

YOUR VISION

NEWSLETTER

CHRISTMAS EDITION 2019



The Fred Hollows
Foundation NZ

Dana

Message from Andrew Bell

Executive Director of
The Fred Hollows Foundation NZ



Earlier this year we launched the Humanity Awards to celebrate outstanding young people in our communities.

The award was created to recognise a child who is following in the footsteps of our founder and legendary New Zealander, the late Professor Fred Hollows. Fred became famous for being a social justice activist who championed the right of all people to have high quality and affordable eye care. We wanted to recognise a young person who also strives to make the world around them better for others and who embodies the values of compassion, integrity and kindness.

In a year that has seen our country face some extraordinarily difficult times, something that has shone through has been the incredible humanity demonstrated by New Zealanders. So we were not surprised to receive over 70 nominations, but we were overwhelmed by the impressive calibre of children who were nominated. New Zealand is in good hands if these nominations are an example of the emerging generations and Fred would be proud to be associated with such outstanding and talented young people. They are engaged at school, show compassion to strangers and their younger peers, fundraise for amazing causes without prompting, support their teachers, establish wonderful programmes, and genuinely make the world a better place with their positive, can-do attitudes.

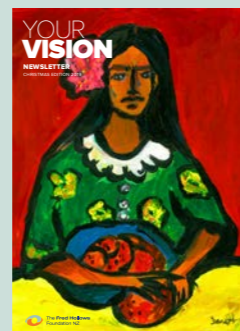
Deciding the winner for this award was a very difficult task and one which I was proud to take part in. Unfortunately, there could only be

one winner - find out who it is on page six.

New Zealand chef, Michael Meredith, is a supporter we're honoured to have promoting the work of The Foundation. In this newsletter you can find out why he supports The Foundation and the commitment he has to the cause, including cooking a special meal for our Outreach team to demonstrate how exciting healthy food choices can be. In addition to Michael I am grateful to Dan Ahwa, Fashion Editor of VIVA, for the inspired design for our 2019 Gift of Sight tote bag. I will definitely be purchasing a few to hand out as Christmas gifts.

Whether it's a donation, raising money in your community, designing a tote bag, cooking a feast for our Pacific staff or showing humanity, I am continually in awe of all the amazing support we get each year. It is truly a great collective effort that makes the miracle of restored sight and the creation of a sustainable eye care network across the Pacific, a reality today. Fred would be so proud of all that has been achieved.

I look forward to another year of leading such a wonderful organisation and I would be so grateful if you would continue to support us to achieve Fred's vision of a world where no person is needlessly blind or vision impaired.



Front cover: Artwork by Dan Ahwa, Fashion Editor of VIVA. Inspired by the colours and textures of a Samoan market, where they sell fresh produce. See the back page for more information.

Chefs for Good



NZ chef, Michael Meredith, pictured with Komal Ram from The Foundation's Programme team.

Chefs for Good is The Collective's, a New Zealand yogurt company, newest initiative. This initiative has seen a line-up of iconic Kiwi chefs collaborate with The Collective to create their own gourmet yoghurts, which will be sold nationwide with proceeds going to the charity of each chef's choice.

We're excited to team up with well-known chef, Michael Meredith and his Pacific-inspired coconut passion with hibiscus yogurt. The yogurt will be sold in supermarkets throughout New Zealand, with proceeds being donated to The Foundation. So what are you waiting for - go and get yours today!



Michael Meredith's coconut passion yogurt. Proceeds from the yogurt are being donated to The Foundation.

Pacific Mission delegation



"If you look at all the great charities around the world, this one has to be in the top five anywhere you look."

Rt Hon Winston Peters

Our Executive Director, Andrew Bell, was invited to join the Pacific Mission in Vanuatu earlier this year, one of only two NGO's to be invited. The delegation was led by the Minister of Foreign Affairs, the Rt Hon Winston Peters.

During this visit, the delegation visited the Vanuatu Nation Eye Centre which opened earlier

this year following a \$2.5 million upgrade and expansion by The Foundation.

"It is truly fantastic to be able to show the delegation the success of the upgraded eye centre." - Andrew Bell. Thank you to you, our amazing supporters, for making this possible.



