



# The Nystagmus Network is here for you!

**[www.nystagmusnetwork.org](http://www.nystagmusnetwork.org)**

**[info@nystagmusnet.org](mailto:info@nystagmusnet.org)**

**01427 718093**

**on Facebook: Nystagmus Network**

**on Twitter: @NystagmusUK**

**on Instagram: nystagmusnetwork**

**on LinkedIn: nystagmus-network**



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# What is nystagmus?

**Nystagmus** is a form of visual impairment, characterised by involuntary eye movements.

At least **1 in 1,000 babies** are born with nystagmus.





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# Congenital or Infantile Nystagmus can result from

Eye disorders such as

- childhood cataracts
- optic nerve hypoplasia
- strabismus

Genetic disorders such as

- albinism
- congenital stationary night blindness
- achromatopsia
- aniridia

or it can be “idiopathic” which means cause unknown



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# What's nystagmus like?

**Richard Osman**  
has **nystagmus** and  
appears in our video:  
**Nystagmus, the  
way we see it.**



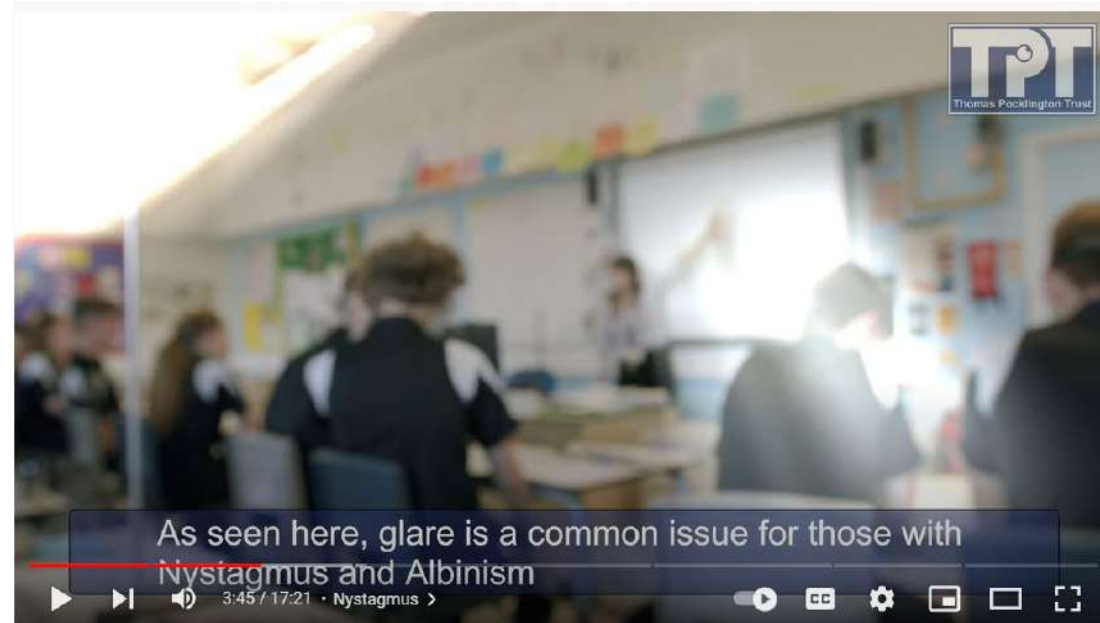
[https://www.youtube.com/watch?v=Ey-UD5Vzu\\_Q](https://www.youtube.com/watch?v=Ey-UD5Vzu_Q)



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## What do we see 2?



This TPT video simulation shows what it's like to have nystagmus in the classroom.

<https://www.youtube.com/watch?v=7BV0dxJ70>



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# Nystagmus, by **George**, 11



- It means my eyes sometimes **move** without me wanting them to
- It means sometimes I find it **difficult** to see things
- It means I can only see about 3 metres **clearly**
- It **hurts** my eyes if I have to look at long distances



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# Nystagmus affects everyone differently

- visual acuity
- depth perception
- facial recognition
- peripheral vision
- variability of vision
- general wellbeing
- mobility and gait



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# Social and emotional aspects of nystagmus

- eye contact, first impressions
- social cues and interactions
- recognising friends, joining in
- independence
- standing out from the crowd
- low self esteem
- isolation







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Nystagmus **Network**  
– we're here to support **adults**  
with nystagmus, **parents** and  
their **children**

[www.nystagmusnetwork.org](http://www.nystagmusnetwork.org)



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You can call the Nystagmus **Network**



