

# IN THE FRAME

Newsletter: Spring 2023



Birthday Offer  
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## Frames – so many to choose from!

With so many stylish options on the market, it can be hard to know where to start. In this post, we look at some of the most popular and trendy spectacle frames to help you find the perfect pair for your face shape, personal style, and lifestyle.

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# Welcome to the Spring

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It already seems like Christmas is a distant memory. Jacksons was closed over Christmas to give the team a well-deserved break. I had my family to stay and on Boxing Day, we sat down to a full family meal – youngest 20 months and oldest age 84. It was lovely though very hard work for the head chef!

2023 has dawned with cold weather and high winds, but today, as I write this, the sun is shining and the mist is burning off. Nantwich is such a beautiful town to work in, and Welsh Row is so special with its lovely black and white buildings – we are very lucky with our location.

I am actually sitting, at this moment, in our new upstairs fitting room as our brand new Optical Coherence Tomographer (OCT) is installed. It is an exciting time for the practice but right now however, from what I can over hear, the install is not going 100% smoothly. Sitting behind this computer seems a very sensible place to be!



**Not going well**



**First Snowdrops of 2023!**



**Boxing Day 2023!**

## New OCT!

We are really delighted to announce the arrival of our new Topcon Maestro Two Optical Coherence Tomographer (OCT). Our old one got damaged while we were having our refurbishment work done last summer and it has taken until now to get the insurance company to cough!

The new machine is backward compatible with our old one allowing comparison of all stored data. It is much quicker to use than the Maestro One and data presentation I feel is much more patient friendly. Whilst it was devastating at the time to discover the damage

that had occurred whilst the practice was closed over the summer, it shows that every cloud has a silver lining.

OCT allows us to look into the retinal structure - a bit like an ultrasound scan, but with a lot more detail. It allows us to detect and monitor age related macula degeneration (AMD) and can be pivotal in the early detection of glaucoma. Sadly, The NHS Sight Test does not fund the use of this advanced equipment. To benefit from the advanced level of monitoring and detection which the practice offers, we encourage all our patients to upgrade to our enhanced eye examination for a small additional fee.

## Birthday Offer!

Hard to believe but in March I will have owned Jacksons for 16 Years! A lot has changed since this time, so to celebrate all that is good, we are offering our patients a very special promotion. We have selected 150 of our best frames and throughout March will be offering them at ½ price.

This promotion is limited to just two frames per patient and is on a first come first served basis - once they've gone they've gone! Choose a beautiful lightweight rimless from Silhouette or Lindberg. A colourful hand painted pair from Ronit Furst or a decorative

T's & C's

Not available in conjunction with any other offer. Limited to two frames per patient. Offer runs from 1st March to 31st March. Coco Song . A stylish Robert Rudger or a lively Fysh. Book your appointment today to ensure an early viewing of the collection.



## Skaga

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Occasionally, a frames collection can start to look a little sad – all of the best pieces have sold, leaving behind a bit of a mish mash. So it had become with Skaga. Once one of our best collections, we had taken our eye off it and let it become stale. Cue our friendly brand ambassador to step in like a Fairy Godmother and agree to take away all the old frames, leaving us with a beautiful new collection!

My favourites are the wooden fronted frames. A beautiful mix of neutrals and pastel colours, these eco friendly frames are very easy to wear, and being from the house of Skaga, very adjustable to facial features to ensure a comfortable fit.

I love the pastel pink pair – although it is completely the wrong colour for me!

**A beautiful mix of neutrals and pastel colours, these eco friendly frames are very easy to wear.**



# Frames – so many to choose from!

When it comes to eyewear, the frames style you choose can make just as much of a statement as the colour. With so many stylish options on the market, it can be hard to know where to start. In this post, we'll look at some of the most popular and trendy spectacle frames to help you find the perfect pair for your face shape, personal style, and lifestyle.

No matter which frame style you choose, be sure to keep your face shape, personal style, and lifestyle in mind. With so many stylish options available, you're sure to find the perfect pair of frames that will help you see and be seen in style.

