

THE VIEW

The Orrell Opticians Newsletter

November / December 2023

Orrell Opticians
Est. 1937



JIMMY CHOO

Welcome to the **Autumn edition of The Orrell Opticians Newsletter!**

In this issue Ashley shares with us his trip of a lifetime to France to support Ireland in the rugby world cup. We will explain all the benefits of Eyeplan, ask our Optometrist Ellis about Blepharitis and meeting some other key members of our team.

We have had some amazing new brands hit our shelves over the past couple of months, Jimmy Choo, Face a Face and Oakley. Jimmy Choo have been very popular; gorgeous, sophisticated styles and some with that extra bit of sparkle for those who want something a bit special. Face a Face you may not have heard of before, however they have some fabulous frames, that are a bit quirky. For those who like a bit of colour they are the brand for you! For the sportier look Oakley have some great head hugging frames and some more stylish designs for men. Pop in for a browse or to update your visual wardrobe, you know one pair is never enough!



Recommend a friend and receive a £25 gift voucher! Terms and conditions apply, ask in practice for details.

Thanks Gaynor!

We would like to thank our loyal patients for recommending us to family and friends, your support really means the world to us.



A special thank you to Gaynor Evans who has recommended three of her closest friends in the past month, Christine, Wendy and Alyson all of whom are now part of the Orrell Opticians family and proud wearers of some fantastic new eye wear.



In House Audiologist

Graham Roberts

Hello, I'm Graham, since qualifying over 20 years ago, I have had several roles within the Audiology profession including National Training Manager for a leading hearing aid manufacturer, working with Audiologists both in NHS Hospital Departments and Private Practice.

This practical experience helps me to improve my clients' quality of life with friendly relevant advice and the most appropriate hearing aid technologies available.

If you would like to book a free hearing assessment or need wax removal, please contact the practice to arrange an appointment. **I look forward to 'hearing' from you.**

I have enjoyed playing lots of sports over the years including football, cricket, and martial arts. These days I like walking and swimming to keep fit – as they are a bit easier on the knees!

I would like to play a little more golf, but my game is very 'hit and miss' at the moment.



Diabetic Retinopathy Screener & Optical Assistant

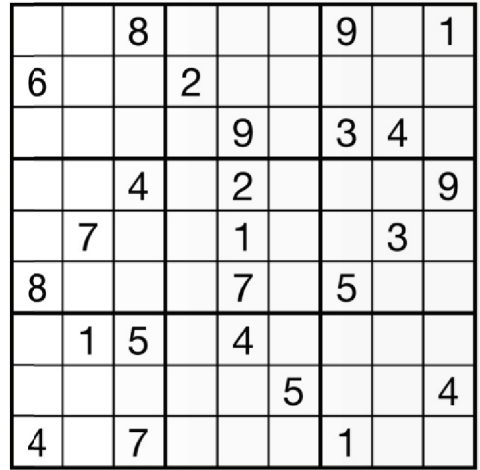
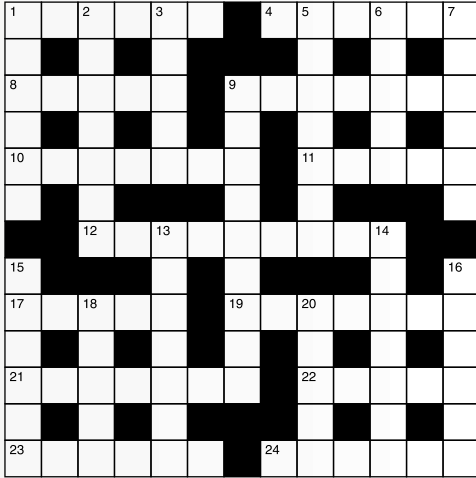
Charlotte Jones

Hi, I'm Charlotte, I love giving the best possible care to all of our patients, especially making sure people feel relaxed coming for their eye exams.

You will usually see me in Pre-screen before going through to see one of our Optometrists, or after your eye examination to help select the best lenses and frame choices for you. I use all the latest scanning technology to ensure your most thorough eye examination. I am also a diabetic retinal screener, so if you have diabetes, I will see you at your regular eye screening too.

Outside of work I like to spend time with my family and partner, Joe. We love going for days out and visiting restaurants, to do my favourite thing, eating!

I am a Liverpool Football club supporter and love to watch the matches when I get the chance.



