

EYELIGHTS

News from C & A Hurst Opticians 2007

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

BABO Fellowship



During 2007 Caroline has completed the Fellowship of the British Association of Behavioural Optometrists (FBABO) in the inaugural cycle. The examination process included four open book questions, four case studies, and hour's Multiple Choice Question exam and an hour's Viva. This represents high level study and practise of Behavioural Optometry, and the qualification is recognised internationally. Eight members of BABO gained their Fellowship in 2007.



Caroline has had an increasing role as a speaker and teacher of Behavioural Optometry during this year. She has been speaking in Washington, Holland and Denmark, as well as the UK, and has taught a 2 day course on Movement within Vision Therapy in July. Caroline also took part in a

developmental conference on Eye Movements in Memphis.

Staff Developments



Katrina is now in her second year at Stageworks Performing Arts in Buckden, and is currently preparing for auditions at eight Colleges to take a degree level course in Musical Theatre.

Beijing Olympics 2008



Accurate vision and timing are essential for success in sports activities, and especially so for Olympians. For the 2008 and 2012 Olympics the contact lens company Johnson and Johnson are sponsoring specialist eye examinations for GB Olympic Athletes. C&A Hurst Opticians are to be one of the participating practices and we shall be examining Olympic athletes and providing contact lenses, vision therapy and specialist eyewear as necessary.

You may not be an Olympic athlete, but if you would like to discuss your vision and sport requirements please make an appointment. We also have a range of sports eyewear, tints and goggles available.

New Varifocal Lenses



Spectacle lens companies are investing large amounts of money to develop flat, thin progressive lenses with minimal distortion. The latest computer generated, back surface varifocal lenses have a large, almost distortion free distance area, and a much improved, wider reading area. They are available in a wide range of materials and curves in order to guarantee the best optical performance for each lens.

So, the lenses are uniquely designed to your personal requirements. With this latest technology lenses are available, both in single vision and varifocal forms, for all modern styles of frames too, including wrap-arounds. These lenses can also be produced from a range of materials up to a high refractive index of 1.74 so that they can be thinner and lighter. Today's spectacle lenses are

- suitable for a wide range of prescriptions
- ideally thin and light
- the choice for coloured sunglass lenses
- of a high level of impact resistance
- up to 100% UV light absorbing level
- ideal for wrap around frames as well as rimless and half eye frames

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 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.

Namur to Dinant

This year's Extramile Challenge took over 45 teams from Namur (Belgium) to Dinant (Belgium) – via Metz (France), and Trier (Germany). The ride was a total distance of 500 miles passing through 4 countries in 3 days on 2 wheels with 1 objective – to raise much needed money for local charities. The cycle challenge was a very strenuous 3 days at the end of September with many hills and valleys. The team has raised £2100 for charity, and we would like to thank all who sponsored our ride.



Alan, with fellow Rotarians from the St Neots St Marys Rotary club, enjoys the finish.

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 22nd December 2007, and will open again at 9.00am on Friday and Saturday 28th and 29th December 2007. The practice will reopen in the New Year on Wednesday 2nd January 2008.



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