



**Grab a cuppa
Watch a film
Share a story
Change a life**



**Host's
Booklet**

**The Tea
Party
for Sight**



Welcome to the Tea Party for Sight

Thank you so much for getting involved in our Tea Party for Sight. Together we can make a huge impact on the lives of people living with sight loss in the world's poorest places.

Inspired by the Parable of the Great Banquet (see page 3), this fun and flexible event is a fantastic opportunity to get together with your church members, group or friends & family – either online or in person within government guidelines.

Along with this booklet, which includes a quiz, a delicious and easy recipe, and a prayer and discussion guide, we've created two short films following the remarkable stories of two young children living in East Africa: five-year-old Shalom and ten-year old Etienne. You can follow their journey from darkness to sight and learn how your support can transform the lives of children like them in the world's poorest places.

We hope you enjoy your Tea Party for Sight. If you do any baking for your event, we would love to see a picture of your creation! Please do send any photos to info@cbmuk.org.uk.

With sincere thanks,

From all the team at CBM

Don't forget: We are on hand to answer any questions and offer support with your Tea Party for Sight. You can contact our friendly team on 0800 567 7000, or email info@cbmuk.org.uk

Shalom's Story

Shalom's mother Fridah first noticed something was wrong with her little girl's eyes when Shalom was just three years old and she started squinting a lot. By the time she was five, Shalom had been advised to leave school, as she could not read because of her low vision. She spent her time sitting alone on the steps of her house, with just her doll for company.



**"Mummy,
this is
me!"**

Fridah heard that eye surgery was available at Mengo Hospital in Kampala, the capital of Uganda, East Africa. They travelled there for an assessment and Shalom was diagnosed with cataracts and told she needed surgery. Although it was a relief to have a diagnosis Fridah was devastated as she could not afford the cost of her daughter's surgery.

Thankfully, Shalom was assessed by our partner and was referred for free surgery paid for by generous CBM supporters. After a few weeks, Fridah and her daughter travelled back for vision tests. Both the surgeon and the low vision therapist agreed that there was already significant improvement in her vision.

Fridah was overwhelmed by the difference the surgery made to her daughter. *"Before the surgery, she could not recognise herself in the photo. She could say: 'This is baby' but now Shalom is able to recognise herself in the photo. She gets surprised and says: 'Mummy, this is me!'"*

Witness Shalom's story.

Watch a short film at cbmuk.org.uk/shalom to learn more about Shalom's life before surgery and how other children like Shalom have had their sight restored.

The Great Banquet

"A man prepared a great feast and sent out many invitations. When the banquet was ready, he sent his servant to tell the guests, 'Come, the banquet is ready.' But they all began making excuses. One said, 'I have just bought a field and must inspect it. Please excuse me.' Another said 'I have just bought five pairs of oxen, and I want to try them out. Please excuse me.' Another said, 'I just got married, so I can't come.' The servant returned and told his master what they had said. His master was furious and said, 'Go quickly into the streets and alleys of the town and invite the poor, the disabled, the blind.' After the servant had done this, he reported, 'There is still room for more.' So his master said, 'Go out into the country lanes and behind the hedges and urge anyone you find to come, so that the house will be full. For none of those I first invited will get even the smallest taste of my banquet.'"



Luke 14:16-24

1. Who in this parable do you most relate to and why?
2. Does anything surprise you about this parable?
3. What do you think we can learn from this parable?
4. What do you think are the key themes or ideas in this parable?
5. How might this parable be relevant for people with disabilities?

Saving Sight Quiz

Millions of people around the world are needlessly blind because they can't get simple surgery or treatment that could save their sight. And too often, if you live in a poor community, going blind means losing your chance to go to school, earn a living or live independently.

Question 1:

About ____% of all blindness is considered avoidable.

- A. 20% B. 40% C. 60% D. 75%

Question 2:

True or False? Two-thirds of people living with blindness are women.

Question 3:

How many people around the world are blind or visually impaired?

- A. 2.53 million B. 25.3 million
C. 253 million D. 2.53 billion

Question 4:

True or False? Cataracts are responsible for over half the cases of blindness worldwide.

Question 5:

True or False? A gift of £24 could restore sight to someone who is blind in one eye with cataracts.

Answers are on page 6 and page 7.

Blindness around the world...

75%

of visual impairment is preventable or treatable.

Around half of all blindness is caused by cataract, where the lens of the eye becomes cloudy. Cataracts can be treated with simple surgery, which costs as little as **£24 for an adult or £95 for a child.**

For children living in poverty, going blind too often means **losing the chance to go to school.**

Not only is it harder for people with avoidable blindness in poor communities to access treatment, their families struggle to provide for those who can't work.

A Prayer for your Tea Party for Sight

Loving God,
let there be light –
in the eyes and futures
of those living in the darkness
of preventable blindness and poverty.
Let there be light
in our hearts and lives
so we see the difference we can make
when we share your good gifts freely
to restore hope to those whom others overlook.

Quiz Answers

Question 1: Answer: D

The World Health Organisation reports that about 75% of blindness is avoidable. Put simply, millions of people around the world are needlessly blind because they can't get simple surgery or treatment that could save their sight. And too often, if you live in a poor community, going blind means losing your chance to go to school, earn a living or live independently. CBM works across the world's poorest places to prevent avoidable blindness and restore sight.