Michael Meredith cooks a Pacific feast for our eye doctors and nurses

Michael Meredith, a well-known New Zealand chef who was born in Samoa, joined our team on the Samoan island of Savai'i to witness first-hand the work they're doing.

Foundation-trained Dr Lucilla Ah Ching-Sefo, the only eye doctor in Samoa, is based on the main island - Upolu. Dr Lucilla and four eye nurses from Upolu visited Savai'i Island for five days to operate on patients who have been waiting a long time for surgery. As Dr Lucilla is the only eye doctor in Samoa, she has a lot of patients, so to help support her, Dr John

Szetu, the Medical Director of The Fred Hollows Foundation NZ, joined the team on their surgical visit to Savai'i.

Based in the Solomon Islands, Dr John travels across the Pacific to support our eye care team and continue the training of our new eye doctor graduates.

Dr Szetu explains, *"This week in Savai'i is special, I am here to work with Lucilla to support her, it's a mini Outreach to take care of the patients who previously missed out on the last Outreach held by The Foundation's team, who came here earlier this year. These patients missed out because there were just too many people to see, we are managing to see them now, to give them the treatment and the surgeries they require."*

After meeting the team and seeing their hard



The Foundation's Medical Director, Dr Szetu pictured with Samoan eye doctor, Dr Lucilla.

work, Michael cooked a Pacific feast for all the amazing eye doctors and eye nurses that were running the outreach on Savai'i.

Michael explains, *"After a couple of days witnessing the incredible work that the doctors and nurses were doing, I was in awe and was very excited for the opportunity to cook for them using local ingredients as a gesture of appreciation of all the work they are doing towards eye care in the Pacific with The Fred Hollows Foundation NZ."*

All the ingredients were fresh and sourced locally. The fish was bought in the morning from the local fish market and the vegetables and fruit were bought from a local vegetable market, as well as from individuals around the island.

While the team were still performing surgeries, Michael set up in the nurses kitchen. The kitchen was very basic with limited pots, pans and utensils, as well as very limited cooking facilities. The fish was cooked inside, but everything else was cooked over an open fire with a wok fashioned over it.

The team set up a big table for the celebration on the hospital grounds with views of the ocean as a backdrop.

Once the team finished surgery, they were greeted by a feast of four dishes.

The doctors and nurses were so excited to be cooked for by Michael, expressing that it was a fantastic treat at the end of a long week of doing back-to-back surgeries.

Thank you to Michael Meredith for supporting The Foundation and to all our eye doctors and nurses who work tirelessly to restore sight to the needlessly blind across the Pacific.

"I grew up in Samoa and moved to NZ when I was 12. An aunt who lived with the family in Samoa had cataracts and no one understood back then how easy it was to fix. As I found out more about Fred Hollows, I realised how \$25 can actually change someone's life. It would have changed our family back then. So I have a heartfelt connection with The Foundation's work, particularly in the Pacific."

– Michael Meredith, Chef.

What was on the menu?

Local fried fish with turmeric

Pumpkin with fresh grated curried coconut

Green cabbage with beans and eggplant, spiced koko (cocoa)

Salad of green pawpaw with coconut, avocado, noni and limu (sea grapes)



NZ chef Michael Meredith.



Tonga's first eye doctor, Dr Duke with one of his patients, Ngu.

Radio NZ visits The Foundation in Fiji

Recently The Foundation's staff, students and graduates spoke to Radio NZ about the Pacific Eye Institute (PEI) in Fiji, on how the facility is providing specialist eye care for people around the region as well as training Pacific eye doctors and nurses.

Dr Duke Mataka graduated from the Pacific Eye Institute last year before returning to Tonga to serve his community.

As the only eye doctor in Tonga, there are challenges for Dr Duke, with lunch breaks sometimes being forsaken to get through patient numbers, and equipment not always in the best shape.

PEI Workforce and Academic Manager, Clare Luoni, leads efforts to make graduates like Dr Duke's job easier. "We figured out pretty early on that we couldn't just send graduates away to go back home and everything would be okay," she said.

"And a lot of them are going home to places where there's not a lot of equipment or support."

