



2024 Graduation and Prize Giving Ceremony

Canterbury Cathedral, Wednesday 24 April 2024

Welcome to our very special occasion

Welcome to Canterbury Cathedral and the 2024 Association of British Dispensing Opticians Graduation and Prize Giving Ceremony. This magnificent Cathedral is alive with history; from its origins as a small church built by St Augustine in the 6th century, through 1,400 years of development and change into the beautiful building which surrounds us today. It is the perfect setting for this important event and I look forward to the pleasure of conferring graduate status upon our new colleagues. Graduating in such splendid surroundings is a special privilege and I am very pleased to see that we have so many to honour here today.

The following pages contain the list of graduands upon whom the Fellowship of the Association of British Dispensing

Opticians will be conferred, and also the names of those due to receive higher honours and special prizes.

The act of graduation follows a time honoured tradition. The graduands approach the dais one by one to be congratulated and receive the ceremonial handshake. This official handshake is the key to graduation, because at that moment our graduands become graduates and stand on equal terms with their colleagues within their chosen profession of dispensing optics.

Our graduands have worked long and hard towards this day and I am sure that their families and friends are very proud of the achievements which we are celebrating. I should like to add my personal congratulations on their successes and I hope that everyone will remember this very special occasion for many years to come.

Daryl Newsome FBDO R CL SMC (Tech)
ABDO President



Doors to the Cathedral will open at 1.30pm and the ceremony will commence at 2.00pm

About the Association



The Association of British Dispensing Opticians (ABDO) was formed in 1986 when the Association of Dispensing Opticians and the Faculty of Dispensing Opticians, were merged following the Health and Social Security Act of 1984. The profession of dispensing opticians has been regulated voluntarily since 1926 and, as a statutory profession, by the 1958 Opticians Act; since when the conduct of dispensing opticians has been regulated partly by legal provisions, by advice given by the General Optical Council and by ABDO's own Advice & Guidelines to Fellows.

ABDO is the only professional body solely dedicated to the interests of dispensing opticians, both individually and collectively, and to the profession of dispensing optics. Since it was founded the total number of members has more than doubled. ABDO has also grown internationally and now has members and conducts its activities in over 25 other countries outside the UK.

ABDO currently has over 8,000 members and represents over 6,000 qualified dispensing opticians in the UK. It also has approximately 1,300 student members worldwide.

ABDO's purpose

ABDO's purpose is to support and represent its members, to promote awareness of their roles, to enable their professional development and to advance the profession as a whole.

ABDO's vision

ABDO's vision is that by 2026 it will have:

- Provided more opportunities for members to develop their roles
- Implemented the GOC's new education standards and outcomes
- Supported members by providing continuing professional development, including qualifications and accreditations
- Increased the understanding and recognition of members' roles
- Developed the profession's evidence base
- Improved member services, products and benefits
- Improved how it communicates and collaborates
- Ensured the organisation is sustainable

ABDO's values

The following values will support ABDO's work on behalf of members:

- We are passionately committed to our members, who are at the heart of everything we do.
- We maintain high standards for our members and our own work.

- We are proactive in adapting to changing circumstances.
- We are driven by a sense of common purpose.
- We respect each other and our different areas of expertise.
- We work collaboratively with our colleagues and other organisations.
- We are open and transparent about our work.
- We strive to continuously improve what we do and how we work together.

ABDO is the professional body for dispensing opticians in the UK and some of its core activities include:

- Political and legislative lobbying for the rights and status of dispensing opticians.
- Providing professional advice and guidelines.
- Setting the syllabus for all ophthalmic dispensing examinations.
- Acting as an awarding body for ophthalmic dispensing qualifications.
- Conducting examinations and providing trained examiners.
- Providing extensive CPD.
- Encouraging lifelong learning and the provision of higher/honours qualifications.
- Providing a comprehensive range of membership benefits.
- Working proactively with other optical bodies.

A short history of Canterbury Cathedral



Canterbury Cathedral is alive with history and fascinating stories. The information below provides a brief insight into this magnificent building.

