

THE VIEW

September 2023

Welcome to the
New Look Orrell Opticians Newsletter

Orrell Opticians
Est. 1937

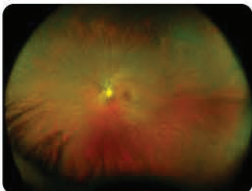


Welcome to the **September** edition of the new look **Orrell Opticians Newsletter!**

In this issue, we have a fantastic lineup of eye care insights and heartwarming stories from our patients and staff.

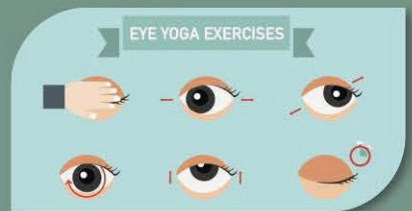
First up, we're delving into the latest advancements in eye care technology, exploring cutting-edge innovations that are revolutionising the way we care for your eyes. Have you heard about our revolutionary Optomap technology? Get ready to be amazed as we take you on a journey through this state-of-the-art imaging system. It gives your eyes a superpower by providing a comprehensive view of your retinal health, ensuring early detection and personalised care for various ocular conditions.

 **optomap**[®]
ultra-widefield retinal imaging



So, sit back, relax, and enjoy this jam-packed edition of our newsletter. Happy reading!

In addition to the technological wonders, we're adding some fun to your eye care routine with eye yoga! Yes, you read that right. Discover the benefits of eye yoga and how it can help keep your eyes in top-notch condition.



As always, our friendly team is here to answer your questions, provide expert advice, and make sure your eye health remains our top priority. Don't hesitate to reach out if you have any concerns or if you're due for your regular eye examination.

www.orrellopticians.co.uk



Director

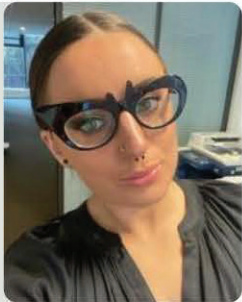
John Harm

It is with mixed emotions that we bid farewell to our esteemed director, John Harm, as he embarks on a well-deserved retirement after 24 incredible years of service.

John and his late wife, Christine, took the helm of Orrell Opticians in 1999, infusing the business with passion, dedication, and a commitment to exceptional eye care. His expertise, wisdom, and warm smile have left a lasting impact on all of us, and he will be dearly missed. Retirement is a time for well-earned relaxation and new adventures, and we know John has exciting plans ahead. To kick off his retirement, John will embark on an unforgettable American road trip alongside his son, Robert.

May each day of this new journey be as vibrant and fulfilling as the vibrant colours he has helped others to see through their lenses.

Amidst some of the changes within the practice we would like to congratulate Ellis Johnson on becoming one of our resident Optometrists.



I'm Ellis

Hi I'm Ellis! You may have seen me around over the last few years but recently I've taken on a more permanent role here at Orrell Opticians.

My key responsibilities are to ensure you have a thorough eye examination and to find the best optical solution for you.

From regular eye examinations to emergency appointments. You are in safe hands!

I have a research optometry background having previously worked for a medical technology company. My Masters in Optometry has enabled to explore an area of optometry I am very interested in, glaucoma. I am also on the clinical teaching staff at the University of Manchester.

When you see me around the practice, you will probably notice my statement glasses choices. If I have the pleasure seeing you for an eye test, I will usually chat to you about holidays. Outside of Orrell's, I'm usually at the gym powerlifting or in the kitchen baking.

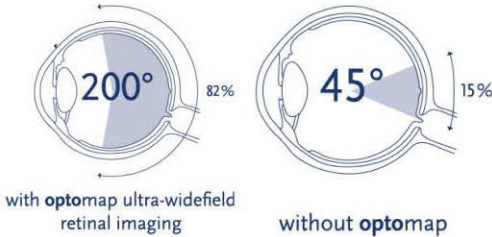
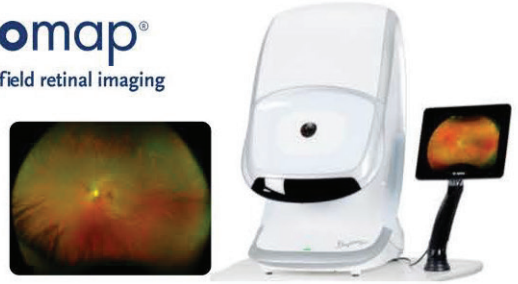
The Superhero of Eye Examinations!



