version) and will guide people with low vision to be able to gain access to services. (refer to separate article in this *Viewpoint*)
- **Westpac Internet Banking** and mobile app and phone banking can be set up in the branch or over the phone, call 0800 400 600. They also have a demo site that you can practice using, go to <https://bank.westpac.co.nz/demo/app.html#login>
- **Westpac Phone Banking**, automated telephone banking system, 24/7 unlimited access. Login using Customer ID and PIN. Phone number 0800 172 172. To register call 0800 400 600.
- **Westpac's website** is designed to help with ease of reading and is compatible with screen readers.
- **Text reminders** can be set up to monitor when account balances go over/under a certain amount, or when a planned payment fails. **Automatic payments and Direct Debits** can be set up to help manage regular payments.
- **Westpac One (Phone App)** login supports the use of fingerprints and facial recognition.
- **Contact Centre over the phone 0800 400 600**, can assist with almost all your banking and if you need extra care (assistance) for some reason they can flag your account to ensure that you receive this. Talk to a staff member about this.

- Westpac is New Zealand's first dementia-friendly bank which means our staff are specially trained, and our branch interiors are consistent throughout and designed to be dementia and accessibility friendly.

Westpac has partnered with SeniorNet to offer face to face online banking sessions throughout NZ, to find out further <https://seniornet.nz/>

Westpac is suggesting with **cheques going:**

1. Talk to you Branch or Customer Services 0800 400 600 and discuss how to manage your payments that you currently pay with cheques.
2. The Westpac staff are happy to guide you through any technology that you might be interested in learning, either in person or they can guide you over the phone.

Westpac will stop cheques on 25 June 2021

Special Phone Assistance will be in place by the 25th June. So if you are aged over 65 and you call in, you will be directed to a priority queue – our staff are waiting to help you with your banking needs.

We have a dedicated cheque line to support customers with any questions around the exit of cheques. Phone 0800 808 004.



Celebrating our champions, You! Thank you!!

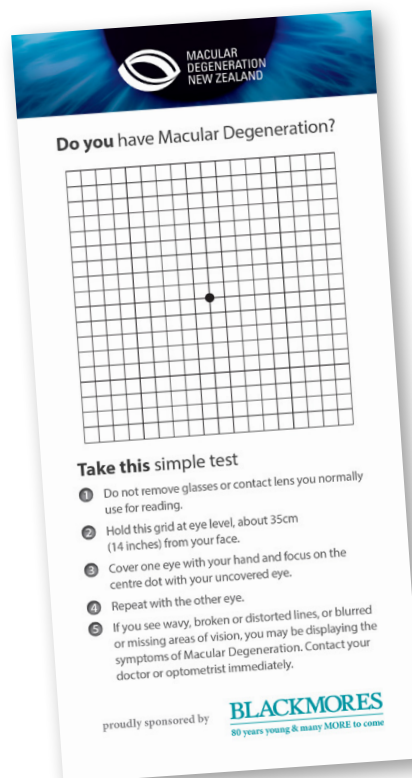
If you are reading this article, then you will probably know how vital MDNZ's resources, information and support are for people with macular degeneration.

You may be someone whose sight has been saved through using an Amsler Grid; or someone who now eats healthily thanks to the nutrition and recipes that MDNZ shares; or someone who found a listening ear on the 0800 Helpline at a time when you were feeling anxious about your macular degeneration diagnosis.

Grant, whose story you can read here (<https://www.mdnz.org.nz/stories/grant-and-donnas-story>) saved his daughter's sight by making her check the Amsler Grid every time she visited him. At 49, Grant's daughter Donna, discovered she had macular degeneration and started treatments immediately. The Amsler Grid saved Donna's sight.

Grant knows others who are less fortunate. A table tennis playing friend thought she was struggling to see because of old age. She only discovered macular degeneration when it was too late. If only she had known about the disease and had used an Amsler Grid regularly.

MDNZ recently held a campaign that ended on the 31st March to raise funds to distribute and share Amsler Grids and awareness around the country. I am writing to say



thank you for your wonderful donation and for taking action to help others.

Two generous donors offered to match your donation. By answering their call, you have doubled your impact. Thanks to you, in the coming year, MDNZ will have a busy schedule distributing more Amsler Grids and

reaching more people. We want to get a Grid into the home of every person over 50 years of age in New Zealand.

It is not too late to help. Please fill in the donation form at the back of this newsletter or go online to www.mdnz.org.nz to donate.

A big thank you for your support. You are the true champion in the fight to save sight.

HANDY HINT



If your eyesight is already impacted by macular degeneration, think about having more than one amsler grid so that you can mark one (or maybe two, one for each eye) with the waves and blotches that you already have and then check your eyes with a clean Amsler Grid and compare to the marked grid. That way you can notice gradual changes. (Contact us if you would like more Amsler grids).



Macular Degeneration is a member of the Eye Health Collation which is working towards affordable and equitable eye health for all New Zealanders. One of the first steps towards achieving this is to understand the eye health of New Zealanders, which we are currently lacking information on.

EHA has written an open letter to the Minister of Health, and **we are asking you to join us** in signing the petition for the first ever **National Eye Health Survey in New Zealand**.

