

Firstly, a warm welcome to our new clients!

Wow, December already! I don't know about you but I feel as I am getting older, the years are getting shorter and shorter! What a year it has been from a burglary in early January to attending our first ever European trade show it's safe to say that it has certainly been eventful and eye opening.

Our last newsletter had some printing issues which meant we had to send the majority via email, I am pleased to be able to send this one out without any complications. If you didn't receive yours, you can catch up on our website under 'The Eyezone Life' section.

SILMO 2024 - A WEEKEND IN PARIS

We were both thrilled to attend our first-ever European trade show in Paris. As we set off on the Eurostar, we eagerly scrolled through the website, planning which collections and designers to visit. Paris is always a unique experience compared to the annual London and Birmingham optical shows, as it features a whole section dedicated to independent eyewear, with many brands unveiling their latest designs here. We felt like kids in a candy store, rushing from one appointment to the next. Some of the styles were a bit out there, and while we didn't end up ordering the most eccentric ones, it was easy to get swept up in the excitement. Needless to say, visiting a European tradeshow will definitely become an annual tradition.



Our
Spectacular
End of Year
Sale Ends on
21st December!

Take 15% off
selected frames in
stock including
Gucci and
Lindberg.

You can pass this
offer onto your
friends and family -
we love to see new
clients and what a
way to welcome
them to the
practice!



Book your appointment
by calling 02085672020

CHRISTMAS OPENING HOURS

Last year, we had dreams of jetting off to a sunny destination and spending a week enjoying cocktails. Unfortunately, that didn't happen. This year, however, the focus will shift from sipping drinks to admiring the sights of India and dedicating some time to spiritual activities.

We will be closing from 1pm on Saturday 21st December – please make a note of our hours below. If you do need any assistance while we are away, please leave a message with our call handling team, or send us an email and we will try and reply as soon as possible. If you require any emergency advice, then you can call NHS 111 or alternatively Western Eye Hospital in Marylebone.

Saturday 21st December:
9am – 1pm

Sunday 22nd – Sunday 29th December:
Closed

Monday 30th December:
11am-4pm

Tuesday 31st December:
11am-4pm

Wednesday 1st January:
Closed

Thursday 2nd January:
Normal hours resume

Thank You

We'd like to sincerely thank you all for your support this year. You're the reason our small family business keeps going.

Wishing you all a Merry Christmas and a Happy New Year!

As the new year approaches and health resolutions begin, I wanted to talk about how to care for our eyes through the foods we eat. The retina is made up of rods and cones. The rods help us with our peripheral vision, whilst the cones are heavily concentrated in the macula – the central sharp focus point of they eye which allows us to see fine detail.

While we've all heard that carrots are good for vision due to their vitamin A content, which helps with night vision, the real focus should be on protecting the macula - lutein and zeaxanthin are powerful antioxidants that help protect it from harmful light.

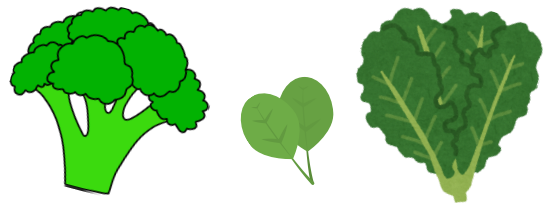
You can find these nutrients in leafy greens like kale, spinach, and broccoli, and supplements are available if you're concerned about macular degeneration.

For those dealing with dry eyes, especially from prolonged screen time, omega-3 fatty acids are essential. They help reduce inflammation and support tear production. Oily fish like salmon and mackerel are great sources, and for vegetarians or vegans flaxseeds are excellent sources.

As you plan your health goals for the new year, don't forget that nourishing your eyes is just as important!

NUTRITION & THE EYE -

HERE'S TO HEALTHY EYES IN 2025



ABOUT THIS NEWSLETTER

The Eye Zone Life is a quarterly conversation about life as it looks from the helms of The Eye Zone. We really value having a strong relationship with our clients, and this is our way of being open so you can get to know who we are and what we're like. We are not a faceless company!

If you are a new client receiving this newsletter for the first time, don't forget to catch up with previous editions on our website (eyezoneopticians.co.uk) in "The Eyezone Life." section!

For regular clients, many of you only come in once a year or once every two years. So we can go a long time without seeing you and a lot can happen in a year or two. Hence this is our way of keeping in touch.

The feedback we get from this newsletter is invaluable. Amit and I are extremely interested in what our clients have to say because our whole ethos is about putting the client first. After all, the glasses that you wear and the service we provide are a real representation of us. Please send your thoughts, comments or any topics you would like us to cover to info@eyezoneopticians.co.uk.

Every quarter I try to rise to the mammoth challenge of making an 'Opticians Newsletter' a riveting read... If I have failed to do this, you can unsubscribe by sending an email to info@eyezoneopticians.co.uk. Don't worry, we won't be offended!

Rupa