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THE GREAT REFRESH VISION CLINIC GETS A MAKEOVER

Change is in the air again and we couldn't be more excited to share the updates from our Vision Clinic! After weeks of planning, teamwork and a lot of hard work, the clinic has had a much-needed makeover and we're so thrilled with the results. Many thanks for the tireless contributions from Bhavik and Lesa, our resident interior decorators. Without their drive and vision, we couldn't exceed our own expectations.



Walking into the refreshed space feels like stepping into a vision (pun absolutely intended) of comfort and modernity.

Everything has been designed with you in mind – bright, welcoming and functional. From the cosy new waiting area to the more efficient layout of the testing room and dispensing desk, every little detail was chosen to make your visit as smooth and pleasant as possible.



Looking back, it's hard to believe how much has changed. The clinic is almost unrecognisable compared to 15 years ago! From where we started to where we are now – with a fresh, updated design and cutting-edge technology like our IPL and Topography machines, which help us to provide the best dry, watery eye care and revolutionary Night Lenses – it's been an amazing journey, all inspired by our incredible patients and how much we care about giving you the best experience possible in a space that truly feels like home.

Come in and see our updated design! There's lots to show you and we would love to catch up!



Why Cry, Dry Eye?

“Why cry, dry eye?

Lay your tears

And your fears to rest,

Come see the best!”

- **Sushma Kotecha**

Spring is almost here and it’s the perfect time to take a break from screen overload and give your eyes some much-needed TLC. After a winter filled with working from home, endless scrolling and late-night streaming, your eyes deserve a rest.

It’s so easy to get stuck staring at screens but the good news is that a little time away from devices can do wonders for your eyes and overall well being. Even simple things like getting outside for fresh air and natural light can help reduce eye strain, improve focus and leave you feeling refreshed.

But what about those ongoing issues like dry eyes, blurry vision or headaches? That’s where we come in. Our team is here to help keep your eyes healthy and happy.

Why Should You Care About Eye Health?

1. **Dry Eyes & Digital Eye Strain**

Spending too much time on screens can leave your eyes feeling dry, tired and uncomfortable. That’s because we blink less when we’re glued to our devices and near vision tasks put a strain on our eye muscles. If you’ve been noticing discomfort or blurry vision, it’s time to have it checked.

2. **Sleep Trouble from Blue Light**

Too much blue light, especially before bed, can disrupt your sleep and leave you feeling exhausted. We’ve got advice and tools to help protect your eyes and improve your rest.

3. **Myopia on the Rise**

Increased screen time, particularly for children, can contribute to short-sightedness. Spending time outdoors can help slow this down but regular eye tests are essential to catch any issues early.

4. **General Eye & Body Wellness**

Staring at screens isn’t just hard on your eyes – it can cause headaches, neck pain and even affect your posture. A quick visit with us can uncover ways to ease the strain and improve your overall comfort.



Spring Is the Perfect Time to Focus on Your Eyes

As the days get longer and brighter, make the most of the season:

- **Break the Screen Routine:** Step away from screens regularly. Even a few minutes looking at something farther away can make a big difference.
- **Get Outside:** Natural light is great for your eyes (with proper UV protection of course!). Activities like walking, gardening or simply sitting outdoors can help.
- **Visit Us for an Eye Health Check:** Whether you're dealing with dry eyes, blurry vision or just want peace of mind, we're here to help.

Don't Wait—Pop In and See Us Today!

Your eyes work hard every day and they deserve some attention. Stop by to chat with our team, book an eye health check or find out how we can help with dry eye, blue light protection or anything else that's bothering you.

Let's keep your eyes healthy and happy this spring!

TESTIMONIALS

‘Brilliant service. Vision Clinic has looked after my complex optical needs since I moved to the area, and done so with professionalism and courtesy. Highly recommended’

- Tim Mortlock

‘Thank you so much to Sushma, and all the team at Vision Clinic. I wanted some prescription sunglasses last minute before my holiday, and Sushma had them ready for collection for me within 2 days - never had such a quick turnaround - and they are perfect. The whole team is very kind and willing to help at all times. From exceptional style advice to outstanding and high-quality products and service, I would never go anywhere else!’

- Pranali Amlani

‘My daughter's first time here for an eye test & the staff were so friendly & made her feel really comfortable. They also tested her for Keratoconus on their new machine which is perfect for monitoring & also detecting it early in the little ones, will see you next year for the annual test!’

- Dale Robson

Karibu! (Welcome in Swahili)

Karibu to all our new clients from the last few months

I Rosca-D Anderson-R Sharon-S Shah-R Rahman-S Kannan-C Maindidze-R
Miller-M Ford-E Aynsley-M Estifanos-J Jenkins-L Aikin-IM Trenholme-J Ajayi-S
Gangel-P Bayliss-P Shvartz-M Wharton-J Suru-M Ashelford-J Annan-R Iqbal-D
Jaworski-C Ahmed-FA Kenney-H McChlery-R Brown-D Urwin-P Ogirisen-L
Hall-E Ayre-H Browne-A Sande-A Slomski-V Roukounakis-L Horne-QD Tran-B
Gray-D Armitage-Z Mushtaq-E Nicholson

Asante Sana (Thank You so much in Swahili)

Asante Sana to

S Mushtaq-R Gray-B Wilkes-S Doherty-J Jenkins-L Conroy-C Slomski-N
Lockey-P Abdullah-L Scott-S Balfe-D Armitage

Your recommendations of friends and family are greatly appreciated.

We really value having a strong relationship with our customers and this post is our way of being open and showing people what we're like.

Vision Clinic POST is an opportunity to stay in touch. We would love to hear your thoughts, ideas and suggestions on what we do well and how we can do better.