## Wayfarer

First up, we have the classic Wayfarer. This iconic frame style has been around since the 1950s and shows no signs of going out of style. With its distinct shape and timeless appeal, the wayfarer is a great choice for those who want a classic look that never goes out of fashion.



A Lindberg twist on the classic Wayfarer



Hazel in a modern Wayfarer by Ronit Furst

## Round Eye

Next, we have the Round Eye frame. This style has been on the rise in recent years and for good reason. Round frames add a fun, whimsical touch to any outfit, and they're especially flattering on those with angular or square face shapes.



A Classic titanium Round Eye with an acetate insert by Lindberg.



And again, but with a modern twist.

## Cat Eye

Cat-eye frames are another popular choice, especially for those with round or oval face shapes. These frames are characterized by their upswept corners and can add a touch of drama to any outfit. They are perfect for those who want to add a little vintage flair to their look.



A Lovely Cat Eye from Tom Davies



Me in my Orgreen Cat Eye

## Square

If you're looking for something a little more low-key, square frames may be the way to go. These frames have clean lines and a modern look, making them a great choice for those who prefer a more minimalistic style.



My sister Nicola rocking her square sunglasses.

## Aviator

Finally, we have the aviator. This classic frame style has been around since the 1930s and is still as popular as ever. Aviator frames are characterized by their teardrop-shaped lenses and wire frames. They are perfect for those who want a stylish, yet understated look.



A classic Aviator from Lindberg



A more modern take on the Aviator by Ronit Furst

## From my father's pen

Helen recently reminded me I had not been active with my keyboard for quite a while. Having shared episodes from my youth, I thought this time you may be interested to hear about a recent holiday.

In 2021, and coming out of covid times, we decided on a holiday. Careful consideration had to be given to the nature of the holiday. Air travel still seemed a protracted process, so we elected to stay within the UK. We decided on Scotland, and to do it differently, a holiday by rail, as part of a small guided group. It turned out to be one of the best holidays we have ever had, even the weather obliging with brilliant sunshine and temperatures in the 70's for the duration.

We started in Manchester and soon found ourselves at Waverley station Edinburgh. Leaving our luggage at our hotel we decided to explore. It was busy! We had arrived during the last few days of the Edinburgh Fringe and Princes Street was heaving! We elected to sit for a while in the gardens with an ice cream before wandering back for the initial group meeting and dinner, which was excellent. We both slept well and having breakfasted, our travel group walked in a crocodile, like schoolchildren, to Waverly station to catch the train to Glasgow for connection to Fort William.

It was then we hit a problem. The train was cancelled as no guard was available. Never fear! Our trusted guide was on hand to summon up a coach and within 25 minutes we were on our way. This proved to be a bonus as we traveled along the length of Loch Lomond and the views were fantastic.

Our coach driver was at pains to point out how negotiating the route was being made hazardous by tourists who had hired Motor Homes. Many holiday makers unfamiliar with the width of these vehicles were not surviving their holiday without the odd scrape. The owner of a local hire firm had allegedly recently purchased 25 replacement wing mirrors!

As road and railway followed the Loch, we were able to watch "our" train progress in parallel to us as it journeyed, (minus guard), to Fort William where it was needed the following day. Our residence that night was fantastic, our room looking out over the waters of Loch Linnie.

Our holiday continued the next day. Our coach driver was a gem. A highlander, who lived in the mountains close to Fort William, he kept us entertained with stories of the area and tales of local characters. My particular favorite was the tale of a local farmer who bought three highland cattle with the intention of turning them loose on the hills to produce a herd. They were not long born so he kept them in a barn through the winter. Come Spring, having bonded with the animals and not fancying the idea of them being in the open and fending for themselves, the soft hearted farmer decided to keep them close to the farm as "pets". The next day we went to view "Neptune's Staircase". This is a series of locks on the Grand Union Canal that connects to Loch Ness. I was not really interested as we had actually negotiated these very locks on an earlier holiday when Helen was a child. Being a Steam Buff, I was more interested in seeing the "Jacobite" steam train, which passed close by, and on which we were to travel the following day. Camera poised and positioned on the level crossing gate I decided to get a few really close up shots.

