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Rawlings Opticians

Your local independent opticians

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Newsletter – Spring/Summer 2018

Do you have uncomfortable eyes?

Many people find their eyes don't always feel comfortable and often this is due to an imbalance in the delicate tear film layer which lubricates the surface of the eye when we blink.

If there is friction between the eye lid and the eye this can cause discomfort, often described as a gritty feeling or burning sensation and it can also cause itching and watering. Specialist eye drops and gels can help with these symptoms along with tailored advice and strategies to improve the balance of the tear film as well as supplementing it.

At Rawlings we offer a Dry & Watery Eye Assessment to specialise in resolving these kinds of problems. During the appointment we will take a detailed history of your symptoms as this can give vital information to help treat your problem. Using a microscope we will examine your eyes, eye lashes and eyelids and conduct specialised tests to determine the specific causes of your symptoms. We will apply diagnostic drops to test your tear film and check for signs of friction and assess your blinking. At the end of your appointment we give full advice and a treatment plan depending on the results of our tests. The cost of this assessment is £65 (£30 for members of Rawlings Vision Plan Plus)

For more information or a questionnaire to see if you would benefit from a Dry & Watery Eye Assessment click [here](#) or call your nearest branch

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Maui Jim sunglasses come to Rawlings Opticians



We are thrilled to announce the arrival of Maui Jim sunglasses in many of our stores for the 2018 season.

With their patented PolarizedPlus2 technology they wipe out 99.9% of glare and block 100% of harmful UV whilst boosting colour to unmatched levels.

Available in non-prescription and bespoke prescription options for single vision, bifocal and varifocal wearers, all Maui Jim sunglasses give total protection from the sun's rays to protect you from the dangers of harmful UV light to your eyes and the very sensitive skin and tissue around that area. Maui Jim sunglasses are the only sunglasses recommended by the Skin Cancer Foundation – so you can have peace of mind that you are protecting your eyes just like you do when you put your sun cream on.

With multiple tints and colour enhancers available you can find the lens which best suits your requirements to match over 500 different options for frame with PolarisedPlus2 technology built in and two years' warranty on every pair.

Come in and see for yourself the incredible difference that Maui Jim sunglasses make to your vision at our [Alresford](#), [Caterham](#), [Chandlers Ford](#), [Hedge End](#) and [Winchester](#) branches.

Contact Lenses and Sport



Whether you cycle occasionally, or you are an extreme sports enthusiast, contact lenses will give you the freedom to focus on whatever you are doing.

Unlike glasses which can have a restricted field of view for sport, contact lenses give you all round vision, and won't steam up with changes in temperature. They also enable you to wear protective head gear with ease, and non-prescription 'wrap around' sunglasses which can provide you with the additional benefit of various sports tints. Glasses can slip down your nose if you are running or working out at the gym, and if you are involved in contact sports your glasses could get splashed, dirty or even end up damaged.

UV blocking contact lenses are also great for active lifestyles and for anyone taking part in outside activities. They will help to protect your eyes from the sun's harmful rays.

At Rawlings we also recommend daily disposable lenses for sports due to their throw away nature, which equally makes them the most hygienic option.

So what are you waiting for? Make your game a better and more enjoyable experience and go for it with contact lenses. Ask in store for more details.

Focus on Alresford 25 Years in the town



Our Alresford Practice celebrates 25 years in this picturesque Georgian Market Town On the 9th June.

We will be holding an open day with competitions and other offers throughout the day so do pop in for a visit! Over the last 25 years we have become very well established within the community, looking after the eyes of several generations of many local families.

A cornerstone of our practice is our optometrist Helen Short. Helen is Chairperson of Rawlings Opticians, and has worked here since 1993. She previously worked in the Winchester practice and is well known in the town for her charity work with Vision Aid Overseas, having volunteered for their projects in Africa several times, most recently in September last year. Her fellow Optometrist Kate Malam works across three of our Hampshire practices and juggles family life with her keen interests in skiing and equestrianism.

Our Practice Manager, Tim Shipway is another Director of Rawlings who has been with the company for 10 years, working in Alresford since 2012. He is supported by the experienced dispensing team of Sally Blackmoor, Nick Edgeworth, Ira Corder and Claire Logan.

The practice offers a professional yet relaxed experience, in a welcoming and stylish environment. We have an extensive range of frames and offer the latest in spectacle and contact lens technologies. We have modern testing equipment including our OCT which enables a more thorough health check for your eyes. We are very family orientated and active in the local community.

Call 01962 734744 to book an appointment or use our [online appointment system](#) and please do drop in to see us on 9th June on our special birthday!

Prescription Sunglasses



The 2018 sunglasses collections are now arriving in our practices... just in time for the arrival of the sun after our snowy start to the year.

It is always important to protect your eyes from the sun's harmful UV rays. Sunglasses that do not provide UV protection can cause more damage by shading the eye, causing the pupil to dilate and allow more harmful UV rays in.

At Rawlings, all our prescription sunglasses follow the stringent EU quality standards for protection to ensure that your eyes are protected, whatever the weather conditions. Polarised lenses are also available, helping to reduce glare whilst outdoors or driving giving more comfort and clarity of vision along with the same UV protection.

Our 2018 collection of prescription sunglasses come in a wide range of styles and prices, from our stylish all-inclusive range from William Morris to our designer collections ranges from Tom Ford and Maui Jim. Prices start at just £99 for single vision lenses and £169 for polarised lenses and they are also available in bifocal and varifocal options from only £149 and £169 respectively.

Alongside these we have our specialised sunglasses for active wear from Oakley and Bolle offering specialised sports filter tints for activities like cycling, fishing, skiing and golf.

As well as this we still offer ready to wear sunglasses from Rayban, Tom Ford, Oakley, Serengeti and Dior which are all backed by [our price promise](#).

Call in to your local branch to try on our new collections and let us answer any questions you might have.

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