St Augustine, the first Archbishop of Canterbury, arrived on the coast of Kent as a missionary to England in 597 AD. He came from Rome, sent by Pope Gregory the Great. Augustine was given a church at Canterbury (St Martin's, after St Martin of Tours, still standing today) by the local King, Ethelbert whose Queen, Bertha, a French Princess, was already a Christian. This building had been a place of worship during the Roman occupation of Britain and is the oldest church in England still in use. Augustine established his seat within the Roman city walls (the Latin word for a seat is cathedra, from which the word cathedral is derived) and built the first cathedral there, becoming the first Archbishop of Canterbury. Since that time, there has been a community around the Cathedral offering daily prayer to God; this community is arguably the oldest organisation in the English speaking world. The Rt Revd Dr Justin Welby, is 105th in the line of succession from Augustine. Augustine's original building lies beneath the floor of the nave – it was extensively rebuilt and enlarged by the Saxons, and the Cathedral was rebuilt completely by the Normans in 1070

following a major fire. There have been many additions to the building over the last nine hundred years, but parts of the quire and some of the windows and their stained glass date from the 12th century.

The best known event in the Cathedral's history is the murder of Archbishop Thomas Becket in 1170. Canterbury, always on the medieval pilgrim route to Rome, became an end in itself, as thousands came to worship at Becket's tomb, especially after his canonisation in 1173. Geoffrey Chaucer's pilgrims in his poem, *The Canterbury Tales*, were by no means unique. They represented the hundreds of thousands who travelled to the Cathedral to pray, repent or be healed at his shrine. (The word canter comes from the pace of the pilgrims' horses as they rode to the Cathedral.) The tradition of pilgrimage is very much alive today, although the journey is now faster and considerably more comfortable. Thomas' shrine was destroyed in 1538 on the orders of King Henry VIII; today, a simple candle marks the place where it once stood and the pink stone before it bears the imprint of thousands of pilgrims' knees. When Becket was made Archbishop of Canterbury by King Henry II in 1162, he changed his total allegiance from the King to the Pope and the Church. Henry had expected his full support, and there were many conflicts between them, the final



one being Thomas' excommunication of the Archbishop of York and the Bishops of London and Salisbury for their support for Henry's attacks on the rights of Thomas as Archbishop. Not only had the King's agents used Thomas' property while he was in exile in France but, in the summer of 1170, King Henry had his son crowned as his heir by these and other Bishops, usurping a long standing right of the Archbishop of Canterbury.

Four knights overheard the King's rage and took seriously his shout of "Who will rid me of this meddlesome priest?" On 29 December 1170 they entered the Archbishop's lodgings from Palace Street; the monks persuaded Thomas to enter the Cathedral from his Palace through the Cloisters and into the North West Transept. Vespers was in progress when the knights burst in, and found Thomas kneeling at the altar.

According to Edward Grim, a monk who watched the murder, Thomas refused to absolve the Bishops and told the knights that "for the name of Jesus and the protection of the Church, I am ready to embrace death." The knights wielded their

weapons and administered three mighty blows, the last one breaking off the tip of a sword. Three days after his death, there began a series of miracles attached to his martyrdom. These are depicted in the miracle windows of the Trinity Chapel. In 1173, Becket was canonised by Pope Alexander III. Pilgrims began to flock to Thomas' shrine in the Cathedral; a year later Henry, in sackcloth, walking barefoot, was among them.

During the Civil War of the 1640s, the Cathedral suffered damage at the hands of the Puritans; much of the medieval stained glass was smashed and horses were stabled in the nave. After the Restoration in 1660, several years were spent in repairing the building. In the early 19th century, the North West tower was found to be dangerous. It was demolished in the early 1830s and replaced by a copy of the South West tower, thus giving a symmetrical appearance to the west end of the Cathedral.

ABDO has been privileged and proud to be able to use the Cathedral as a venue for the Association's annual graduation and prize giving ceremony since 2004.

