

A close-up photograph of a smiling man with short grey hair, wearing a bright yellow jacket over a grey t-shirt. He is holding a large, silver, circular medal with a red ribbon around his neck. The medal features the 'FIGHT FOR SIGHT' logo and the name 'Clarke Reynolds'. The background is a dark, textured surface, possibly a chair.

Office Sports Day

Clarke Reynolds,
Fight for Sight
ambassador

Everything you'll need to run an
exciting in-office challenge event

Save Sight. Change Lives.



Best of luck as you face up to your colleagues and embark on this challenge.

For this challenge you'll need:

- A minimum of two teams made up of four people in each.
- One additional colleague who can be the referee (we know how competitive people can be).
- Suggested donation for each team member of £10 to take part (donate via the QR code below).
- Large meeting room for the activities to take place in.

Office Sports Day can be made up of as many different disciplines as you like. We'd suggest a minimum of three from the list below, but for the more adventurous you can try all seven.

What could your donation do?

£25 could help fund a befriending service for people who are blind and vision impaired who feel isolated in their own homes.

£50 could help pay for innovative and cutting-edge technology to accelerate vision research.

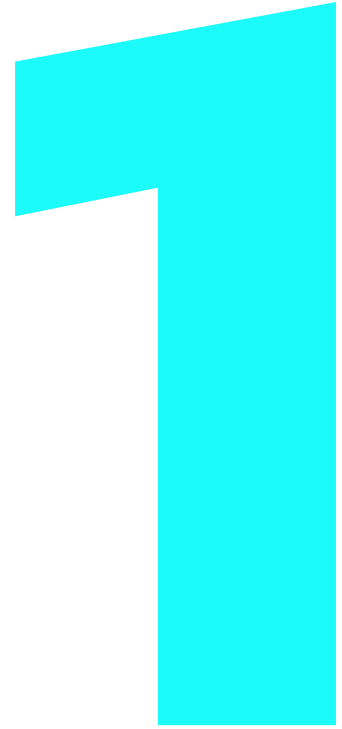
£100 could help train the next generation of ophthalmic researchers, building vital capacity in the UK.

To take part in all the activities you'll need:

- One computer/laptop – with table and chair.
- 100 Post-It notes.
- One paper bin.
- Five sheets of A4 paper screwed up into tight balls.
- Five elastic bands.
- A stopwatch on a mobile phone.
- A sturdy office chair with wheels.
- One cup of warm water (40/60 mix of boiled to cold).
- A pack of malted milk biscuits.
- Two highlighter pens.
- Pre-printed A4 sheet (available to print within this booklet).
- Sticky tape to mark line on floor.

Ask permission from your boss and play safe!





Post-It 100 meters race

Two team members attach the Post-It notes to a door.
Give each team 20 seconds to stick as many Post-It notes as possible to a door.

Items required:

- 100 Post-It notes (more may be required dependant on how many teams take part).
- A door or two.
- Phone with timer.

Scoring: 10 points if you win this round. Count the amount of Post-Its attached to the door and the team with the highest amount wins the round. Duplicates don't count so make sure you haven't got Post-It notes stuck together.



Speed typing relay race

Each team member takes it in turns to type out a paragraph while another team member reads out the paragraph. Once you've finished your typing, tag your teammate in to do the next one and then its your turn to read out the next paragraph (use a screen reader or Braille machine if needed).

Items required:

- One computer/laptop – with table and chair.
- A copy of the paragraph available at the end of this doc.
- Phone with timer.

Scoring: The team that finishes in the fastest time and with the least amount of mistakes, wins.



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Rubber band shot put

One member from each team to take aim at a wall, well away from other colleagues. Take two steps forward towards the marked line on the floor and fire a rubber band. Mark a target on the floor near the wall. Each person has five attempts.

Items required:

- Five elastic bands.
- Sticky tape to mark line on floor.

Scoring: 10 Points for the person who's rubber bands land nearest the target. Please don't aim at your colleagues!



Baton race

One team member sits in a chair and uses their feet to move forward. They then pass the baton to their other team member who switches into the chair to return down the course.

Items required:

- Two team members.
- A baton – we recommend a highlighter pen.
- You'll require a 5-metre clear area to move the chair safely.
- Sticky tape to mark start line on floor.
- Phone with timer.

Scoring: Quickest time wins 10 points. Lose five points for a dropped baton. Contestants are immediately disqualified for falling off their chair.



5

Biscuit deadlift

One team member to dunk a malted milk biscuit for 10 seconds (don't forget to add your Mississippis), three quarters of the way into the cup of water. Then lift it out of the water over a plate and time how long it stays before falling. To make it more challenging, you need to keep your arm off the table.

Items required:

- One cup of warm water (bath temperature 40/60 mix of boiled to cold).
- One plate.
- A pack of malted milk biscuits.
- Phone with timer.

Scoring: Longest time before the biscuit drops wins 10 points.



Bin ball

Two team members, throw or roll five paper balls each into the bin from five steps away. To help with aim you can allow all players to have five practice throws or rolls. To make the activity accessible, ensure it's clear where the bin is in relation to the marked line.

