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Hello, I'm Penelope Wilton and I'd like to tell you a bit about why I support

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the overseas disability charity CBM.

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When I first came across CBM in 2012

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I was shocked to learn that people in developing countries are going blind

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because of conditions like cataracts. Cataracts cause half of all blindness.

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They can be treated with straightforward surgery, and yet for thousands of men

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women and children in Africa, this simple operation is out of reach.

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If you're living in poverty in a developing country

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it must be truly terrifying to lose your sight. In the places where CBM works

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it nearly always means losing the chance to go to school, or to earn a living

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as an adult.

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It's not just the physical barriers, though these are huge.

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People with disabilities often face discrimination and stigma,

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leaving them isolated and ignored. So several years on,

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I'm still as committed as ever to helping CBM train doctors,

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equip hospitals and fund operations

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so we can build a world where no one is needlessly blind. And i am also proud of

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CBM's work helping men women and children who are blind or live with other disabilities

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access education and training earn a living and be respected

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in their communities.

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If you're already supporting CBM's work, thank you.

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You're helping to transform lives in some of the world's poorest places.

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But if you're new to CBM please do consider joining me

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and doing what you can to support this worthy cause.

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Thank you.