Academic dress



Ede & Ravenscroft



FBDO / FBDO CL / FBDO R

ABDO gowns artwork © Ede & Ravenscroft Ltd



FBDO (Hons) CL / FBDO (Hons) LVA /

FBDO (Hons) SLD / HonFBDO

Working with robe makers Ede & Ravenscroft, thought to be the oldest firm of tailors in the world, ABDO commissioned new academic dress for its Fellows in 2012. Designed by fully acknowledging the traditional origination process, the colourful green and gold hoods are derived from the core colours of the Association crest.

The basic item of academic dress is the gown which has evolved over the centuries from clergy robes. The ABDO gowns are plain black and open fronted and there are two styles, one for those who hold the FBDO, FBDO CL, FBDO R qualifications and one for those who have acquired FBDO (Hons) CL, FBDO (Hons) LVA, FBDO (Hons) SLD honours qualifications and Honorary Fellows, *HonFBDO*. There are also two different versions of the ABDO hood, the honours hood being faced with green (25mm) on the cape edge.

The headwear for ABDO qualifications is the mortar board.

Order of proceedings

11.00am to 1.15pm: Registration

Upon arrival at the Cathedral all graduands should report immediately for registration in the Clagett Auditorium reception area so that gowns and tickets can be collected from Ede & Ravenscroft staff within the Clagett Auditorium. Guests are not allowed to enter the Clagett Auditorium so graduands should arrange to meet their guests in another area of the Cathedral precincts after they have registered. If access or seating for the disabled is required please make this known at the time of registration.

11.00am to 1.00pm: Official photography will be conducted by Ede & Ravenscroft in the International Study Centre. **1.30 pm: All graduands must be assembled as advised on the day. The official graduands' group photography and procession briefing will take place.**

1.30pm: The main Cathedral doors will open for guests to take their seats.

Photographs may be taken during the ceremony. Please be mindful of those sitting behind you and remain seated whilst taking them. No recording is permitted. If you have a mobile phone, please ensure that it is switched to silent for the duration of the ceremony

Guests are requested to take their seats as directed before the entry of the graduands; they should remain seated whilst the graduands enter and stand only when the Dignitaries' Procession begins.

Preceded by the Procession Marshal, Ed Fox, the graduands will enter the Cathedral. (As the students enter they are called 'graduands', since it is not until their award has been conferred that they become 'graduates'.) The graduands will take their seats before the start of the ceremony, which is heralded by the entry of the Dignitaries' Procession.

There will be a brief introduction by Mark Chandler, ABDO's Head of Examinations and Registration, followed by a welcome address by Daryl Newsome, the ABDO President and an address by Elizabeth Shilling, Master of the Worshipful Company of Spectacle Makers, after which the conferral of awards and prizes will commence.

The exit of the final Dignitaries' Procession marks the end of the ceremony. Graduates and guests are asked to remain standing until the Dignitaries' Procession has left the Cathedral.

At the end of the ceremony graduates and their guests are kindly requested to vacate the Cathedral as soon as possible.

Entrance of graduands and processions



Graduands' Procession Guests to remain seated

Procession Marshal
Ed FOX FBDO
Head of Membership Services

Following the Procession Marshal, the graduands will enter the Cathedral and take their seats.

Dignitaries' Procession Guests to be upstanding

Daryl Newsome FBDO R CL SMC (Tech)
President, ABDO

Elizabeth Shilling
Master, The Worshipful Company
of Spectacle Makers

Christopher Tai Foo Siang O.D. CEU Philippines
President, Malaysian Association of
Practising Opticians (MAPO)

Kevin Gutsell FBDO (Hons) SLD
Vice President, ABDO

Alistair Bridge
Chief Executive, ABDO

Miranda Richardson BSc(Hons) FBDO
Head of Professional Qualifications and Education,
ABDO

Peter Reeve
Managing Director, Stepper Eyewear

Carolyn Ruston
Policy Director, Association of Optometrists

James Conway
CEO, Millmead Optical Group

Sarah Selby
DNEye Consultant, Rodenstock (UK) Ltd

Rakesh Kapoor BSc(Hons) MBA FCOptom FBCLA
FEAEO Prof Cert Glau
President, British Contact Lens Association

