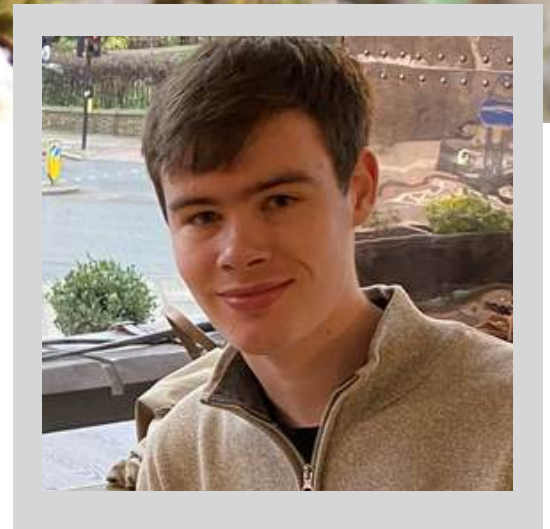




IN THE FRAME

JACKSONS STYLING OPTICIANS



Welcome to this winter edition of In the Frame. As I write this, the clock have just gone back and even though its only 5pm, its black outside.

I am in truth late getting this edition written as we have been so busy recently. I promised the printers it would be with them by the end of the week, and it will be, but the virtual ink will still be wet!

We have an action-packed November planned with an awards ceremony in London and a further awards presentation here in the practice.

Then before we know it, Christmas will be upon us and then, on 29th December, Felix my son will be 21! Where has the time gone? He was only 3 when I bought the practice and now, he is a lanky 6'4" student

Not that he has been of any help with my recent Kitchen Sink Drama! Since the weather turned colder, we have been plagued by an influx of slugs in my kitchen! Horrible big brown slimy things! I have spent hours going round checking for gaps under window frames and between wall and skirting board filling even the smallest hole with decorators' caulk to keep the little devils out – I wish them no ill – I just do not want them in my kitchen!

Neither Felix nor my husband Robert have been of any help in my slug quest always claiming other pressing business!

We have been slug free for a week now so I am keeping everything crossed that I found their port of entry and that they will be spending the rest of the winter outside.



Technology Practice of the Year Award

At Jacksons, our dedication to investment in the most up-to-date, cutting-edge technology, and exceptional patient care has earned us a prestigious nod from Optician Magazine. Entering their competition for Technology Practice of the Year, we were thrilled to be picked as finalists. This recognition brought forth an invitation to a glamorous awards ceremony in the heart of London—a night filled with anticipation and celebration. Being in the company of industry leaders and innovators will be an honour and testament to our commitment to excellence in the field of optometry.

The entire Jacksons team will don their finest evening attire for the event, transforming into a dazzling ensemble, unrecognisable in their sparkly dresses. To say there was no doing any good with Kate and Sue on the Sunday we were announced as finalists is an understatement! Should we go long dresses or midi? Black or colour? How much sparkle is appropriate? How high a heel can be worn for several hours without grimacing?!

The train tickets are booked, as is the accommodation so all we can do now is keep our fingers crossed. Win or lose we will have a lovely evening and will share pictures in the next magazine.



We are nominated and have everything crossed for a win!

Practice Refurbishment

Big news! We'll be closing for a week after Christmas to give our practice a fresh new look! It's been 17 years since I last shop fitted Jacksons, and while everything still looks good, we all know that tastes change, and times move on. We felt it was time for an update.

You may remember that about 2 year ago we closed for a fortnight to be re roofed and rewired. This time its more cosmetic, less structural and will hopefully be a bit less stressful. Just a few tweaks and touches to keep our space feeling modern and welcoming, while still staying true to the Jacksons charm our patients know and love.

I am not going to let the cat out of the bag but please do call in once we reopen to have a look at what we have been up to.

While the builders are in, we will not be offering eye examinations or styling consultations, but we will be able to help if you need an adjustment or minor repair. Just give us a call on 01270 625889 to arrange an appointment.

From my Fathers Pen – Reflections on Retirement

It has been a while since I put pen to paper, but Helen asked if I could give it another go. Therefore, if readers find I am repeating myself from past epistles, I apologise, but it is an age thing!

