

Thank you for making a huge difference

“Now I can see my grandchildren!”

Read how you helped Valentina see her grandchildren this Christmas



**The Fred Hollows
Foundation NZ**

**Summer
Newsletter
2015**



Who will you see this Christmas?

As a special alternative to traditional presents, you can send beautiful Gift of Sight cards for just \$25 each.

Each card you give will help restore sight to someone in the Pacific and features a personal story describing the life-changing impact your gift will have.

More designs and virtual e-cards are available on our website:
www.hollows.org.nz/gift-of-sight
or call **0800 227 229**

Place your order by 18 December 2015 to ensure delivery in time for Christmas.



Hello from Andrew



Do you know what a difference you make?

I take the greatest pride in sharing with you what together we make possible. Like how you've helped take world class eye care services to the rural outskirts of Fiji, and helped needlessly blind people in Tonga like Valentina see her grandchildren for the first time.

While we are well known for our cataract work, your support also helps so many in the Pacific simply with an eye exam and a pair of spectacles. Such an obvious solution has a life-changing result.

As someone who just uses his specs to see things up close, I didn't fully appreciate this until a few summers ago when I was swimming with a mate at Pakiri Beach. As a big wave was rolling in, I called out to my mate. His answer stunned me: "I can't see a thing!" Without his glasses, surfing the waves for him was a blurry, 'hit-and-miss' affair.

It was only when we returned to our towels where his glasses were waiting, that his sight was instantly restored. But for the majority of people who live alongside the same Pacific Ocean we were enjoying, restoring sight is simply not that easy.

That is where you come in.

Your support helps needlessly blind people see again, ensures no one will go blind simply because they don't have access to eye care services and provides simple spectacles to those who need them.

I can't thank you enough for the difference you make.

Andrew Bell
Executive Director



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The Fred Hollows Foundation NZ is a registered charitable entity under the Charities Act 2005. Donations made to us are used to support our programs across the Pacific, Papua New Guinea and Timor-Leste. We welcome all queries and feedback – please email us at info@hollows.org.nz or phone 0800 227 229. ISSN 2253-3796 (Print) ISSN 2253-380X (Online)

What will you leave behind?

You are precious in the eyes of others, by including The Fred Hollows Foundation NZ in your Will, you continue to transform lives through restoring sight.

Our new booklet, 'Their sight will be your legacy', explains everything you need to know about making a bequest.

To receive your free copy use the coupon on the back or contact us today.



Valentina's Story

Every day is the same for me. The only way I know that the morning comes is when I hear the birds singing, and the dark night becomes a grey day.

The first voice I hear is my daughter Eliza. She comes in the morning so that I can go to the toilet, taking me by hand to lead me. Then she makes the food while I sit. And that is my day, every day. I cannot read, I cannot go walking.

I can only sit, and hear the sounds of life around me. I am afraid to go anywhere - because of my other health problems, I need the toilet often, and so even if I am taken somewhere I am always worried. I have five adult children, I am glad to have them around, but it makes me sad that I am a burden on them.

My daughter cannot live in her own house with her husband because I depend on her. My body is still strong – when I could see, I would make crafts and sell them at the market. But now the



Only with the help of her daughter Eliza can she leave her house and go to the toilet

days are filled with waiting, till the grey darkness drains away and the night time comes again.

Sometimes I wish my husband was here to help me, but he died. My name is Valentina, I am 59 years old, and this is my life now.

Valentina's life was transformed when The Fred Hollows Foundation NZ's Pacific Outreach Team arrived in Nuku'alofa, Tonga.



Full of hope after her cataract surgery



Thanks to you, Valentina could see her granddaughter for the first time

“Oh, my life has come back and I am so grateful to you! Thank you!”

Following surgery to remove her cataracts, Valentina is a changed woman. Thanks to people like you, she has been restored to the vibrant, strong and independent woman she was before she lost her sight.

“When my eyes came back, I could see the people, I could see the all the things again. I could not believe everything that I could see!