Rosemary Bailey FBDO (Hons) CL
Honorary guest

Jenny Wiegold
PA and HR Executive, Contamac

Nina McDermott
Principal, ABDO College

Rupal Lovell-Patel FCOptom PFHEA FAOO FEAEO
Deputy Associate Dean, UCLan

Paula Perrott FBDO
Curriculum Team Leader, Ophthalmic Dispensing,
Bradford College

Frances Mecoy FBDO CertEd
Lecturer, City and Islington College

Dean Dunning Med PGDip Ed BA (Hons) FBDO
CL Cert Ed FBCLA FIACLE
Deputy Head of Professional Qualifications and
Education, and Chief Contact Lens Examiner, ABDO

Mark Chandler
Head of Examinations and Registration, ABDO

Conferral of Awards



Welcome address by the ABDO President

The ABDO President, Daryl Newsome, will give an opening address.

Address by the Master of the Worshipful Company of Spectacle Makers

The Master of the Worshipful Company of Spectacle Makers, Elizabeth Shilling, will address the graduands and guests.

Conferral of Awards

Mark Chandler, ABDO's Head of Examinations and Registration, will call the names of graduands present, who will go forward to the President in turn. The awards are conferred by ceremonial handshake.

The following lists show details of the qualifications awarded by the Association from November 2022 to February 2024.

FBDO - Diploma in Ophthalmic Dispensing

Shelby Agger
Umarah Ahmed
Nishat Al'Bari
Saira Ali
Aiysha Ali
William Amey
Lauren Amis
Stacy Archibald
Phillip Arundel
Sam Ball
Jade Barnett
Aisha Bashar
Toby Baverstock
Annemarie Beament
Jonathan Beer
Jamila Begum
Ellie Bennett
Pavandeep Bhakar
nee Wilkhu
Amrit Bhogal
Rebekah Bingle
Shivali Birdi
Mia Bond
Steven Bowles
Joshua Bowron
Natalie Bowyer-Harris
Clare Broughton
Frances Brown
Rebecca Brown
Paul Burns
Charlotte Cargill-Jackson

Fabio Carmo
Leslie Chan-Yau
Beki Charlesworth
Harry Christy
Portia Clarke
Bethany Cooper
Ross Coventry
Aimee Crabtree
Elinor Creighton
Keiran Crook
Marisa Cuffaro
Alexander Cummings
Muhammed Dahya
Everton De Ponce
Mary Dean
Chloe Denne
Zoe Devey
Nadia Dewan
Jaswinder Dhillon
Mandeep Dhillon
Meghna Doshi
Tara Drew
Christopher Duggan
Rachel Duncan
Adele Dyson
Rachel Eager
Elise Earnshaw
Rebecca Eaton
Amber England
Daniel Evans
Muhammad Fahim
Anne-Marie Fairhurst
Blanche Fernandes

Alice Fletcher
Amy Flowers
Sally Flowers
Claudia Fluester
Amy Fuller
Zainib Ghaffar
Lucy Goodwin
Nicola Gorman
Joshua Gray
Laura Gray
Connor Green
Emilia Greig
Christopher Gurnell
Lyndsey Hall
Claire Hessey
Tonicha Heyde
Trisha Hide
Rebecca Hodge
Akiela Hope
Nia Hopkin
Nicola Hopkins
Ellena Hornagold
Taelor Howell-Langstone
Thomas Howells
Chloe Hughes
Lauren Humphreys
Maha Hussain
Beth Hutchinson
Shaffaq Imran
Angela Iorga
Anisa Iqbal
Khadija Iqbal
Mohammad Ishaq

Nevena Ivanovska
Yaron Jacobs
Muzainah Jakhura
Ibrahim Jehangir
Hannah Jenks
Alexander Jex
Abbie Jones
Sarah Jordan
Hannah Julian
Iqra Khan
Saqina Khan
Tasleema Khanam
Lauren Kirk
Agata Kozłowska
Nicola Lee
Jennifer Lewis
Matthew Lewis
Ashley Low
Mahnoor Mahmood
Arzoo Maqsood
Milly Martin
Katherine Matthews
Stephanie Maurier
Gemma McBain-Williams
Samuel McGinn
Catherine McLeod
Anna-Marie McVeigh
Hannah Mead
Lewis Meadwell
Ifra Mehmood
Saqlain Mehmood
Md Rimon Miah
Dora Mikecz

