

Stories on the Rooftop
11th October 2016
7:45pm Library, Ismaili Centre, London

'If it is to be, it is up to me'
A story about hope and inner strength

Dr Zahra Jessa
Low Vision Specialist Optometrist,
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Action for Blind, Royal National Institute of Blind People



Is it possible to have ambition despite difficult circumstances?

Is it possible to achieve dreams when faced with disability?

What does it mean to have hope and inner strength?

'Start with your dreams, not with your circumstances.....'

Overcoming barriers, conquering fear, having courage and staying grounded are all factors that cultivate inner strength.

Engage in conversation with Zahra as she tells her personal story, one that has shaped her life and character. Her journey is one of strength, hope and achievement, in the face of tough challenges. Come and listen to how it is possible to have dreams and accomplish achievements despite unusual circumstances.

'It is possible to shine in the light, but to glow in the dark.....?'

Biography

Zahra is an Optometrist and currently splits her time between Moorfields Eye Hospital, Royal National Institute of Blind People and Independent practice.

A career in optometry has enabled Zahra to make a difference to the quality of life of people and still be available to help with her sisters. Her PhD focused on vision care in the older population and she has presented her research at international conferences tackling her deepest fear of speaking in public!

Her interest in eye health within the ageing population has led her to work in the Cataract, Low Vision and Macular Degeneration Services at Moorfields. She is also a part time Consultant at the Royal National Institute for the Blind, involved in their Learning Disability and Dyslexia clinics.

She won the Moorfields Star Award in 2013, was a London Ambassador and Torchbearer at the London 2012 Olympics and in 2010 was awarded the 'Professional of the Year' at the Asian Women of Achievement Awards