As soon as I could see, I wanted to see my family, so I caught a bus. I went straight to my other daughter’s house, to see my grandchild named after me that I had never been able to see with my own eyes. This was a wonderful wonderful thing! Thank you to the people who give to The Fred Hollows Foundation NZ, thank you so much for giving me back my sight.

Now I can do things for myself, and my daughter can have her life back. Oh, my life has come back and I am so grateful to you!”

This is the face of your generosity and warmth. The smile on her face says it all.

From Valentina;

Thank you!



“I was very lonely. But now I can see, I see beautiful people, beautiful things. It makes me very happy.”

Your kindness

Building a brighter future

You make the journey worth it.

For 73-year-old Aminiasi, gaining access to eye care was almost impossible. Advanced Pterygium (tur-id-jee-um), had reduced this once strong farmer and formidable rugby player, to a life of seeing only shadows.

“What I see today, it will be different tomorrow. Every day it gets worse. It has taken my sight.”

Aminiasi’s physical body had also begun to deteriorate, leaving him completely dependent on his wife Aggie. Together with their paraplegic adult son, they live 2 hours from Suva, and a 4km trek through tropical forest from the main road. This remote location and their lack of funds, meant accessing eye care for Aminiasi’s blinding condition was completely out of their reach.

But your support helped to change this! The Mobile Eye Clinic (MEC) came and was stationed close enough to Aminiasi’s home, that for the first time, help was within reach.

Aminiasi had to get up at 5am to make the long trek to the main road. His neighbour led him, and paid for the taxi to take him the rest of the journey to the MEC.

On board the MEC, Aminiasi was able to receive sight-restoring surgery and can once again see life beyond the shadows.



Genevive was able to receive first class eye care after suffering a bite from her beloved pet dog Diamond

“I hope that for the next World Cup, I will be able to watch the players closely”.

- Aminiasi -



Raj and Aminiasi after their surgery



Young boy having his eyes tested



Shainaz, 47 is one of thousands who see again with new spectacles



Kelera, 72 after cataract surgery

Changing the face of eye care in Fiji The Mobile Eye Clinic in action

The faces you see on this page and the smiles that light them up are thanks to your caring support. These are the people who have been treated at the clinic and had their sight restored, enabling them to live more fulfilling lives. These smiles are for you.

The Mobile Eye Clinic takes world-class eye care services to the rural outskirts of Fiji. One of the ways you help is in providing spectacles to thousands who do not enjoy the same access to eye health services as we do.

A simple pair of spectacles can mean the difference between having a job, being able to read and write, being able to drive, fish and gather food.

All these people you see here have benefited from the Mobile Eye Clinic thanks to you, and thousands more like them will follow.

A Thank You letter from Sarafina

After her surgery, Sarafina wrote a letter of thanks to you.



Sarafina can now cook, walk and read to her grandchildren



“I convey our great appreciation, humble, heartfelt or should I say “eye-felt” thanks to all those who donate so generously to The Fred Hollows Foundation NZ, and to everyone involved including your good self and those who accompanied you in championing the rights of all people to high quality and affordable eye care just as Professor Fred Hollows professed. Again a huge vinaka vakalevu and please keep up the good work”. – Sarafina Underwood

Merry Christmas



After years of blindness, Ponifasio is delighted to see his family this Christmas

At this festive season,
our grateful thoughts turn to you.

From all of us at The Fred Hollows Foundation NZ, **Thank you**

3 easy ways to donate



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Newmarket,
Auckland 1149



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0800 227 229



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hollows.org.nz



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\$25 \$50 \$100 \$200 Other \$ _____

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STEP 3: My payment

Cheque/Money order enclosed made out to
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Debit my credit card (please circle)

VISA | MasterCard | AMEX | Diners Club

Card number _____

Name on card _____

Signature _____ Expiry date ____/____/____

STEP 4: My details

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Family name _____

Address _____

Suburb _____ Donor ID _____

City _____ Postcode _____

Phone _____ Mobile _____

Email _____ Date of birth _____

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Monthly giving by direct debit

Please send your free bequest booklet, 'Their sight will be your legacy'.