Please click on this link to the petition https://www.eyehealthaotearoa.org.nz/open_letter_minister_of_health or open the link through the QR code to sign the petition.

To access the link through this QR code, please open your smart phone camera



and pretend you are going to take a photo, it will then ask you if you wish to access the petition website page.

Open letter to the Minister

Kia ora Minister

Vision loss can have a devastating impact on people's lives. Not only those experiencing vision loss, but those who love and care about them.

Right now, we don't even know the scale of the problem.

We call on you to show leadership by making eye health count in the next parliamentary term.

People with vision loss are:

- *far less likely to be employed*
- *three times as likely to experience clinical depression*
- *twice as likely to fall and four times as likely to suffer hip fractures*

Currently New Zealand has no formal data on the prevalence or causation of vision loss and no comprehensive eye health strategies, policies or frameworks to plan for and measure progress in eye health and vision care.

The first step in correcting this is to get truly representative and current New Zealand population-based data on the prevalence and causes of vision impairment.

*Supporters of Eye Health Aotearoa call on the Government to **fund the first ever National Eye Health Survey in New Zealand**, to inform future planning and funding decisions.*

We urge you to take a fresh look at eye health in Aotearoa New Zealand as the first step in closing the eye health and vision loss gap.

Nga mihi



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Thank you to all our generous donors who have responded so positively to our requests for support.

We are able to accept cheques until the 20th of June 2021, after which we will not have time to deposit these before they are no longer accepted by our bank. Please contact us if you wish to discuss how to donate without using a cheque.

We can and will continue raising awareness, educating, and supporting those with macular degeneration.

With your continued support you will be assisting others as follows:

\$50	Information packs posted out to 10 people
\$150	Information packs for 36 seminar attendees
\$500	One week of the 0800 Save Sight Helpline
\$2,000	An Awareness and Education Seminar in your community
\$10,000	Help fund a Community Educator

Saving the sight of another is such a wonderful gift to give.

Gift in Wills

Have you thought about leaving a gift to support the future work of MDNZ? Contact us to find out more.

- Email info@mdnz.org.nz or phone
- 0800 MACULA (0800 622 852)**



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Please donate to support those with MD

Title

First name

Last name

Name to appear on tax receipt

Street address

Suburb

City Postcode

Email

Phone (home)

Phone (mobile)

I would like to give a gift (choose one)

- Single Monthly Annually

Amount \$200 \$150 \$100 \$50 or \$

I would like to pay by (choose one)

- Cheque (enclosed) (accepted until 20 June 2021)
- Credit card VISA / MasterCard (circle one)

Card number

Cardholder's name

Amount \$ Expiry date /

Signature

For online donations visit www.mdnz.org.nz

Thank you

- I would like to receive information about MD
- I would like to receive the MDNZ newsletter
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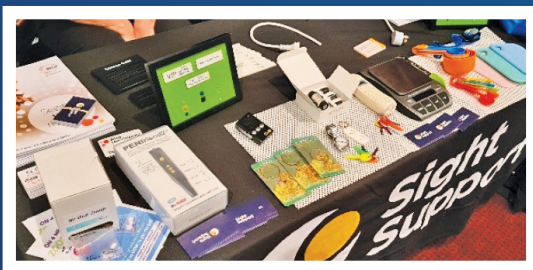
**Macular Degeneration New Zealand,
PO Box 137070, Parnell, Auckland 1151**

For assistance phone

0800 MACULA (0800 622 852)


Donations over \$5 are tax deductible.

We take great care with your personal information. Please see our Privacy Policy which is published on our website. See: www.mdnz.org.nz/privacy



Top to bottom: Dr Narme Deva Answering questions at the Albany Seminar; New Plymouth Seminar, audience listening to Dr Simon Nicholas Seminar; Sight Support, low vision aids at New Plymouth Seminar; Wanaka Seminar Table.

For further information contact MDNZ

-  www.mdnz.org.nz
-  0800 MACULA (622 852)
-  info@mdnz.org.nz
-  PO Box 137070, Parnell, Auckland 1151

More from our 2021 Seminars

Besides the public seminars that we organized for the local communities in the various cities around New Zealand, our General Manager, Anna Crane has also given talks to 10 retirement villages, seniors' clubs and community organisations around Auckland, Rotorua and New Plymouth in the past few months. We want to ensure more and more people are aware of macular degeneration and early detection saves sight!

Podcast of this newsletter is now available

We are very pleased to announce that *Viewpoint* will now be available on our website as a Podcast, and those who are Blind Low Vision NZ members can also access it on Blind Low Vision NZ platforms.

Click on this link to head to the podcast on Macular Degeneration NZ website www.mdnz.org.nz/viewpoint-podcasts

To access it on BLVNZ platforms please search for Macular Degeneration New Zealand Viewpoint.

If you would like to in future receive the *Viewpoint* Newsletter by email only please do email info@mdnz.org.nz informing us of this, or call 0800 622 852.

WE WOULD LIKE TO THANK

The Southern Trust for their kind support in funding this edition of *Viewpoint*.