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Question 2: Answer: True

Two-thirds of blind people are women. In wealthier countries this is because women live longer than men; in developing countries, it is because women are less likely to get the healthcare they need.

A few of the ways CBM saves sight in the poorest places of the world include:

- Enabling adults and children to access sight-restoring cataract surgery, including through outreach camps in remote places far from the nearest eye hospital.
- Training specialist doctors, nurses and other health workers to identify and treat eye conditions, and equipping hospital eye departments.
- Providing glasses and low vision devices to people who are visually impaired.

Quiz answers continued...

Question 3: Answer: C

253 million people in the world are blind or visually impaired. 36 million people are blind, while 217 million are visually impaired. The vast majority live in developing countries. As well as cataract, other conditions that can cause blindness such as glaucoma, retinal diseases, trachoma and Vitamin A deficiency occur frequently in the world's poorest places.

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Question 4: Answer: True

Cataracts are the leading cause of blindness, responsible for just over half (51%) the cases of blindness around the world. That's around 20 million people – the majority of them living in developing countries. A cataract is the milky clouding of the eye lens. Cataracts can occur in one or both eyes. Trying to see with a cataract has been likened to fogging on a camera lens. Many people with cataracts in the world's poorest places lack access to affordable eye care and surgery. While cataracts are most commonly diagnosed among people aged 60 and up, it can occur in younger people and children too. Children, especially, require early detection and treatment so their eyesight continues to develop normally.

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Question 5: Answer: True

£24 could restore sight to someone who is blind, through cataract surgery. The great news is that there are very safe surgical treatments available. Cataract surgery involves an eye doctor (ophthalmologist) removing the clouded lens from the eye and replacing it with a clear, artificial lens.

A recipe to enjoy at your Tea Party for Sight

Chocolate, Cranberry and Macadamia Nut Brownies

Prep: 10 mins

Cook: 30 mins

Cuts into 12 squares

Ingredients

- 150g dark chocolate, broken into chunks
- 200g butter
- 200g soft brown sugar
- 150g self-raising flour
- 40g cocoa powder, sifted
- 3 large eggs, beaten
- 100g macadamia nuts
- 60g cranberry sauce

Directions

Step 1

Pre-heat oven to 180C/gas 4 and line a baking tray to make non-stick. Melt the chocolate with the butter in a microwave or heatproof bowl over just simmering water.

Step 2

Mix the sugar, flour and cocoa powder and stir in the melted chocolate and butter mixture. Add the eggs. Stir in cranberry sauce and nuts.

Step 3

Pour mixture into a non-stick baking tray and smooth the surface. Bake for 25 - 30 mins. Allow to cool before slicing – if you can wait that long!

Recipe provided by Jacqueline Atkinson, CBM Church Ambassador



Macadamia nuts are grown in Malawi, East Africa. They are enjoyed in rural communities and now a major export for Malawi.



Etienne's Story

At just 10 years old, Etienne has spent most of his life in darkness. Born with cataracts that robbed him of sight, he didn't start school like his brothers and sisters, instead spending most of his days sitting at home, alone. His parents or siblings would need to help him with most daily activities. "When we go to church, we have to lead him by the hand", explained his mother Seraphine.

But after ten years of living needlessly blind, Etienne finally had cataract surgery, thanks to CBM supporters. In an operation taking just over an hour, Doctors removed the cataracts clouding his vision and restored his sight.

Finally, Etienne can see to get around safely. Within days he was enjoying colouring and drawing. After years of worry, his parents were overjoyed, full of hope for their son's future.

His mother, smiling broadly, said "I'm very, very happy! I thank the doctors and God".

Etienne's Miracle. You can watch a ten minute film of Etienne's story at cbmuk.org.uk/etienne, presented by Diane Louise Jordan, who met him in Rwanda.

Response and donation form

You can donate to give sight at www.cbmun.org.uk/donate, or simply complete and return the below form.

I enclose a cheque/cheques payable to CBM for £

Title First Name

Surname

Address

Postcode

Email address

Phone Number

Name of church (if applicable)

Position in church (e.g. minister, treasurer)

Approximate congregation size

We'd love to keep you informed about our work and how your support is transforming lives. If you're happy to hear from CBM UK by phone or email, please let us know your details in the boxes above.

If you would rather not receive updates by post about the work you support, please email leave@cbmun.org.uk or call 0800 567 700.

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**Please return this form, along with any donation to:
CBM, Munro House, 20 Mercers Row, Cambridge, CB5 8HY**

Thank you so much for your support. Your kind gifts will help to restore light and give sight to many more people.



About Christian Blind Mission

Too many people face poverty, stigma and isolation, denied the chance to go to school or earn a living, just because they have a disability. And every day people lose the ability to see, hear or walk because of conditions that could easily be treated or prevented.

Driven by Christian values, CBM works in the world's poorest places to reach those whom others leave behind. Working in partnership with governments and local partners, we create long-term positive change: treating and preventing conditions that lead to disability and enable people with disabilities to go to school, access healthcare, earn a living and be active in their community.

England & Wales:

Munro House, 20 Mercers Row,
Cambridge, CB5 8HY

Scotland: 83 Princes Street,
Edinburgh, EH2 2ER

Northern Ireland: The Mount
Business Centre, 2 Woodstock
Link, Belfast BT6 8DD

www.cbmun.org.uk

Tel 0800 567 7000

info@cbmun.org.uk



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