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Newsletter – Autumn/Winter 2016

Caterham Refurbishment



In November 2016 our Caterham branch will be closing for three weeks for a complete refurbishment. During the three weeks we are closed we are removing a wall, moving our front door and completely redesigning the interior and consulting rooms.

With brand new state of the art equipment and the latest interior design, coupled with new ranges and a completely new area to display them, we can't wait to welcome you at our Grand Opening on Saturday 10th December when we will be having a surprise guest and entertainment.



With some new members joining our team alongside those whom you already know, it will be an exciting time to come to our Caterham branch. Don't worry if you need help during this time, our telephone lines will still work and your records will be available so you can drop in to our Purley and Croydon branches for any help you need.

For more information or to book an appointment please contact the branch at Caterham@rawlingsopticians.co.uk by phone on 01883 341137 or 01883 343370 or pop in to discuss it with us.

Cycling eyewear



Whether you are an occasional or committed cyclist do you know the benefits of having a pair of cycling glasses or sunglasses?

Any cyclist will benefit from wearing some type of eyewear whether a prescription is required or not and by doing so, will find their cycling both more enjoyable and more comfortable.

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Good sports eyewear will ensure you get excellent levels of vision, full protection from the sun's damaging ultra-violet rays and prevent the risk of dust, debris or insects spoiling your enjoyment (and giving you an eye injury) by flying into your eye.

If you are a more serious cyclist you will benefit from eyewear designs with interchangeable lenses for cycling in different weather and light conditions.

Any cyclist should also consider contact lenses which allow you to wear non-prescription sunglasses giving you a wider choice of eyewear and making it more affordable. It also means you don't have to buy new cycling eyewear if your prescription changes!

Whether you are a weekend warrior or just enjoy a more leisurely approach, why don't you [come in and enquire](#) about the best options for you; whether this is discussing a contact lens trial, or having a look at some of our sports eyewear brands such as Oakley, Bolle and Maui Jim.

Supporting Charitable Causes



At Rawlings Opticians we are proud to continually support good causes having raised thousands of pounds for charities including Vision Aid Overseas and CHECT (Childhood Eye Cancer Trust), as well as sponsoring events local to our practices.

2015 was the 30th anniversary of Vision Aid Overseas, the charity supporting those in the developing world by giving them access to eyecare and glasses that would otherwise have been unavailable. The things we take for granted such as being able to wear glasses if we cannot see well are denied to many who live in these countries. If you cannot see to read, see a blackboard or even see the faces of your friends and family clearly then you cannot learn through education and help to bring yourself out of poverty.

We committed to donating £3,000 to recognise this outstanding achievement and having raised just over £1,000 through donations in our practices, Rawlings Opticians donated the remaining £2,000. Here is a photograph of our Chairperson Helen Short handing the cheque to Sarah Namusoby, Fundraising Officer at VAO.



Helen has been very involved with Vision Aid Overseas and has volunteered on trips to Ghana, Ethiopia and Zambia giving eyecare to these communities. This year she will be traveling to Sierra Leone, where she and a team of dispensing opticians and optical technicians will be based in Makeni. They will be setting up a Vision Centre and providing outreach clinics in local villages.

More information about our charity fundraising can be sourced [on our website](#).

Or if you would like to help Helen achieve her goals in Sierra Leone you can [visit her just giving page](#).

Contact Lenses and computer use



The way we work and play has changed dramatically over the last few years. Most of us spend a few hours a day staring at screens, computers or phones and for some of us it will be a great deal more! This is already a challenge for our eyes but if you are wearing contact lenses it is even greater.

What's the problem? When you use computer screens you actually blink less frequently which can cause your eyes to become dry and red and give you blurred vision.

The eye should blink up to 11,000 times a day and too many hours on screens will reduce this by up to five times. This leads to dryness and inflammation which causes all the symptoms above. In contact lenses, choosing the right material for the lens is therefore crucial.

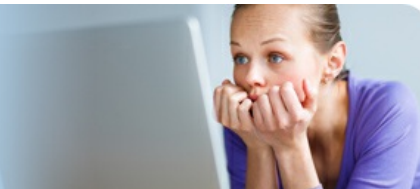
Manufacturers are always striving to improve their lenses and new products such as Bausch and Lomb Ultra contact lenses are a prime example. They use MoistureSeal technology to make the lenses as soft and comfortable even at the end of day. They are the perfect balance of high oxygen permeability and end of day comfort with enhanced optics for sharp vision. Rawlings Opticians are proud to be one of the first opticians in the UK to offer these lenses.

Alongside the right lenses you should follow the following top tips for comfortable contact lenses when you are using a computer;

- Take plenty of breaks
- Remember to blink
- Drink plenty of water

[Book an appointment](#) to discuss your contact lenses or try the latest B+L Ultra lenses

Digital Eye Strain



Do you find your eyes getting tired when you have been using your smartphone, tablet or computer?

Computer Vision Syndrome, also known as Digital Eye Strain, is the name for combination of eye and vision problems associated with the use of computers and other electronic displays such as tablets, smartphones and reading devices.

In today's world, the use of digital screens is virtually universal, with even small children spending some hours each day looking at devices like iPads and recent research by Bausch and Lomb has shown that screen time has increased by 42% in the last 5 years. Many people spend 10 or more hours per day viewing these displays, frequently without adequate breaks. In addition, the size of some portable screens means that text is quite small which can make you hold it closer, increasing the demands on your eyes. Prolonged use has been shown to reduce the amount you blink, which can cause sore gritty eyes.

Digital eye strain has been shown to have a major effect on both visual comfort and productivity and up to 40% of adults and 80% of teenagers may experience significant visual symptoms such as eye strain, fatigue and dry eyes during, and immediately after viewing electronic displays.

Our advice is to rest your eyes regularly by following the 20:20:20:20 rule: Every 20 minutes, take a 20 second break, look 20 feet away and blink 20 times.

Additionally, specific types of glasses or contact lenses can significantly help alleviate computer vision problems by making screen viewing more comfortable and reducing eye strain.

Our team will be pleased to advise you on the best lenses for your digital environment so [book an appointment](#) to ensure you are using the optimum prescription or pop in and have a chat to one of our dispensing team.

Occupational Lenses



From around the age of 40, most people will begin to need some help with near vision tasks such as reading, using computers, seeing mobile phone displays and hobbies. However standard single vision lenses no longer meet all the needs of modern life.

The increased use of computing and electronic devices, including ever more sophisticated mobile phones – has placed additional demands on modern spectacle wearers, whether they are new to glasses or have been wearing glasses for a while.

Whilst reading spectacles are suitable for close work, single vision glasses are restrictive in the range of clear vision they offer, and things more than 40cm away can become blurry once again, often making it very tricky to see computer screens or to do tasks at arm's length.

Fortunately, a solution is at hand with occupational lenses from Rawlings. Designed to enable you to work comfortably at both intermediate and near areas, they have a considerably larger clear area of vision in these areas than either varifocal or bifocal lenses. They are also more flexible than single vision lenses and are perfect for computers, books, magazines, newspapers, mobile phones, playing cards, craft activities or almost anything you can think that needs close and intermediate vision.

These lenses are available in a range of different types, giving you clear vision up to 1, 2 or even 4 metres tailored for the things you will use them for. They are also available with the latest blue light filter coatings, which enable you to view screens more comfortably.

For more information and advice on which of these lenses would be suitable for your visual requirements, please call in and speak to one of our Dispensing team.