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Falling into Autumn

As the seasons change, so do our eyes' needs. Autumn brings crisp air, golden leaves, and shorter days, our eyes face new demands. From low-light driving to dry indoor air, autumn and winter can present challenges. At Vision Clinic, we are committed to ensuring your vision remains sharp, comfortable, and ready for the celebrations ahead.

Dry Eyes & Heating: Colder weather and central heating often leave eyes feeling dry or gritty. We offer advanced dry eye assessments and tailored treatments—far beyond simple drops—to restore comfort.

We would like to extend a heartfelt thank you to everyone who attended our **Dry Eye Event on Wednesday, 10th September**. It was a fantastic and informative morning, and we're so pleased to have had the opportunity to share valuable insights and solutions for managing dry eye symptoms.

Throughout the event, we explored a range of products available in-store that can help alleviate discomfort and improve eye health. From daily drops to eyelid hygiene solutions, our goal is always to support our patients in finding the right approach to managing their symptoms.

A special highlight of the day was the introduction of an exciting **new product now available** — the **Blephasteam**. This innovative at-home treatment uses moist heat technology to provide effective relief from dry eye symptoms, especially for those suffering from meibomian gland dysfunction. One of our lucky patients had the opportunity to try it firsthand during the event! Asante Sana Beryl for supporting us.

Digital Eye Strain

Shorter daylight hours often mean increased screen time. Use the *20-20-20 rule*—every 20 minutes, look at something 20 feet away for 20 seconds. Specialised computer lenses, blue-light filtering lenses, work station set-up and much more can also reduce eye fatigue. We offer personalised consultations all to help reduce eye fatigue and much more.

Driving in Low Light

Earlier sunsets and cloudy days can make night driving more challenging. Glare from headlights may become more noticeable. Up-to-date prescriptions and anti-reflective lenses help reduce glare and improve night vision.

Road safety awareness week 17th - 23rd November.

CLAIM YOUR OFFER NOW!

£75 OFF Transition/Driving lenses

Please bring this voucher into the store with you.

Offer Ends 23rd November 2025

Road Safety Starts with Healthy Vision

When we think about road safety, we often focus on seatbelts, speed limits, or avoiding distractions. But one of the most critical factors is often overlooked: our eyesight.

Why Vision Matters on the Road

- 90% of driving decisions rely on visual cues such as road signs, lane markings, pedestrians, and traffic lights.
- Poor vision increases reaction times and reduces the ability to judge distance and speed accurately.
- Night driving, glare from headlights, or poor weather conditions can worsen the effects of even minor vision problems.

Common Vision Issues Affecting Drivers

- Uncorrected refractive errors (blurry distance vision makes it harder to spot hazards).
 - Glare sensitivity (difficulty seeing at night due to headlights or bright sunlight).
 - Reduced peripheral vision (can make it harder to notice cyclists or cars in blind spots).
 - Age-related eye conditions such as cataracts or macular degeneration.
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Tips for Safer Vision on the Road

1. When was your last eye test? Schedule regular eye exams – at least every 12 - 24 months as recommended by your optician.

2. Is your prescription up to date? – even a small change can improve clarity and reaction time. Keep a spare pair in the car.

3. Do you suffer nighttime driving glare? Use anti-reflective coatings on glasses, and we specialise in night driving lenses.

4. Wear sunglasses during the day to prevent squinting and eye strain. Come talk to us about specialist driving lenses. Did you know you can get **transitions and polarised lenses all built in together?**



5. Rest your eyes on long drives – fatigue reduces visual attention and focus. It is surprising how many people get fatigued due to dry eyes.

Key Message

Good vision isn't just about reading the eye chart – it's a critical part of keeping you, your passengers, and everyone on the road safe. Road safety awareness starts with your eyes. 🚗👓

Staying Fit at Vision Clinic!

Here at Vision Clinic, our team is embracing fitness in fun and energizing ways! Lesa has taken up Clubercise classes to stay in shape, combining dance and fitness in a high-energy setting. Sushma is practicing Tai Chi, focusing on balance, flexibility, and mindfulness. Meanwhile, Tammy is training with kettlebells to support her weight loss goals and overall fitness.

We're proud of our team's dedication to health and well-being!

Testimonial

What a great experience staff were super friendly there was no rush with my test the personal touch compared to places like specsavers is the reason I tried Vision clinic as recommended by family id highly recommend using Vision clinic Sushman the optician is a lovely lady very thorough at her job (thank you) this is my new go to place for my vision needs try this shop at least once you won't be disappointed. 😎 - Stephen Barron
20/09/2025 **Asante Sana Stephen**

Karibu! (Welcome in Swahili)

Karibu to all our new clients from the last few months

**A Crone - S Banfield - A Ainsworth - S Barclay - E Percival - R Kane
C Thirlwell - D Smith - L Mihalova - Z Ershad - G Blanco - K Wilson
D Graham - I Hall - T Graham - R Vinton - J Porter - S Porter - K Bamber
C Cantwell - S Barron - S Bell - I Mulholland - A Mawmon**

Asante Sana (Thank You so much in Swahili)

Asante Sana to

**M Mckenzie - F Ershad - H Smith - A Brunsdon - S Mulholland - P Jennings
- [Google Reviews](#)**

Your recommendations of friends and family are greatly appreciated.

Receive a £20 voucher for every person you recommend.

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.