I have the pictures. All they tell me really is that I was to close!  
You can try too hard!



# Photochromic Vs Polarised Vs Tinted spectacle lenses

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## Polarised Lenses

Polarised lenses are specially designed to filter light and reduce glare from reflective surfaces. Non-polarised lenses offer protection from light, but do not have the special filter to block out horizontal light and therefore reduce glare on a bright day.

Polarised lenses excel at protecting from the harsh light from reflective surfaces like snow, water, or asphalt.

Polarised lenses are recommended if you:

- Spend a lot of time outdoors.
- Are driving long distances during the day (especially when it's sunny)
- Are near water.

While polarised lenses offer a host of benefits, there are some drawbacks which include:

- Difficulty viewing LCD screens.
- Having trouble distinguishing between different white colours (i.e., snow and ice on the mountain)
- Providing too much filtering for certain wearers

Polarised lenses are generally brown or grey but some manufacturers supply colours such as purple, green, and blue.



## Tinted Lenses

Tinted, non-polarised lenses offer protection from harmful UV rays and generally spare the eyes from some strain, but do not possess the capacity to block out horizontal light rays as polarised lenses do. Non polarised sunglasses are optimal for certain activities, such as downhill skiing, operating heavy machinery, and flying. Additionally, non-polarised lenses are typically a little cheaper than their polarised counterparts and are available in a wider range of prescription options and colours and can also be supplied with a graduated tint.



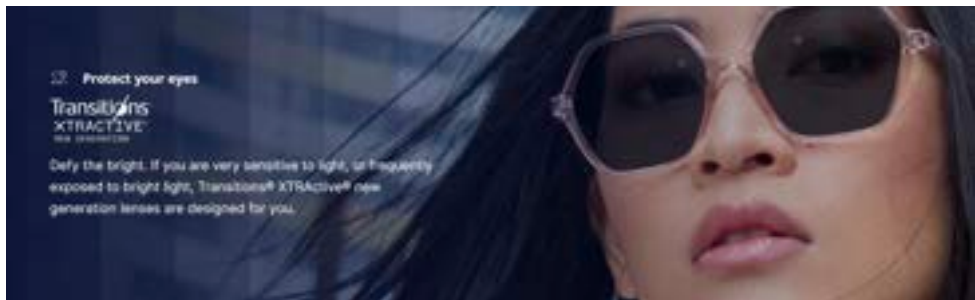
## Photochromic lenses

Photochromic lenses, turn dark in sunlight and become clear again when indoors. This is the result of chemical responses to the presence (and absence) of ultraviolet light (UV).

Transitions are the photochromic market leader for speed of reaction - both light to dark and dark to light and are almost 100% colourless in their unreacted state. Historically Transitions have been available in just grey, brown and grey-green. Some lens designs are now available in amethyst purple, sapphire blue, amber and emerald.

Regular transitions are an excellent solution for people who do not want a separate pair of sunglasses. It should be noted that regular Transitions do not change colour behind glass; in a car as either a driver or passenger, they take on only a subtle tint. Transitions XTRActive can be a better choice for drivers. They have a permanent light tint, go to a medium tint in a car, darkening to a full tint in full sunshine. In our experience these lenses can be slower to lighten than regular transitions which can be a problem for some wearers.

At Jacksons, we generally recommend a clear or transitions pair of spectacles for everyday use and a pair of polarised sunglasses for bright days and driving. We find this gives patients the best glare protection. When specifying sunglasses, we suggest matching the design of your everyday glasses such that a varifocal wearer would have varifocal lenses for both. Specifying a single vision distance lens for sunglasses can save a little money in the first instance, but lead to frustration when they cannot be used for reading a menu in street cafe or a book in the garden.



## Blephasol and blepharitis

Blepharitis causes swollen, itchy eyelids. It's not usually serious but can be uncomfortable. If left untreated it can lead to distortion of the eyelid margin which prevents tears being properly spread across the surface of the eye on blinking. This can cause symptoms of blurring and grittiness.

### Symptoms of blepharitis include:

- sore eyelids
- itchy eyes
- a gritty feeling in the eyes
- flakes or crusts around the roots of the eyelashes
- eyelids sticking together in the morning when you wake up.

