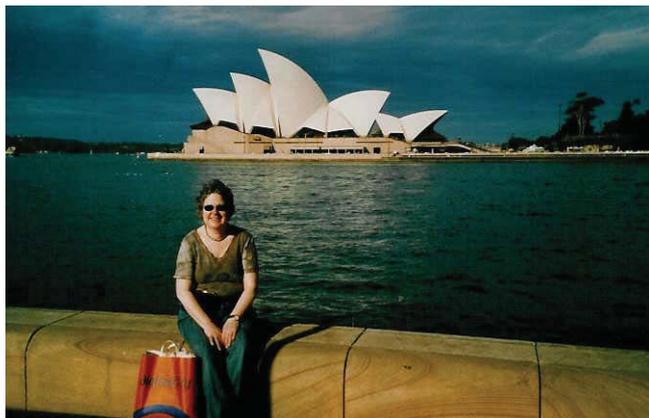


# EYELIGHTS

## News from C & A Hurst Opticians 2006

**Welcome** to the fourth edition of our 'Eyelights' newsletter. Thank you for all your positive **comments** on our newsletters, we are pleased you enjoyed reading our news.

### Published Paper



Caroline has had her second paper on Behavioural Optometry published in the academic journal of the British College of Optometrists - Ophthalmic and Physiological Optics. The title is 'Improvements in Performance following Optometric Vision Therapy in a child with Dyspraxia'. This is the case study of a child that improved his reading age by four years in the eleven months he spent working with Caroline.

Caroline went to Sydney, Australia, in April to present her paper at the 5th International Congress of Behavioural Optometrists. The paper was very well received and is also currently at no. 8 in the top 20 most read articles in the journal!

Caroline has also presented her work at the 15th Anniversary Annual meeting of the British Association of Behavioural Optometrists in October, and the Dyspraxia Foundation Professional Conference in November.

In January Caroline will be going to a Behavioural Optometry conference in Washington DC to present some new thinking on the behavioural visual adaptations that children make in learning their visual skills.

We continue to offer full Behavioural Optometry Assessments for patients with reading difficulties, Dyslexia and Dyspraxia. In our practice we use Vision Therapy exercises to improve visual skills and automaticity.

If you would like a copy of Caroline's paper or further information on Behavioural Optometry and how it could help you or your child, please call in to the practice.

### Staff Developments



Sarah Pike was given the opportunity last year to gain a qualification in Optical Practice Support. It involved a one year course and exam that she completed in June this year. Through the course she has developed a far greater understanding of the different lenses that are available, and the conditions and problems that can affect the eyes. We are very pleased that Sarah has passed the course and exam and now has a Level 2 Certificate in Optical Practice Support.



Alison has passed her A Levels and is now a student at Dartington College of Arts in Devon, taking a BMus degree in Music. She is having a wonderful time! Her place in the practice on Saturday mornings has been taken by her sister Katrina. During the week Katrina is a fulltime student at Stageworks Performing Arts, Buckden, taking a fulltime Foundation Course in Performing Arts, specialising in Dance.

## Sports Sunglasses



We all see Sports Personalities wearing their 'wrap around' sunglasses for their sport. With the advent of higher base curve lenses (more curved), many of these 'wrap around' frames can be glazed to prescription.

Sports Sunglasses come in many shapes and sizes, and there is a multitude of lens tints and shading to choose from, each one being employed to enhance vision in your given sport. High contrast cinnamon lenses are ideal for golfers, as it highlights the breaks in the green. Vermillion lenses reduce the intense reflections of snow and surfaces, and are ideal for snow sport activities.

Polarized lenses further reduce glare and reflected light, giving clear vision in all conditions. Anglers have used polarized lenses for many years, the polarization cutting through the water surface glare, enabling the angler to see the fish in the water.

All of these coatings along with 'sun reactive' lenses are available in Polycarbonate material. This is a premium grade plastic resin that is 20 times more impact resistant than glass, and 1/3rd of the weight.

We carry a range of sports vision glasses in the practice, although this lens technology can also be supplied in Ophthalmic frames. Please feel free to call in and discuss your requirements.

## 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.

## Rouen to Rocamadour



In September Alan was part of a four man relay team riding the 500 miles between Rouen and Rocamadour in France on a sponsored bike ride organised by Rotary clubs of Bedford Park and Milton Keynes Grand Union. Altogether the team raised £2500 for local charities. Despite the wind, rain, thunder and lightning the team is looking forward to next year's event.....!!!

## 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 Saturday 23rd December 2006, and will open again at 9.00am on Tuesday 2nd January 2007.



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