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IN OTHER NEWS

Dry Eye Clinic

Introducing a new eyelid wipe Blepharodemodex which was launched at 100% Optical last week. Available in Practice soon.

Coffee Morning raised £125



Our Coffee morning in early December raised £125 pounds in aid of a small fishing community in Sri Lanka. The money will be used to help them buy medication. Thank you for coming and enjoying the home-made cakes and coffee.

Next time we shall be supporting Guide Dogs - hope to see you then.

SKI SEASON IN FULL SWING...

HAPPY NEW YEAR 2019



It is not too late to wish you all a Happy and Healthy 2019. We thank you for your support throughout the past year and look forward to bigger and brighter things this year!

Eyedream - overnight wear contact lens

Towards the end of last year we introduced a **new custom made contact lens which is worn overnight**. This flattens the cornea during sleep, so that on lens removal in the morning you have clear vision without need for spectacles or contact lenses.

Thomas aged 9 is our first patient and asked how he felt about his new way of seeing, said **"It feels like magic"**

ALSO OF INTEREST

Having fun trying on frames and sunglasses at 100% Optical



Thank You



Thank you for all the beautiful cards and gifts you kindly sent to the Team. Tessa baked us these delicious brownies. Needless to say they disappeared in a whisper....

Christmas Raffle



It's never too early to start - at least with the eyewear if not the rest, as baby Rai'fe is testament too.

We stock different types of sports eyewear - pop in and take a look.

New transition contact lenses

Johnson & Johnson are launching a new Transitions contact lens. This really is innovative lens technology and we can't wait to see how it works. Should be with us soon.....

The Importance of Children's Eye Health

24% of 4-16 year olds have NEVER been taken for a sight test

74% of vision problems could have been treated more successfully if they had been diagnosed at an earlier age

ONE IN FIVE teenagers in the UK are short-sighted

13% of children have an undiagnosed sight problem that affects their learning

Here's a short video clip explaining how it works:

https://youtu.be/RTXt64_MsNs

Hynes Team at 100% Optical



Linda, Pauline and Dani at the Tomato glasses (for young children) stand at the show. These frames are very popular in Practice as they come in a variety of shapes and colours and are adaptable for a very good fit - essential for young children.

NIKON launches new varifocal



Enjoying a drink at the Nikon launch party at Madison roof top restaurant. We were excited to hear about the new Nikon progressive lens series Ultimate which will be with us in early February.



Thanks to everyone who supported our Christmas Raffle, we were pleased to send a cheque for £225 to Optometry Giving Sight.

Importance of hygiene



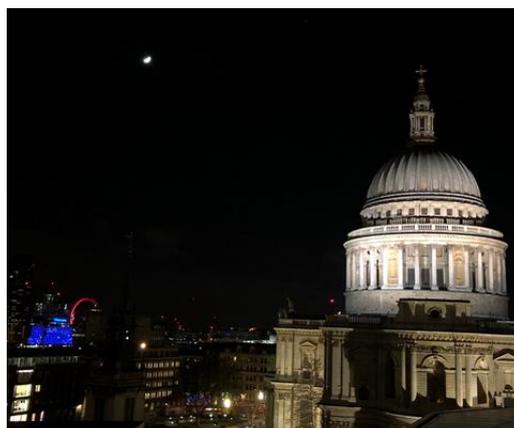
After years of wearing contact lenses it is easy to forget the importance of hand and lens hygiene for comfortable and safe wear.

Just a gentle reminder to wash hands and dry thoroughly. If using non-disposable lenses use clean solution every night. Keep the contact lens case clean and wash with boiled water regularly. Do not swim or shower in your lenses.

Parents of school age children are not aware that vision screening is not offered routinely at schools throughout the UK.

Please encourage friends and family to take their children to their local optometrist for an eye test - it is free on the NHS.

View of the London skyline at night from the Madison



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