This is why the Pacific Eye Institute runs

programmes to support our eye doctors and nurses across the Pacific.

"This includes things like mentorship, continuing education and getting them the equipment they need." Ms Luoni said.

Despite these challenges, Dr Duke said witnessing people's sight being restored made it worthwhile, "It's an awesome feeling to have an immediate impact on their life and when you remove the pads the next day and they change from not seeing anything to seeing everything."

Dr Duke will get more help on the ground in a few years when a second Tongan eye doctor graduates from PEI.

Andrew Bell, Executive Director of The Foundation, says he is proud of the graduates from the institute and describes them as rock stars.

"Often they're working in difficult circumstances, especially if they're on Outreach. They'll be in some really small clinic that's not well equipped but they still work their magic anyway."

This 'magic' is carried out across the Pacific. In 2018 at PEI alone, over 37,000 consultations were carried out, more than 1,500 sight-saving surgeries took place and over 3,000 pairs of glasses were distributed.

Read the full Radio NZ series by visiting www.hollows.org.nz/radio-nz

The Fred Hollows Humanity Awards



This year we launched New Zealand's inaugural Fred Hollows Humanity Awards, a global movement that recognises everyday children undertaking outstanding acts of kindness and compassion. Acts of humanity. We asked people to nominate someone they thought was following in Fred's footsteps. Fred Hollows was a humanitarian, a person who, when seeing things that were not right, set about to change them. To be a humanitarian is to be aware of the people around you. Their well-being, their equity, their joy and their pain. But more than be aware, a true humanitarian will find ways to ease pain, improve well-being, change perceptions and bring joy.

We were inundated with incredible nominations from around New Zealand and the Judges determined that our first ever Junior

Ambassador would be Sari Moore, whose nomination encapsulated everything we believe the Humanity Awards stand for - compassion, kindness, understanding and action. Our charity partner Specsavers, awarded Sari \$5000 to allocate to a Fred Hollows Foundation NZ Pacific programme. Sari was presented a certificate during her school assembly, she was shocked and grateful to win, saying "Thank you for believing in me."

Afterwards her teacher said, "We're still coming down from cloud nine! It was such a great day, life changing for Sari. Sari asked the class where they would like the money to go and they voted the eye hospital on wheels."

Thanks to Sari, the Mobile Eye Clinic will be able to reach people in remote parts of Fiji, helping us end avoidable blindness in the Pacific.



Sari, age 10, Winner of the 2019 Humanity Awards, pictured with her teacher, mum, supporters of The Foundation and Blair Smith from Specsavers.

Meet Sari Moore, age 10, our first Junior Ambassador.

It was apparent Sari has the biggest heart. Sari's teacher explained that in just one week Sari gave an inspiring speech, helped an old lady who had fallen over and protected a child who was being bullied.

"Writing this nomination put a lump in my throat as I'm so proud of the person she has become. Sometimes, all you need is someone to believe in you. I believe in Sari."

**This Christmas don't just give any gift.
Give one that will change a life.**

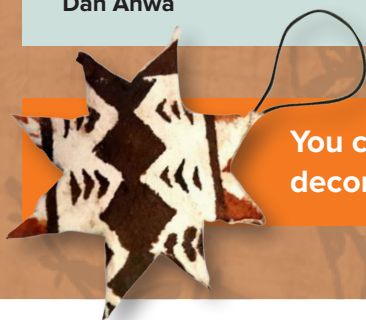
Give the gift of sight

One of the amazing gifts you can choose from includes a free limited edition tote bag. Featuring this beautiful artwork by Dan Ahwa, Fashion Editor of VIVA.

Fresh Produce

"This artwork represents the colours and textures of the main market in Salelologa, Savai'i, where they sell fresh local produce every day. It's important for people in the Pacific to go back to their roots and eat healthily, especially as diabetes is one of the main contributors to blindness across the Pacific. The artwork also highlights the bold colours of the market place that make being able to see well all the more needed."

Dan Ahwa



You can also choose a card, which includes a free Christmas star decoration, lovingly hand-crafted from tapa in Fiji.

Check out the 2019 cards and free gift catalogue enclosed, or visit hollows.nz/gift-of-sight

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