Owen Miles
Emma Milum
Jai Mistry
Lewis Mitchell
Rebecca Morrison
Seani Mukwevho-
Makhomu
Nikki Mullen
Joseph Munson
Tejal Naylor
Tamba Nepor
Laura Newberry
Nguyen Thi Thao Nguyen
Emily Nicholls
Francesca Nicholson
Adam Nottingham
Danielle Nunn
Matilda Oldham
Joshua O'Sullivan
Khushi Patel
Sarah Peacocke
Sharna Pearce
Callie Pepper
Bethan Peters
Dianne Pilkington
Shivani Pitts
Deepali Poojara
Sudha Potter
Laura Preston
Shaghanaa Puvaneswaran
Piotr Puzak
Muhammad-Ali
Rahemtulla

Conferral of Awards



Leunisa Rexha
Danielle Richards
Daniel Rigby
Leah Robinson
Leon Robson
Lewis Rodgers
Emily Rous
Amber Rouse
Kellie Royle
Grace Rueger
Adrian Rymer-Sanderson
Danyaal Saghir
Husnabanu Saiyad
Faizan Saiyed
Linden Sawyers
Aadil Seedat
Heta Shah
Tamir Shahwan
Hannah Shelley
Katie Shuttleworth
Lauren Sibley
Andrea Sillitoe
Hannah Simm
Aarathi Sirajasingam
Alan Slater
Olivia Slatford
Stuart Smart
Bethaney Smith
Jessica Smith
Rebecca Smith
Nurbanu Somani
Emily Spencer
Max Sullivan

Scott Sutherland
Jake Swinstead
Sarah Sydnes
Kauser Taj
Emily Tasker
Ellis Taylor
Sunita Thapa
Nichola Twemlow
Roxanne Tyler
Ammara Umarji
Vaiva Valaityte
Maximilian Van Merle
Sasha Vanderputte
Peter-John Veen
Elika Ventura Lim
Caroline Walker
Katrina Walker
Gemma Ward
Kelly Warwick
David Watson
Adele Welch
Francesca Whittington
Robyn Williams
Louise Wilson
Dawn Wray
Wenqi Xie
Maryam Yavazi
Samuel Young
Anisa Zeria
Jazaib Zuber

**FBDO (Hons) -
Diploma in Ophthalmic
Dispensing**
Paul Burns

**FBDO CL - Certificate in
Contact Lens Practice**
Simon Butterfield
Francesca Caley
Vanessa Campbell
Hazel Chapman
Jenny Chapman
Ryan Chessell
Christopher Colbeck
Jack Collins
Laura Crowther
Roger Dack
Khalid Dalal
Ashley Davies
Felicity Dear
Aisling Doherty
Timothy Ford
Claire Fox
Warda Ghafoor
Katarzyna Gocłowska
Karen Goscomb
Emma Grimes
Rebecca Groves
Nahida Haque
Siobhan Haralabidis

Peter Harden
Samantha Harvey-Brown
Declan Hillier
Samantha Houghton
Rhian Hudson
Umar Hussain
Sara James-Zomorrodian
Hayley Jones
Cara Kennard
Rachel Locker
Joanna Marsdon
Laura Meek
Laura Mercer
Miroslava Miklusova
Sarah Morgan
Roxanne Mulkerrins
Gerald Nasho
Joseph Nelson
Heather Nye
Nisha Parmar
Wilma Paton
Melissa Puxley
Annabelle Rhodes
Samantha Sanderson
Adam Shelley
Deborah Smart
Veronika Sulcova
Shalina Sungkur
Rachel Tilley
Anjali Vadher

Anne-Marie Waldorf
Thomas Wiggins
Edward Williams
Cara Williams-Gamble
Jane Worrall
Emily Wright
Cynthia Zabee

