



Action 4U



The eyes have it

THE EYES, they say, are the windows to the soul. If the windows are not looked after, the soul is inaccessible.

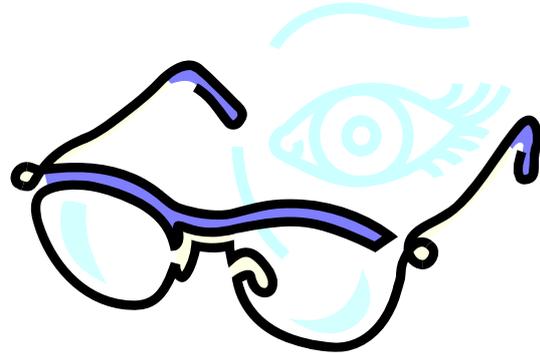
About 2 million people in the United Kingdom admit to having a problem seeing their television screen or to having difficulty reading small print in newspapers or on food labels.

There is an increasing number of people using off-the-shelf spectacles for reading without first having proper eye examinations.

There are approximately 25,000 children with sight problems in the UK but 85 per cent of people who have eye problems are aged 65 years and over.

Department of Health figures show that more than four million older people do not have regular eye examinations. Statistics also show that majority of eye problems in children are not picked up early enough because children do not have regular eye tests as specified by the Department of Health. Regular examinations will detect any potential problem and save the eyes from further damage.

Approximately 50 per cent of all sight problems are due to untreated refractive errors, cataracts in



older people, age related macular degeneration, glaucoma and diabetes. Of increasing prevalence is dry eyes among the older people with associated excessive watery eyes.

Cataracts are one of the commonest eye conditions resulting in cloudiness or fuzziness of the vision. The good news is that it is a curable blindness. In a procedure that can be carried out in a day, the cataract can be extracted and the person can see again, some even without spectacles. Cataract services are available in most opticians.

A lot of problems with vision can be prevented by regular visits to the optician. It could help prevent the development of tumours, high blood pressure, high cholesterol, diabetes, cataract, glaucoma and a lot more. Look after your eyes today.

Dr Chibuzor Uwadi

New life for charity set up in the 1930s to help Thanington pensioners

A CHARITY set up in 1933 to help two needy pensioners in the parish of Thanington is to be given a cash injection by the parish council.

Thanington Without Parish Council has donated £200 to the charity to help revive it. Registered as The Harris's Pensions Charity In The Ancient Parish of Thanington, it was set up to provide cash donations to two pensioners of £3.00 a quarter with £5 at Christmas. The last person to receive help left the area in the 1990s and since then the charity's money has been sitting in the bank.

One of the trustees of the charity is Thanington Without Parish Council Chairman Graham Page who says there are repeated calls at council meet-

ings to identify people who may be recipients of the charity but none have so far been identified. Talks are underway as to how the charity can evolve.

If you are a pensioner in need of assistance or if you would like to make a donation to the charity, please contact the Parish Council Clerk at 30 New House Lane, Canterbury, CT4 7BH .

**Harris's Pensions Charity in The Ancient Parish of Thanington
Registered in England No 234775**