

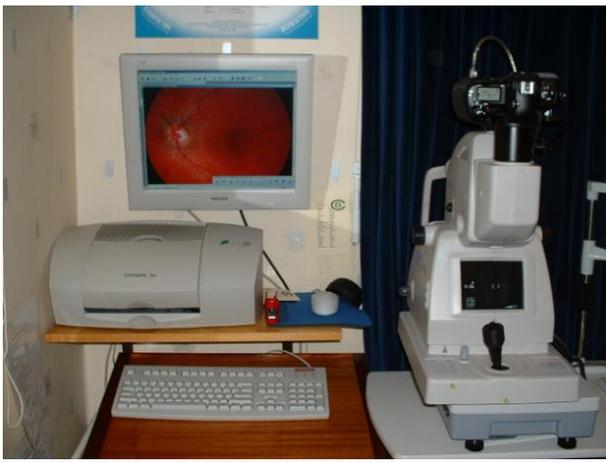
# EYELIGHTS

## News from C & A Hurst Opticians 2003

15 years

**Welcome** to 'Eylights', the first newsletter from C & A Hurst Opticians. This year we have celebrated 15 years in practice in Eaton Socon, and here are some of the exciting highlights of 2003. To mark our 15<sup>th</sup> anniversary we have had a special cube jigsaw made for the children, and special lens cloths for the adults. Please call in to share our birthday goodies, while stocks last.

### Retinal Photography



A major technological step forward this year has been the purchase of a Digital Retinal Camera. The photographs taken are of exceptionally good quality, and can be displayed on a 19" flat screen monitor for you to view. The main benefits are that the images are stored on the computer, and then we can monitor changes at the back of the eye at each successive visit. In some cases we may need to use eye drops to dilate the pupil to improve picture quality.

If a patient needs to be referred to hospital, then copies of the photographs can be sent with the referral. Recently Caroline has sent some unusual images directly to Hinchingsbrooke Eye Department for an ophthalmologist opinion.

Retinal photography is offered as an extra to the routine eye examination, and is particularly recommended for patients over 30 years of age.

### Scientific Paper Published



In February 2003 Caroline had her first scientific paper published, in Australia. It describes a new model of the eye systems, and is called 'The Hurst Model of Vision Balances'.

The Hurst model can be used in Behavioural Optometry, to help plan Vision Therapy programmes. In our practice we use Vision Therapy to help children with learning difficulties, dyslexia and dyspraxia.

For further information regarding Behavioural Optometry and Vision Therapy, please call in for a leaflet, or look at the website of the British Association of Behavioural Optometrists: [www.babo.co.uk](http://www.babo.co.uk)

### The Special Olympics World Summer Games 2003



The Special Olympics movement was started in the USA in 1968, by President Kennedy's sister Eunice Kennedy Shriver, as a games for learning disabled athletes. The 11<sup>th</sup> World Summer Games were held in Dublin in June,

the first time the World Games had been held outside the USA. Caroline took part in the Opening Eyes Programme, testing the athletes' eyes. Adults and children with learning difficulties are much more at risk of visual disorders than the general population. Over the 10 days of the games, 2200 of the 7000 athletes had their eyes tested!

The oath of the Special Olympics is 'Let me win, but if I cannot win, let me be brave in the attempt'. A thought for everyone.

## London to Brighton Bike Ride



Another year, another bike ride. Yes, 2003 was not going to be different from previous years. This year Alan set off on Fathers day for his 7<sup>th</sup> London to Brighton bike ride. This time he was accompanied by daughter Alison (1<sup>st</sup> ride) and son Gareth (3<sup>rd</sup> ride). Alan and Alison did the ride on a Tandem which was devilishly fast downhill, but slow going up! However all 3 completed the ride in just over 7 hours, not bad when you consider that 45 mins were spent waiting for the tandem to be repaired. In all £300 was raised for the British Heart Foundation. We thank all of you who helped by sponsoring us.

Local organisations that we have supported this year include:-

Peppercorns Performing Arts, St. Neots Rowing Club, Ernulf Community School, Crossroads Caring for Carers.

## Vision Aid Overseas

Vision Aid Overseas (VAO) is a charity that sends abroad teams of volunteer professional Optometrists who diagnose sight defects and dispense the correct spectacles from recycled stocks sent from the UK. We now have a collecting box for no longer needed spectacles for VAO. The spectacles are sent to eight UK prisons where they are sorted and cleaned, before they are packed for movement overseas.

VAO has sent over 90 teams of volunteers to 18 different countries in the developing world and dispensed 150,000 pairs of spectacles.

## Rimless Glasses



We are proud to offer Marchon Airlock® glasses which give the ultimate no frame look. Available in a variety of fashionable colours, these stylish glasses are made from beta titanium so they are lightweight, more comfortable and more durable than conventional rimless eyewear.

Combine Airlock® frames with polycarbonate lenses to give a contemporary, stylish look that lasts.

## Opening Hours

	AM	PM
Monday	Closed	Closed
Tuesday	9.00-1.00	2.00-5.30
Wednesday	9.00-1.00	2.00-5.30
Thursday	9.00-1.00	2.00-5.30
Friday	9.00-1.00	2.00-5.30
Saturday	9.00-1.00	Closed

## Merry Christmas and a Happy New Year

### Christmas Opening

We will close at 1.00pm on Wednesday 24<sup>th</sup> December 2003, and will open again at 9.00am on Friday 2<sup>nd</sup> January 2004.



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