Across Boxes

1. Accepted practice (6)
4. Educational establishment (6)
8. Divide (5)
9. Sleep (7)
10. Pungent gas (7)
11. Lucifer (5)
12. US state (3,6)
17. Shakespearean lover (5)
19. Esteem (7)
21. Scotland's largest city (7)
22. Tantrum (5)
23. Prose compositions (6)
24. Outspoken (6)

Down Boxes

1. Free-and-easy (6)
2. Wise king (7)
3. Frequently (5)
5. Sea trips (7)
6. Path of a planet (5)
7. Upper part of the windpipe (6)
9. Ragged figure (9)
13. Incorrectly (7)
14. Gave way (7)
15. Capital of the Czech Republic (6)
16. Remained (6)
18. Wherewithal (5)
20. Colour of old photographs (5)

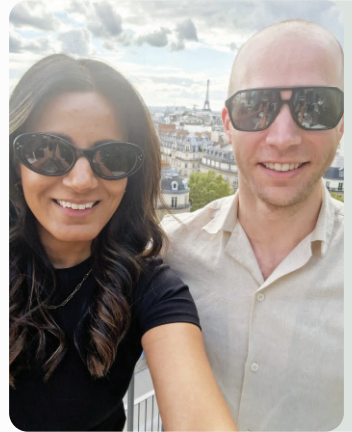
Romantic Weekend in Paris:

Ireland's Thrilling Rugby Victory at Stade de France

Two & a half years ago my wife, Krina, had the foresight to buy me the gift of a after lifetime.

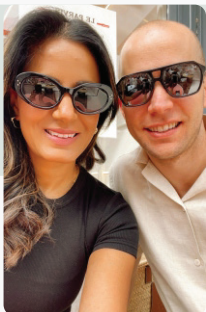
Well, half a lifetime, since it was for my fortieth birthday. A romantic weekend for us in Paris, became an unforgettable memory when Ireland faced South Africa in the Rugby World Cup pool stage match, at the iconic Stade de France.

We started our day with a stroll along the Seine, taking in the views of the Eiffel Tower and Notre-Dame Cathedral. The city's charm and history were incredible.



As game time approached, we joined the sea of green Irish jerseys boarding the RER train and experienced the adrenaline rush of a high-impact, heavy hitting test match between the World Champions (SA) and the #1 Team in the World (Ire). The game was a rollercoaster of emotions, with both teams showcasing their skills, determination and mistakes 'under the pump'!

When Ireland eventually secured a victory, the stadium erupted in joy for the 35,000 travelling Irish. Krina and I celebrated with fellow fans, savouring the triumph and the incredible sporting spirit.



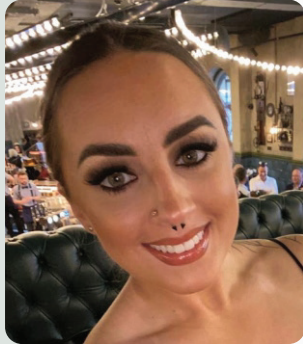
We shared laughter, hugs, and celebrated the win by ending up the most un-Parisian places you could imagine... **McDonalds!**



McDonald's



Our Resident Optometrist
Ellis Johnson



Blepharitis

So, what's blepharitis? Well, it's a fancy word for eyelid inflammation. It's like your eyelids decided to throw a little tantrum and get all puffy and red. Sometimes, they even stick together when you wake up in the morning and feel a little crusty.

Now, there are a couple of types of blepharitis. The first one, called anterior blepharitis, likes to hang out on the outside front edge of your eyelids, right by your eyelashes. It can even be caused by a pesky staphylococcus bacterial infection. The second type, posterior blepharitis, is a bit more discreet; it sets up shop on the inside rim of your eyelids, just behind your lashes. Sometimes blepharitis is caused by another skin condition called seborrheic dermatitis which causes other areas of the skin to become itchy, flaky and red too.

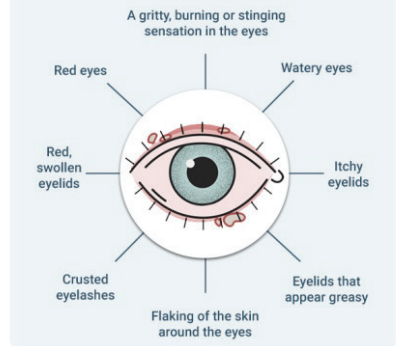
But here's the deal: blepharitis is a bit like that friend who overstays their welcome. It's persistent and might keep coming back even after you've tried to kick it out. So, managing it is the name of the game. How do we do that, you ask? Well, we introduce a lid-cleaning routine into your daily life. I will guide you on the best options and can recommend special lid wipes. Lubricating eye drops are another weapon in our arsenal, helping to ease the gritty and dry eye symptoms. All of which are available in practice, just ask for some advice if you are concerned.

If you've got blepharitis, you might be familiar with itchy, sore, and puffy eyelids, which may be stuck together when you wake up in the morning. Your eyelashes might get all greasy and crusty, and you could even lose a few. Plus, your eyes might feel like they're on fire, especially if you're wearing contact lenses.

Now, who's at risk for this stubborn eyelid condition? Well, it seems to have a soft spot for those over 50, but don't think you're off the hook if you're younger. So, keep an eye out for any symptoms of blepharitis.

Have a question
for us?
Please get in touch

SYMPTOMS FOR BLEPHARITIS



If you ever need any further advice or help with blepharitis, our friendly team are just a phone call away.

