

The Healthy Eyes Activity Book

A Health Teaching Book for Primary Schools



2nd Edition

By Victoria Francis and Boateng Wiafe



The authors



Victoria Francis is an educationist, social researcher and artist. She began her career in Health Communication as a lecturer in Applied Linguistics and Communication at what is now the Nelson R Mandela School of Medicine, South Africa. She has continued to work in health

communication in other African and Asian countries on a range of projects, dealing with different health issues. Her association with the International Centre for Eye Health began in 1988 when she worked on the book *Hanyane, a village struggles for eye health*. More recently, she has been Editor of the *Community Eye Health Journal*. Now based in London, UK, Victoria Francis works with different organisations and develops initiatives to communicate health amongst different audiences, from policy makers to school children.



Boateng Wiafe is a public health ophthalmologist. At the time of writing the 1st edition of *The Healthy Eyes Activity Book*, he had recently completed an MSc in Community Eye Health at the International Centre of Eye Health, and was working at the Mwami Adventist Hospital, Zambia. He

then went on to be consultant ophthalmologist and Medical Director of the Lusaka Eye Hospital. During his time in Zambia, Dr Wiafe established a reputation not only as a skilled ophthalmic surgeon and manager of clinical services, but also an effective innovator of community-based prevention of blindness programmes, and ophthalmic training courses. His wide experience with education departments, community organisations, teachers and health workers, brought a rich background to *The Healthy Eyes Activity Book*. Now based in his native Ghana, Dr Wiafe works with Operation Eyesight Universal as their Regional Advisor for Africa.

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SIGHT AND LIFE

Preface to the 2nd edition



INTERNATIONAL
CENTRE FOR
EYE HEALTH

The Healthy Eyes Activity Book was first published ten years ago. The authors, Victoria Francis (Educationist, Social Researcher and Artist) and Boateng Wiafe (Ophthalmologist) decided to make this book because of a need identified through research into children's understanding and experiences of eye problems. Using the 'draw and write' technique, studies were carried out with primary school children in Ghana, Zambia and Kenya. The children's contributions provided the basis for this book, and the intention was to develop an activity book to use in rural African schools. The book has been widely used in selected districts in Zambia, Ghana, Malawi, The Gambia and Nigeria. However, the appeal seems to have been even wider, with requests for books, and translations of the book, coming from different countries. *The Healthy Eyes Activity Book* has been translated into at least nine languages: French, Chichewa, Tamil, Sinhalese, Mandarin, Tibetan, Gujarati, Urdu, and Bangla (Bengali).



Sightsavers International supported the development of the 1st edition of the book, including the preliminary research, pilot testing, and initial print runs.



SIGHT AND LIFE

SIGHT AND LIFE, through the efforts of Dr Martin Frigg, 'adopted' *The Healthy Eyes Activity Book* and supported reprints for wide distribution. They also oversaw translations into French, Tamil, Sinhalese, Chinese, Tibetan, Gujarati, and Urdu. This legacy of SIGHT AND LIFE continues under the direction of Dr Klaus Kraemer, with active support of *The Healthy Eyes Activity Book* 2nd edition. Through this partnership, the authors have been able to build on some of the lessons learnt in making the book available and useful beyond the original audience.

Like the 1st edition, this 2nd edition encourages users to adapt the book to the local setting. However, we now know that the book has a more international appeal, and so the authors have tried to reflect this by modestly 'internationalising' it. Furthermore, this 2nd edition expands on some areas that were not covered in detail in the 1st edition; there is a chapter devoted to nutrition and a chapter devoted to refractive errors. The section on 'How to adapt and translate this book' has been expanded to further promote adaptation of the material so that the stories reflect children's reality, and also to incorporate SIGHT AND LIFE's experiences in overseeing translations of the book. Children in Bangladesh and the UK contributed additional drawings for the 2nd edition.

Children are our future and they help to make VISION 2020: The Right to Sight a reality. We hope that *The Healthy Eyes Activity Book* 2nd edition continues to engage children in thinking about the health of their eyes, and playing their part in preventing blindness in their communities.



Professor Allen Foster
Director, International Centre for Eye Health