Items required:

- Five paper balls.
- Paper bin. Lay the bin on its side if you are rolling.
- Sticky tape to mark line on floor.

Scoring: Possible 10 points on offer. Each paper ball which misses you lose a point.



Highlighter pen jump

One team member from each team to use a highlighter to highlight the charity name in the text provided. For those using a screenreader or Braille machine, listen out for the charity name and tally up as you go.

Items required:

- A4 printed text or up on a laptop/Braille machine.
- Highlighter pen.
- The test sheet is at the end of this doc.
- Phone with timer.

Scoring: There are 25 names to highlight/read out, for each one missed you lose a point from your total score. You only have 40 seconds to complete the task.

Text for Speed Relay Race

Fight for Sight - Our vision is nothing short of 'Save Sight. Change Lives'

Imagine being told that you, or someone you love, is losing their sight. In that moment, two profound questions demand urgent answers:

Can this be stopped?

How will I live my life?

We fund the brilliant minds and bright ideas, that are putting change in sight for everyone impacted by vision loss.

Brilliant minds

Our investments fund researchers at the forefront of tackling sight loss, making breakthroughs and discoveries that will prevent, treat and cure eye disease.

Bright ideas

The partnerships we build and initiatives we support are changing life for blind and vision impaired people, who are three times more likely to experience loneliness and isolation than the general population.

Our Mission

We fund brilliant minds and bright ideas, putting change in sight.

We invest in sustainable projects that deliver equity and back science that brings prevention, treatment, and cures within reach.

Our values

Together, we are bold, tenacious, informed, optimistic.

How do we deliver impact?

Fight for Sight is a funder. Specifically, we fund brilliant minds and bright ideas putting change in sight for people living with vision loss.

Sounds grand, doesn't it, but what does it mean?

Scientific research impact

We fund research to better understand, diagnose, prevent, and treat vision loss. That includes funding early-stage research with small grants, which enables researchers to unlock future funding.

Delivering social change impact

We're also funding bright ideas throughout the UK that are changing lives for people who are blind and vision impaired. For example, Metro Sport supports people in engaging in sporting activities.

Text for Highlighter pen jump

A diagnosis of an inherited eye condition evokes complex emotions. We know Fight for Sight that eye disease impacts generations of families, which means you and your loved ones may be at risk. Different family members may react Fight for Sight, which can be difficult as well. Being informed can help you to have better conversations with loved ones and Fight for Sight the experts overseeing your care, which is why we've created this guide to understanding Fight for Sight genetics and the eye.

Inherited eye conditions Fight for Sight because of changes, or faults, in the instructions that our bodies use to grow and work properly. Fight for Sight

These instructions are called genes, and Fight for Sight we get them from our parents.

When there's a Fight for Sight in one of these genes, it can cause problems affecting our Fight for Sight or vision. This faulty gene can then be passed from parents to their children. That's why these inherited eye conditions can often Fight for Sight several members of the same family across different generations.

Many inherited eye Fight for Sight are considered rare. They're often caused by a change in just one gene out of our many thousands. Because of this, doctors can sometimes predict a person's risk of developing these conditions by looking at their Fight for Sight.

Some more Fight for Sight eye conditions have a genetic component, such as refractive errors, glaucoma, cataracts, and age-related macular degeneration. However, these are a bit different from inherited eye conditions because they usually Fight for Sight from the complex interplay between genetic and environmental factors. There are similarities in how some people are more likely to get cardiovascular diseases or diabetes.

A person's family history Fight for Sight and various environmental and lifestyle factors, such as diet or smoking habits, will determine their likelihood of developing these conditions. Fight for Sight

Some inherited conditions affect both the eye and other parts of the body, forming part of a broader syndrome. One Fight for Sight example is Wolfram syndrome, which causes sight loss and other symptoms such as diabetes and deafness.

Eye conditions that run in families usually follow certain patterns or Fight for Sight for how the disease is passed down from parents to their Fight for Sight. The three most common ways this can happen are:

1. One parent can pass it on to a child (doctors call this 'autosomal dominant').
2. Both Fight for Sight need to pass on a hidden genetic fault (called 'autosomal recessive').
3. It's linked to the X-chromosome, which determines biological sex (known as 'X-linked').

Usually, all the families Fight for Sight with the same inherited eye condition will share the same pattern. But, the same disease can sometimes be passed down differently in different Fight for Sight. In these cases, the way it is inherited depends on the exact genetic cause of the disease. Fight for Sight.

An example of an eye condition that can be inherited in different ways is Leber congenital amaurosis. Usually, a child Fight for Sight only if both parents pass on a hidden genetic fault. However, in rare cases, just one Fight for Sight with the condition can pass it on to their child.



About us

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We fund the brilliant minds and bright ideas putting change in sight for everyone impacted by vision loss.





We invest in sustainable projects that deliver equity and back science that will help us to better understand, diagnose, prevent and treat vision loss.

Together, we are bold, tenacious, informed, optimistic.

www.fightforsight.org.uk

Get in touch

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