Meet Optomap, the caped crusader of eye exams! This groundbreaking technology has revolutionised eye care, offering invaluable insights through ultra-widefield retina imaging. Created by a determined father, Douglas Anderson, after his son tragically lost vision in one eye due to a missed retinal detachment, Optomap has become a superhero for eye care professionals worldwide.



Optomap captures high-definition images of your retina, providing instant views of your eye's interior, allowing for accurate diagnosis and monitoring of various eye conditions. Its incredible capability reveals a whopping 85% of your retina in one image, five times more coverage than before, transforming blurry images into crystal-clear masterpieces.

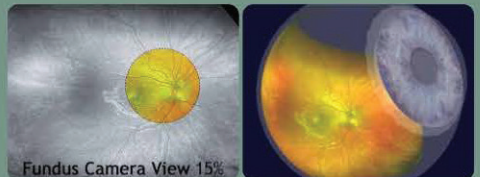


With Optomap's power, optometrists like Ashley, Ellis, and Jan can detect and treat a wide range of conditions, from diabetic retinopathy to age-related macular degeneration and paediatric retinal disorders. Armed with this technology, they become superheroes, saving your vision from potential threats.

Optomap is the superhero we never knew we needed. Its exceptional capabilities have transformed the world of eye care, offering accuracy, convenience, and peace of mind to patients like you. When booking your next eye examination, don't forget to ask for the incredible Optomap experience – your eyes will undoubtedly thank you!

So, what's in it for you?

- ✓ Say goodbye to guesswork, as Optomap enables precise evaluations and spot-on diagnoses for your eyes.
- ✓ The days of uncomfortable eye exams are gone, as Optomap's painless, touch-free process ensures a stress-free experience.
- ✓ No more waiting in suspense, as Optomap's quick image capture delivers results in a flash, enabling prompt discussions with our optometrists.
- ✓ Good news for those dreading dilating drops – Optomap eliminates the need for them in most cases, allowing you to drive home right after the test.



Blood Sisters, A fear conquered and a life long commitment

Meet Jen, our optical assistant, on her remarkable journey of blood donation, a testament to conquering fear and embracing lifelong commitment.

In 2017, she bravely faced her fear of blood, booking her first donation appointment with determination to make a difference. With care and support, the once-dreaded process turned into a breeze, leaving Jen with a comforting cup of tea and a biscuit afterward.

Today, she celebrates her eighth donation, embodying the positive impact she's made.



Yet, there's more to this story—a beloved patient, Jen Bridson, stands tall with an astounding 117 donations, equivalent to approximately 100 pints of blood. Back in 1966, as an apprentice in a hairdresser's salon, she learned about a colleague's relative in need of blood transfusions due to Leukemia. Fate intervened when a donation drive visited the area, prompting Jen and her colleagues to sign up and make a difference. Since then, Jen Bridson's dedication has spanned decades, epitomising the true spirit of generosity and compassion.

In the UK alone, 1.6 million pints of blood are needed yearly, requiring nearly 400 donors daily to meet demand. With just 10 minutes of your time, one donation can save up to three lives. Register as a donor and learn more at blood.co.uk. Your contribution can make all the difference.

Take the next step, book your blood donation appointment, and join this incredible journey. The rewards go beyond the satisfaction of helping others; you'll experience personal growth and strength from conquering your fears and positively impacting the world.

The inspiring commitment of both Jens reflects the power of overcoming fears and the profound impact of kindness. Their blood donations have become lifelines for those dependent on life-saving transfusions.



Hey there, fellow eye enthusiasts! We all know the importance of staying fit and healthy, but what about our peepers?