**Nystagmus Network**

*for information and support*

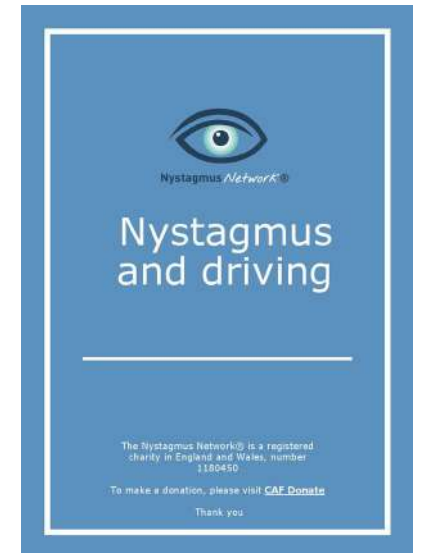
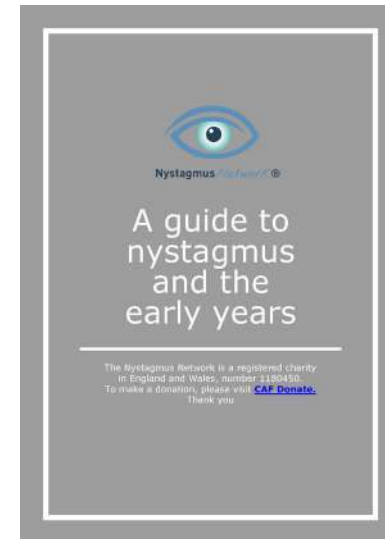
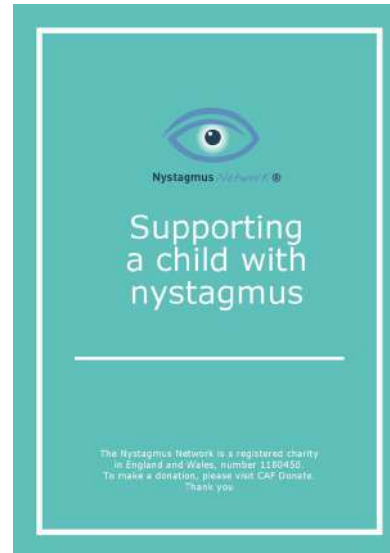
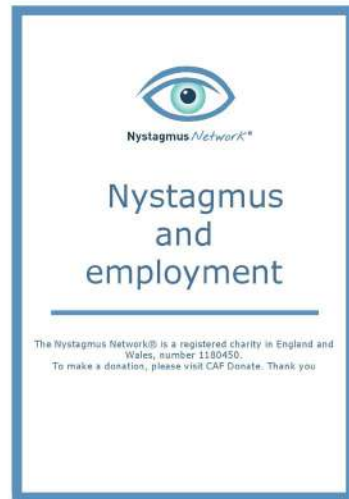
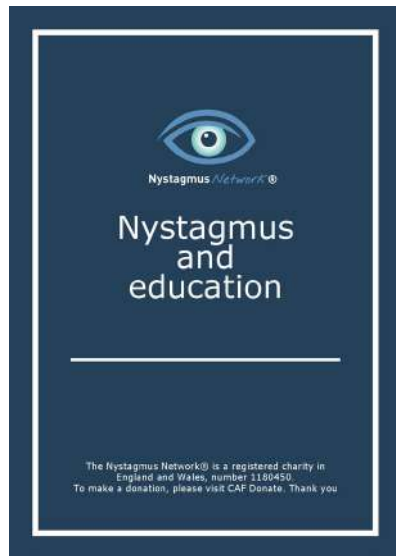
call **01427 718093**



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# You can download **information** for free

Just visit the information tab of our website.



[www.nystagmusnetwork.org](http://www.nystagmusnetwork.org)



# Visit our **website** for all you need to know about nystagmus



0 Assistant Hi, Sue Riel

INFORMATION ▾

SUPPORT

AWARENESS

RESEARCH

GET INVOLVED

SHOP

BLOG

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DONATE

## Nystagmus Network

SUPPORTING PEOPLE LIVING WITH  
NYSTAGMUS



[www.nystagmusnetwork.org](http://www.nystagmusnetwork.org)



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You can **email** us at  
[info@nystagmusnet.org](mailto:info@nystagmusnet.org)





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# We can support you with **benefits**

A teal flyer with a white border. At the top center is the Nystagmus Network logo (a stylized eye) and the text "Nystagmus Network®". Below this, the title "Nystagmus and benefits" is centered in a large, dark font. A horizontal white line is positioned below the title. At the bottom, there is a small block of text: "The Nystagmus Network is a registered charity in England and Wales, number 11804500. To make a donation, please visit [CAF Donate](#) here. Thank you".

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## Nystagmus and benefits

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The Nystagmus Network is a registered charity in England and Wales, number 11804500. To make a donation, please visit [CAF Donate](#) here. Thank you



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We can help you with **education**

A dark blue rectangular poster with a white border. At the top center is the Nystagmus Network logo (a stylized eye) and the text "Nystagmus Network®". Below this, the words "Nystagmus and education" are written in a large, white, sans-serif font. A thin white horizontal line is positioned below the title. At the bottom of the poster, in a smaller white font, is the text: "The Nystagmus Network® is a registered charity in England and Wales, number 1180450. To make a donation, please visit CAF Donate. Thank you".



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# Come to one of our in-person events



[www.nystagmusnetwork.org](http://www.nystagmusnetwork.org)





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# Join our group for **parents/carers**

Please contact us  
if you'd like to join  
our monthly  
Zoom get togethers





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# Come to one of our online events

Please join us for the  
**Great 'nystagmus' winter  
get together  
and quiz**  
Wednesday 29 January at 5pm  
Everyone welcome!



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[www.nystagmusnetwork.org](http://www.nystagmusnetwork.org)



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# Find us on Facebook



Group by Nystagmus Network

## Nystagmus Network parents' group

Private group · 2.1K members



Joined ▼



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