



FEELING FESTIVE

The dark nights begin to set in ,long summer days gone and I start feeling a new excitement....the time of year special to everyone in my family for different reasons....

1. **Navaratri**-festival of nine nights, dancing at the Hindu temple, dedicated to the goddess Durga.
2. **Halloween**-for the little ones to dress up and get sweeties!!And have fun (dead relations and saints are remembered)
3. **Bonfire Night**-to commemorate the capture of Guy Fawkes and of course my boys love the fireworks.
4. **Diwali**-festival of lights, associated with Lakshmi, goddess of prosperity and beginning of the Hindu New Year! And another chance for fireworks, I hear my boys say!!!
5. Before you know it's **Christmas** –to me the joy of birth and life.

All reasons for celebrating, and for me all five festivals have an underlying theme of good over evil. A time to teach my boys the values we hold important and what better way than teaching through festivals of fun with family and friends.

Being brought up in a small village, Kitale, in Kenya we celebrated Navaratri and Diwali at the local Hindu Temple where the whole community came together. I can still picture the beautiful Rangoli patterns everyone created on their front door steps to welcome good luck into their homes during Diwali.



How lucky was I though, that I have very fond memories of celebrating Christmas too. Especially as my Primary School held a Carol Service performance for all parents and family

members to attend.

What a joy and privilege being part of such special community festivals. On one- dancing the night away for nine nights, only God knows how my Mum coped with all the different sarees and outfits we chose to wear each night! And on the second- singing beautiful Christmas carols to my heart's content.

LIGHTS ON

Dull winter nights mean more light required indoors for comfortable, fatigue free enjoyment of near vision hobbies and tasks. Beautiful lights everywhere-Diwali lamps and Xmas tree twinkle lights, all ready to be lit up in our home.

Remember your near vision eyewear will only be at their best with lights on!



TIME TO GIVE

Do you feel pleasure in giving to others? Well till December 25th we have a treat for you.

For those of you that want to give friends or family a gift of eye care or eyewear, during this festive season, simply book in for a detailed 40 minute sight test or styling consultation for new eyewear and we will give you a **£25 voucher** towards either gift.



HOW TIMES HAVE CHANGED!

When I was much younger, wearing glasses was not cool. It did not do much for my confidence or street cred. My parents decided to take me from Kitale to Nairobi city 6 hrs away to have contact lenses fitted. Children now want to wear glasses and some even try to 'fail' the sight test to get a pair! For others it may be the parents that are upset that their child needs eyewear.

Having personal experience as a child wearing both big, huge dull, unfashionable glasses and wearing contact lenses as well, I have great passion in ensuring that both children and parents are well looked after at Vision Clinic. We are on your doorstep!

Times have changed, the range of eyewear are very exciting (style, colours, shapes to suit different face shapes, materials available and the list goes on) and this gives Gemma, Michele and I great pleasure in helping children choose their new eyewear. Contact lens materials have also changed meaning older children are able to wear them as required for example certain sports activities that carry a risk with glasses.

5 TIPS FOR YOUR EYEWEAR

1. Always use 2 hands to put on or take off your eyewear.
2. Use the spray recommended to clean your eyewear lenses.
3. Use cleaning cloth provided as other materials will scratch your eyewear lenses.
4. Store your eyewear in cases provided or rest them on the frame holders when not in use (exciting colours, shapes and characters available-make a great Xmas stocking filler)
5. Last but not least Gemma, Michele and I are always happy to have you call in to book for a MOT for your eyewear. Happy to support you throughout your eyewear life from collection to end of their life!



Karibu! (Welcome in Swahili)

Karibu to all our new clients from the last few months
J.Walker, P.Darling, S.Dave, M.Dave, A.Hardy, B.Anderson, Mr & Mrs
Amstrong, J.Chakovarthy, S.Holmes, E.Ilewicz, G.Ilewicz, D.McCaw,
B.Moody

Asante Sana (Thank You so much in Swahili)

Asante Sana to
C.Duggan, P.Darling, A.Walkington-Gray, C.Boyle, R.Shukla, S.IYengar,
A.Brown, G.Jones

Your recommendations of friends and family greatly appreciated.

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

visionclinic@btconnect.com.