**FBDO - Diploma in
Ophthalmic Dispensing
Overseas**

Ayanle Abdulahi
Muhammad Al-Danial
Tzi Sah Chin
Qian Ni Chin
Shan Suei Chong
Gerry, Lok Ein Choong
Kah Yern Choy
Xin Ying Chu
Pei Pei Chua
Liau Yin Er
Moon Young Heng
Ciaran Kennedy
Chun Chong Leh
Guan Yao Lim
Hooi Chin Lim
Amy Yee Yee Loi
Farhani Biniti Masery
Nik Zaharah Mohamed
Jia Chun Ng

Yong Hui Ng
Chan Han Ng
Kim Wei Ng
Wen Fang Ong
Amarachukwu Solape
Peters
Olatokunbo Uchechi
Peters
Deng Ke Phan
Hon Keong Poon
Thian Tee Sia
Kenji Matsunaka
Sokiransky
You Rou Soon
Pei Yin Tan
Kok Seong Tay
Zi Qun Teong
Anette Lim Le Xuan
Sui Ching Yap
Jun Hung Yap
Zheng Hao Yap
Chia Chuan Yew

Awarding of Prizes



The ABDO Prize

Awarded to Luba Choudhury, for the highest mark in units 1a and 1b of the Preliminary Qualifying Examination.

Unfortunately Luba is unable to attend the graduation ceremony.

The Stepper Prize

Awarded to Andrew Blake, for the highest mark in unit 2 of the Preliminary Qualifying Practical Examination.

*Presented by Peter Reeve
Managing Director, Stepper Eyewear*

The Association of Optometrists Prize

Awarded to Nguyen Thi Thao Nguyen, for the highest mark in section A of the Final Qualifying Practical Examination.

*Presented by Carolyn Ruston
Policy Director, Association of Optometrists*

The Worshipful Company of Spectacle Makers Prize

Awarded to Clare Broughton, for the highest mark in section B of the Final Qualifying Practical Examination.

*Presented by Elizabeth Shilling
Master, The Worshipful Company of Spectacle Makers*

The Millmead Optical Group Prize

Awarded to Bethan Peters, for the highest mark in section C of the Final Qualifying Practical Examination.

*Presented by James Conway
CEO, Millmead Optical Group*

The Rodenstock Prize

Awarded to Abbie Jones, for the highest mark in section D of the practical Final Qualifying Examination.

*Presented by Sarah Selby
DNEye Consultant, Rodenstock (UK) Ltd*

The OSA Derek McLaren Memorial Prize

Awarded to Jade Barnett, for the highest UK student mark in the Final Qualifying Examination.

*Presented by James Conway
on behalf of the Optical Suppliers Association*

The British Contact Lens Association Prize

Awarded to Mica Smithson, for the highest aggregate mark in the theory examination, Certificate in Contact Lens Practice.

*Presented by Rakesh Kapoor
President, British Contact Lens Association*

The Bailey Prize

Awarded to Francesca Caley, for the highest mark in the Certificate in Contact Lens Practice.

Presented by Rosemary Bailey

The Johnson & Johnson Prize

Awarded to Cynthia Zabee, for the best candidate in the practical examination, Certificate in Contact Lens Practice.

Unfortunately Cynthia is unable to attend the graduation ceremony.

The Association of Contact Lens Manufacturers Prize

Awarded to Cynthia Zabee, for the highest mark in sections 2, 3, and 4 of the practical examination, Certificate in Contact Lens Practice.

Unfortunately Cynthia is unable to attend the graduation ceremony.

The Contamac Prize

Awarded to Holly Rothwell, as the best student on the Contact Lens Distance Learning Course.

*Presented by Jenny Wiegold
PA and HR Executive, Contamac*

The MAPO Malaysian Prize

Awarded to Soon Ping Chiam, for the highest Malaysian student mark in the dispensing Final Qualifying Examination.

*Presented by
Christopher Tai Foo Siang
President, Malaysian Association of Practising Opticians (MAPO)*



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Association of British Dispensing Opticians