



Glaucoma  
UK

[glaucoma.uk](http://glaucoma.uk)

# How we can help



# Glaucoma UK is the charity for people with glaucoma.

We campaign to raise awareness so that glaucoma is detected early and can be treated, we support people to live well with the disease and we fund sight-saving research. Our aim is to end preventable glaucoma sight loss.

We provide a range of free services to help people living with glaucoma, and everyone who cares for them.



## Call our helpline

If you'd like to talk about glaucoma or related conditions such as dry eye or blepharitis, our helpline is available to answer your questions. We provide advice and support at every stage of your journey with glaucoma.

Call the helpline on **01233 64 81 70** or email **[helpline@glaucoma.uk](mailto:helpline@glaucoma.uk)**

We're open 9.30am – 5.00pm  
Monday to Friday. If you call outside these working hours, just leave a message and we'll call you back as soon as possible.





## Visit our website

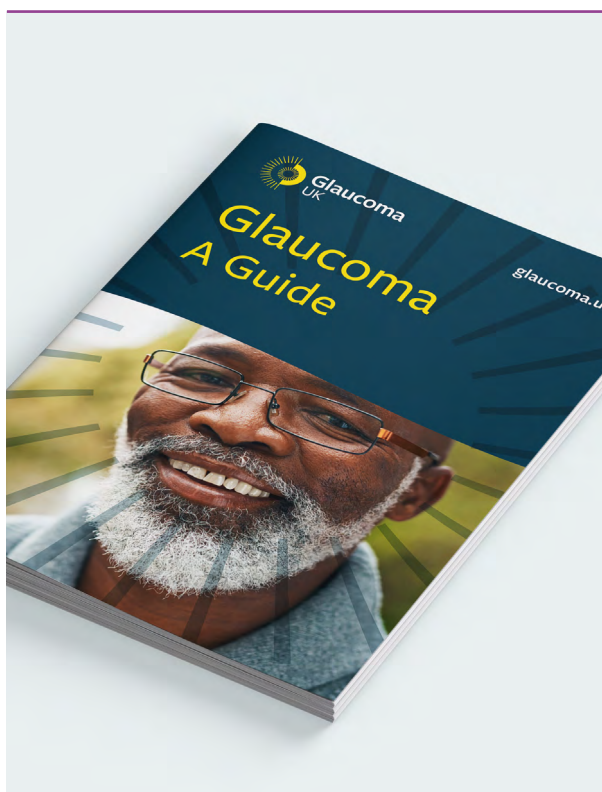
The Glaucoma UK website **glaucoma.uk** has lots of advice and resources if you're looking for support, including information on compliance aids for putting in eye drops.

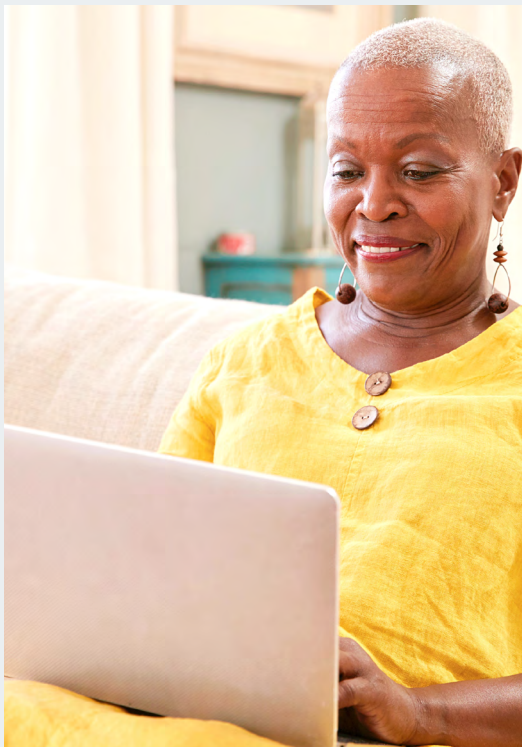


# Information leaflets and other free resources

We produce a range of information resources covering all aspects of living with glaucoma.

All our publications are free to order or download through our website [glaucoma.uk](https://glaucoma.uk), thanks to the generosity of Glaucoma UK supporters.





## Health Unlocked: connect with others

Join our community forum and talk to other people with glaucoma, learn about their experiences and ask questions.

[healthunlocked.com/glaucoma-uk](https://healthunlocked.com/glaucoma-uk)



## Glaucoma surgery buddy scheme

If you're worried about treatment or surgery, you can speak to someone who has first-hand experience thanks to our buddy scheme.

Contact our helpline team on **01233 64 81 70** or email **[helpline@glaucoma.uk](mailto:helpline@glaucoma.uk)** for more information.





## Glaucoma support groups

Our support groups give you the opportunity to meet other people with glaucoma and share your experiences. Health care professionals also attend, so you'll have an opportunity to ask the questions that matter most to you. We also run digital glaucoma support groups which are online webinars you can join from the comfort of your home.

Details of all glaucoma support groups can be found on our website, or you can call our helpline team on **01233 64 81 70** or email **[helpline@glaucoma.uk](mailto:helpline@glaucoma.uk)**

**[glaucoma.uk/support-groups](https://glaucoma.uk/support-groups)**





## Community events

Our knowledgeable team give community talks about glaucoma across the UK.

Visit the events calendar on our website to find an event near you, or contact our helpline on **01233 64 81 70** or email **[helpline@glaucoma.uk](mailto:helpline@glaucoma.uk)**

**[glaucoma.uk/events](https://glaucoma.uk/events)**





## Support for professionals

We offer support and resources on our website for professionals looking after people with glaucoma. We can also provide speakers at events, run training sessions and help professionals to keep in touch with what matters most to people with glaucoma.

Email [info@glaucoma.uk](mailto:info@glaucoma.uk) for more information.



## Fundraise for us

There are many ways you can help change the outlook for people with glaucoma or at risk of developing the disease. We have loads of ideas, tips and motivation to help your fundraising activities.

Email [fundraising@glaucoma.uk](mailto:fundraising@glaucoma.uk) to request a pack. You can make a difference and save sight. Whatever you do, we'll be cheering you on every step of the way.



This free leaflet is brought to you by **Glaucoma UK** (formerly the International Glaucoma Association).

## Join Glaucoma UK

Become a member of Glaucoma UK and join the fight against glaucoma!

Our members are a big part of the work we do. When you join, you'll receive a range of benefits including receiving our quarterly membership magazine which is packed with news articles, interesting interviews and the very latest information about glaucoma.

We have different membership types for people living with glaucoma and for the professionals who support them.

Find out more at [glaucoma.uk/membership](https://glaucoma.uk/membership)

Glaucoma UK is the operating name of the International Glaucoma Association, a charity Registered in England & Wales no. 274681, and in Scotland no. SC041550