Introducing eye yoga, the cool and quirky way to give your eyes a playful workout. Forget about the traditional gym routine; it's time to get those eyeballs moving and grooving!

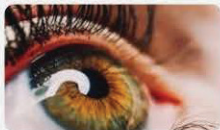


Just like our bodies need exercise, our eyes can benefit from a little workout too. Eye yoga exercises are all about stretching and strengthening the visual muscles that work hard to keep our eyes functioning at their best.

These exercises can help reduce eye strain, improve focus, and alleviate the discomfort that comes from staring at screens all day long.

Here are a few playful exercises you can try out:

- ✔ **Blink It Out:** Start by blinking rapidly for a few seconds, like you just won a staring contest championship. Then, close your eyes and take a deep breath, savouring the darkness for a moment. Repeat this sequence a few times to refresh and moisturise your eyes. It's a quick and easy exercise that helps prevent dryness and keeps your eyes feeling fresh.



- ✔ **The Eye Roll:** Channel your inner movie star and roll your eyes, but in the best way possible! Look up, then slowly circle your eyes clockwise. After a few rotations, switch to a counterclockwise direction. This exercise helps improve blood circulation and flexibility in your eye muscles.

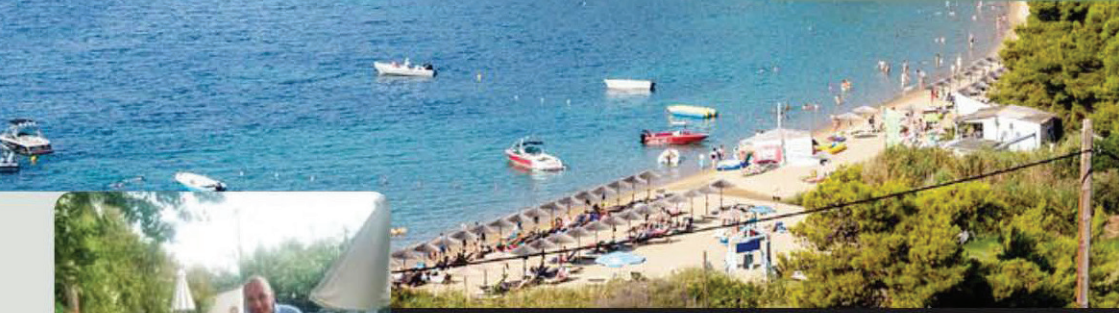
- ✔ **Follow Your Finger:** Grab a pen or your trusty finger and hold it at arm's length. Focus on it as you slowly bring it closer to your nose, keeping your eyes locked on the target. Once it gets too close to focus, slowly move it back to arm's length. Repeat this a few times, and you'll give your eye muscles a nice stretch while improving their ability to shift focus smoothly.



- ✔ **The 20-20-20 Rule:** This exercise is perfect for those who spend a lot of time glued to screens (we're looking at you, smartphone addicts!). Every 20 minutes, take a 20-second break to look at something 20 feet away. It's like a mini holiday for your eyes, giving them a chance to relax and reset.

Incorporating these exercises into your daily routine can do wonders for your eye health.

Try setting reminders on your phone or get creative with sticky notes as friendly nudges to get up and give your eyes some love. So, put on your imaginary yoga pants, gather some eye-loving energy, and let's give those eyes the workout they deserve. Namaste, vision warriors!



Dear friends,

I just had to share the incredible time Paul and I had on our recent adventure to **Skiathos in Greece**. The highlight of our trip was undoubtedly our stay at the amazing **Troulos Bay Hotel**. Trust me, it was the perfect spot to soak up the sun and enjoy the beauty of the island.

Can you believe it? We unexpectedly ran into Judy and Geoff Champion, our lovely patients from Orrell Opticians! We spent a few days together, laughing, sharing stories, and getting to know each other. Who could have imagined that our paths would cross in such a beautiful destination.