### Blepharitis can be caused by:

- a type of bacteria that lives on the skin
- a skin condition, such as seborrhoeic dermatitis
- the glands inside the eyelids not producing enough oil.

Blepharitis cannot be spread to other people. Blepharitis can often be managed by cleansing your eyelids every day. Historically doctors used to suggest using boiled water and baby shampoo. Today we know that this is very damaging to the tear film and dries out the skin round the eyes, so we suggest cleansing solutions like Blephasol.

Blephasol is an aqueous solution for gentle cleansing of the eyelids and lashes; it is free from soap, perfumes, parabens or alcohol(ethanol) and has been specially formulated to be kind to both skin and eyes through its micellar action.

Blephasol removes debris, impurities and lifts away excess grease without excessive rubbing. It even removes make up.

The Blephasol range includes Blephasol Duo, which includes a pack of lint-free pads for convenience.

Sometimes even once the blepharitis is under control, eyes can remain gritty and uncomfortable, indicating an additional tear film concern.

If you are experiencing anterior eye issues such as dryness or grittiness, our Dry Eye Consultant, Mr Price, may be able to help. During the consultation he will discuss your symptoms and examine your eyes to formulate a plan to improve your tear quality, making your eyes more comfortable, and vision more stable.

To book a consultation with Mr Price, please call the practice on **01270 625889**



# Days out in Cheshire

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## Lyme Park: A Stunning Country Estate.

If you're looking for a taste of the English countryside, then Lyme Park is the perfect destination. This stunning country estate is located near Stockport, Cheshire and offers a mix of stunning gardens, beautiful architecture, and rich history. Lyme Park is owned and run by the National Trust and the House is a Grade 1 listed building.

Lyme Park House was built in the 16th century and has since been home to several notable families, including the Legh family who owned the estate for over 500 years. It remained in their possession of the until 1946 when it was given to the National Trust. The estate covers over 1,400 acres and includes a variety of landscapes, from rolling hills to formal gardens. The house itself is magnificent, with its grand stone facade, mullioned windows, and soaring chimneys.

One of the most popular attractions at Lyme Park is its gardens, which are a true delight for visitors. From the colourful Rose Garden to the tranquil Rock Garden, there is something for everyone to enjoy. The park also includes a lake and several walking trails, making it the perfect place for a leisurely stroll or a picnic.

In addition to its beautiful gardens, Lyme Park is also home to an extensive collection of paintings, furniture, and decorative arts. The house has been furnished to reflect its history, with rooms filled with antique furnishings, tapestries, and works of art. Visitors can tour the house and get a glimpse of life in the 16th century, as well as learn about the history of the estate and its various owners.

Lyme Park is also a popular filming location, having been used in several productions, including the BBC's *Pride and Prejudice*. Visitors can even take a guided tour of the locations used in the famous adaptation of Jane Austen's novel.

Overall, Lyme Park is a must-visit for anyone interested in history, architecture, or gardens. With its stunning setting and rich history, it is sure to be a memorable experience. So, pack a picnic and head to Lyme Park for a day of exploration and enjoyment in the heart of the Cheshire countryside.



# About In The Frame

SW & C Jackson In The Frame is a periodic conversation about life as it looks from the helm of SW & C Jackson... I believe in relationships and we really value having a strong relationship with our customers. This is our way of being open and showing people what we're like. For new customers, this unusual publication is an open dialogue between us so that you can get to know who we are as a company. And painful as it can be, we like to show some of our personality. We're not a faceless company. 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, we like to keep in touch. Your feedback is invaluable. I'm extremely interested in what our customers have to say. Please send your thoughts and comments on what we're talking about to

[jacksonsopticiansnantwich@gmail.com](mailto:jacksonsopticiansnantwich@gmail.com)

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We post all sorts including eye health information, special offers, practice news and insights as to what we all get up to when we are not at work. Frequently I will read articles in my professional journals such as the latest thinking on the management of wet age-related macula degeneration or dry eye therapy and I will create a link to the page. If you have 5 minutes, it's worth a look

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