A Winter Essential

Why Sunglasses Are a Must-Have

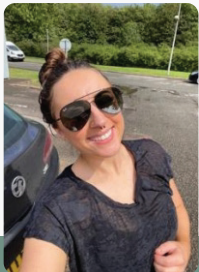
Sunglasses aren't just for sunny beaches and summer days; they're a vital accessory for winter too. In colder months, the sun still emits harmful UV rays, and with snow and ice reflecting sunlight, the risk of eye damage is actually higher. Wearing sunglasses with full UV protection acts as a shield, safeguarding against conditions like cataracts and macular degeneration.

Glare from snow and ice can be dazzling, making polarised sunglasses a game-changer. They minimise glare, enhance visibility and comfort during winter activities like skiing and driving.

Furthermore, sunglasses provide a shield against wind-borne debris, safeguarding sensitive eyes and contact lens wearers. They're not just practical; they're a fashionable accessory that complements any winter outfit.

Extended periods outdoors can strain your eyes, but sunglasses reduce light exposure, offering relief and reducing the risk of eye fatigue. So, this winter, don't forget to don your shades. They're not just a style statement; they're a crucial tool for safeguarding your eye health and enjoying the winter wonderland to the fullest.

Here are some of the Team in their Favourite Sunglasses from the 2023 Collection



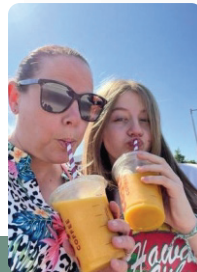
Ellis' Ray-ban
Reverse
Aviators



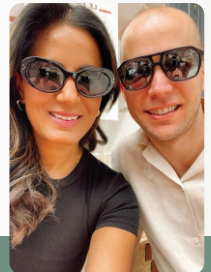
Helen's Maui
Jim Mamane



Charl's Ray-ban
State Street



Jen's Maui Jim
Liquid Sunshine



Ashley's Maui
Jim Wedges

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See clearly this winter with

Maui Jim

Additionally, winter's lower humidity levels and indoor heating can lead to dry, irritated eyes. Sunglasses act as a barrier against harsh winds, reducing tear evaporation and maintaining proper eye moisture. This helps alleviate symptoms of dry eye syndrome, such as burning and redness.

Invest in your Eyes!

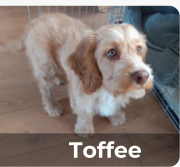


Want the best eyecare? Look no further at Orrell Opticians we have invested in the latest eye care technology to provide you with the ultimate eye examination. This gives you the very best eye care available and peace of mind. Worried about the cost? Fear not, we have got you covered. Eyeplan is our monthly paid plan which allows you to spread your eye care costs throughout the year.

We have several plans available depending on your needs, Essentials, Rewards and VIP.

Our most popular plan is Eyeplan Rewards, included in the plan:

- ✔ Ultimate eye examination which includes OCT and Optomap (Usually £95)
- ✔ Annual eye examinations (instead of every 2 years with NHS)
- ✔ Follow up appointments and scans if required
- ✔ Priority booking
- ✔ 15% discount on your first pair of glasses and 40% off a second pair
- ✔ 15% off any eyecare products, drops, wipes etc.
- ✔ Accidental damage cover on all new glasses you buy with us
- ✔ Additional membership for spouse or other family member at the same address at a reduced rate



For one of our Eyeplan members Jill Pearson, the accidental damage cover came in very useful when her dog 'Toffee' the Cockapoo chewed her glasses not once but twice in the space of just a few weeks. Jill told us "I just couldn't believe it, when Toffee got hold of my new glasses the first time, but to do it again a couple of weeks later, I was so upset. Luckily with Eyeplan I paid a small excess, and my glasses were replaced with no problems at all, Twice!

All of this for £12 per month on Rewards plan
(minimum contract 18 months)

Want to discuss Eyeplan?

Pop in anytime we can discuss your needs and find the best plan for you.

The Team

Ashley Jardine

Clinical Director / Optometrist

Helen Johnson

Practice Manager

Jan Coetsee

Optometrist

Dawn Abbot

Dispenser / Buyer

Jen Murphy

Optical Assistant / Editor-in Chief

Graham Roberts

Audiologist

Ellis Johnson

Optometrist

Lindsay Mitchell

Dispensing Optician

Charlotte Jones

Diabetic Retinal Screener / Optical assistant

Daniel Todhunter

Optical Assistant

GET IN TOUCH

If you have a photo or story to share, or simply want to ask us a question.

We would love to hear from you.

Contact Us

📞 **0151 355 1077**

🌐 hello@orrellopticians.co.uk

🌐 www.orrellopticians.co.uk

Follow us on



Opening hours

Monday	-	9.00 am	-	5.30 pm
Tuesday	-	9.00 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		

Can we ask a favour?

Our best advertisement is you, please leave us a Google review, your feedback will inspire more eye tests preventing needless sight loss. **Thank you**