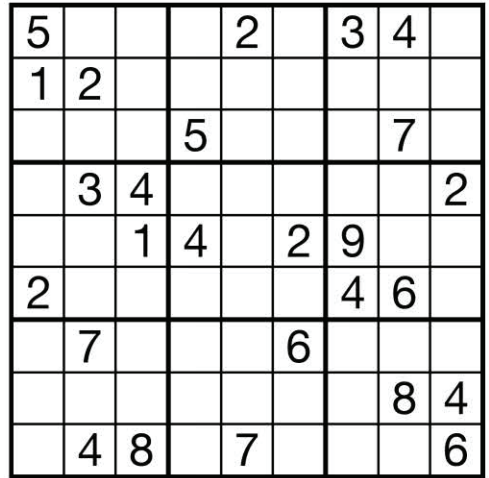
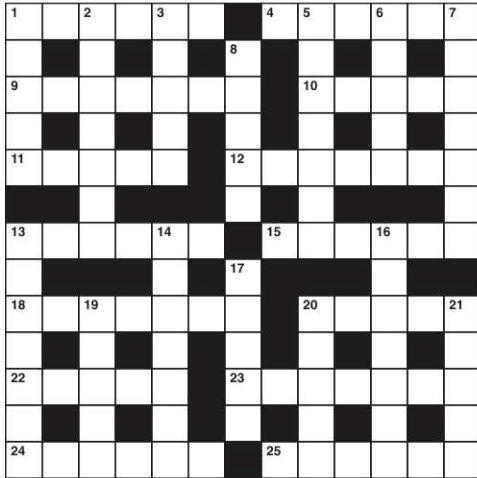
Stay tuned for my next adventure later in the year. Until then, keep seeking those moments of joy and discovery wherever life takes you.

Sending you, warm wishes, Dawn x



Speaking of beauty, the beaches in Skiathos are simply breathtaking. Paul and I spent our days lounging on the golden sands, taking refreshing dips in the turquoise waters, and exploring the nearby coves. It was pure paradise. And when it came to dining, we discovered some fantastic local restaurants. 'The Victoria' and 'The Sunrise' were our personal favourites, where we savoured delicious local delicacies like fresh sardines and homemade Moussaka.





Across Boxes

1. Plaid (6)
4. Inveigle (6)
9. Plane figure with straight sides (7)
10. Publish (5)
11. Creep (5)
12. Plant with prickly-edged leaves (7)
13. Schedule (6)
15. Despot (6)
18. Producing a sensation of touch (7)
20. Investigation (5)
22. Performed (5)
23. Gathered together in large numbers (7)
24. Objective (6)
25. Formal proposal to buy (6)

Down Boxes

1. Subject (5)
2. Let go (7)
3. Investor in theatrical production (5)
5. Nimbleness (7)
6. Beginning or early stages (5)
7. Best environment for a plant or animal (7)
8. Become one (5)
13. Draw in (7)
14. Diminish (7)
16. Kept away from (7)
17. Impart skills or knowledge (5)
19. Supply food ready to eat (5)
20. Provide evidence for (5)
21. Type of duck (5)

The Team

Ashley Jardine

Clinical Director / Optometrist / Assistant Editor

Helen Johnson

Practice Manager

Jan Coetsee

Optometrist

Dawn Abbot

Dispenser / Buyer

Jen Murphy

Optical Assistant / Editor-in Chief

Ellis Johnson

Optometrist

Lindsay Mitchell

Dispensing Optician

Charlotte Jones

Diabetic Retinal Screener / Optical assistant

Daniel Todhunter

Optical Assistant

GET IN TOUCH

We would love to hear from you.
Have a story you would like to share, a photo

Contact Us

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 hello@orrellopticians

 www.orrellopticians.co.uk

Opening hours

Monday - 9.00 am - 5.30 pm

Tuesday - 8.30 am - 5.30 pm

Wednesday - 9.00 am - 5.30 pm

Thursday - 10.00 am - 5.30 pm

Friday - 9.00 am - 5.30 pm

Saturday - 8.45 am - 4.00 pm

Sunday - **CLOSED**

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