

EYELIGHTS

News from C & A Hurst Opticians 2009

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

Special Olympics Opening Eyes Leicester July 2009



Caroline was appointed as Clinical Director for the Special Olympics Lions Club International Opening Eyes (SOLCIOE) programme for GB in Sept 2008. After training at the SO World Winter Games in Idaho in February, she organised and ran the Opening Eyes Screening at the Special Olympics GB National Games at the Walker Stadium in Leicester. Sarah was involved with the preparation work, particularly co-ordinating the 62 volunteer optometrists and optometry students. Both Sarah and Alison volunteered and attended the Games, and are pictured here with Gary Lineker!!



In the five days of screening we tested over 800 athletes and prescribed over 350 pairs of glasses and sports goggles. The frames were donated by Safilo and the lenses and glazing by Essilor. We also referred over 50 athletes to

their GP or local hospital for further examinations, particularly for cataract and suspected glaucoma.

Caroline would like to thank all the people in the practice, and the Rotarians of St Marys St Neots for their help, support and understanding during the massive task that was SO Opening Eyes Leicester 2009.

International Speaker

Caroline has been busy too with lecturing internationally and within the UK. During April and May she taught her two day course 'Motor Training within Optometric Vision Therapy' for the Optometric Extension Program Foundation (OEPF) in Grand Rapids, Michigan USA; for the British Association of Behavioural Optometrists (BABO) in Warwick; and in a private practice in Cheltenham. Caroline has already been booked to go back to the US and teach in Boston and San Francisco in August next year!

Alison's Graduation

Alison completed her Honours degree in Music with a 2:1 from Dartington College of Arts in June this year. She is working at the Music Gallery in Cambridge at the moment and will be starting a Masters degree in Music Therapy next September. Well done Alison!!



Alison's Degree Ceremony November 2009

President Alan

This year Alan is honoured and proud to be president of St Neots St Marys Rotary Club. Rotary Clubs support many local charities and good causes, as well as national and international charities. The highlight of the Presidential year will be in March, when Sir Henry Cooper will be Guest of Honour at the club's annual Sportsman's Dinner.



Edinburgh to Newcastle

Once again Alan has been out on his bike and would like to thank all those who have sponsored him. This year he has taken part in the British Heart Foundation's 'London to Brighton' bike ride in June, with Gareth.

Then in September, with five other riders, he was raising funds for Teenage Cancer Trust by cycling from Edinburgh to Newcastle. The team included a support vehicle, took 3 days to complete the ride, and raised over £1500.



Transitions lenses for Children

At C&A Hurst Opticians we take tremendous care with children's vision, particularly with it's effect on reading and learning. We currently have around 80 patients following Optometric Vision Therapy programmes in our practice.

Starting this Autumn there has been a new campaign by Transitions lenses to promote children's eyecare, targeting schools and optometry practices, and we have incorporated their message into our approach.



Parents understand that children should be protected from sunburn, however, children's eyes should also be protected from the sun's harmful UV rays.

The average child receives 3 times the average UV exposure as an adult, and in children under 10 the lens in the eye allows more than 6 times the amount of UV radiation to penetrate than an adult's eye.

Children require safe, shatterproof lenses that also give 100% protection from harmful UV rays. Transitions® lenses give 100% UV radiation protection, and offer a safe solution to this problem.

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 Thursday 24th December 2009, and reopen again at 9.00am on Tuesday 29th December 2009. The practice will be closed on January 1st 2010.



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