Looking back, I am amazed at the varied things I have done in the 30 years since retiring at age 57 years. In the early months, I felt a little sorry for myself imagining I no longer had any real purpose. Enter my wife. She gave me a good kick up the rear and set me thinking about what I could offer the world with the experience I had gained from my life in industry.

The answer was to volunteer.

Now my father had always warned me against volunteering for anything, but here goes nothing—head over the parapet and charge!

My first effort was to become involved with the local Police Community Consultative Group. This gave me an entirely different view of policing and law enforcement. The local Inspector was a fast-track graduate who completely re-shaped community policing at that time and was never afraid to get involved at the front line.

I well remember one Christmas with unrest brewing; he cancelled all leave, (which made him very popular), and took his place on the streets with his troops.

Glossop enjoyed very Silent Nights that Christmas. No rowdiness or sight of overindulgent drinking, though the aforementioned Police Inspector did gain a wonderful black eye as an unexpected Christmas gift!

With “Community Spirit” in mind I moved on to become part of the Local Volunteer Bureaux which involved me with diverse local issues from healthcare and transport issues. I met some really dedicated people trying to fill gaps for those needing help and it made me recognise me how fortunate I was. So many things I took for granted such as my car and warm home, for many were unaffordable luxuries.

However, the call of my previous life was still strong, so I decide to try my hand at Business Consultancy. My endeavour ticked over gently for three years but if I am honest, was actually costing me money so I wound up my activities and was ready for a quiet life and the garden. But truth told, I hate gardening with a passion. So, when my lifelong friend Brian volunteered me to the Avro Heritage Museum at Woodford I leaped at the chance.

20 years on I still trundle my weary way every Tuesday to what is now a large and expensive building site where once stood a very active airfield.

In the early days, a drive around the perimeter tracks where Lancaster’s and their kind had once roamed was always exciting. To go into buildings such as Flight Sheds, Wind Tunnel and Main Assembly evoked strong emotions. To see the final Nimrod Aeroplanes being fitted out for our Land and Maritime security I will always remember.

Then once again Politicians got involved and the building of aircraft at Woodford became a thing of the past.

We now have over 100 would be “active” members and many “Friends of the Museum” (Supporters). I carry my Pass number 24 with pride and recall the characters whose company I have enjoyed over those years.

My greatest pleasure is knowing that we are continuing to protect the History of Aviation in the UK, Manchester, the Northwest and particularly of Avro.

In September we celebrated our 100th Anniversary at Woodford and our plans are in place to carry this onward.

In retrospect I have been lucky to have a retirement full of experiences to savour. The places and people who have crossed my path have helped me form my mantra.

“Never let the sun go down on a day that you have not found something, however small, that you cannot smile about”



Menai Bridge Fair



As someone who calls Menai Bridge home, the annual Menai Bridge Fair is a bit of a mixed blessing. This past October, the town was abuzz with excitement as the fair took over. From October 24th, Wood Street, Llys Menai, Telford Road, Bridge Street, Wood Street, and Water Street were transformed into a vibrant, bustling fairground until the early morning of the 25th.

While the Fair brought a lively atmosphere, thrilling rides, and a variety of stalls, it also meant the closure of our car parks and roads for nearly two days. Navigating the diversions and dealing with the influx of visitors made every day errands a bit more challenging. The noise and crowds could be overwhelming, especially for those of us who cherish the quiet charm of our town.

Despite the temporary inconvenience, the fair's return each year remains a reminder of our community spirit and the joy it brings to so many. But for some of us, a return to normalcy and the simple pleasures of a peaceful town is the real highlight once the fair packs up and moves on.


LINDBERG WEEK

We recently treated our patients to an exciting week-long event at Jacksons Opticians: all Lindberg frames, one of our favourite brands, were half-price! This special offer allowed people to purchase some truly lovely spectacle frames at an unbeatable price. Lindberg eyewear is renowned for its innovative, lightweight designs that combine exquisite craftsmanship with cutting-edge technology

Originating from Denmark, Lindberg frames are made from high-quality materials such as titanium, acetate, buffalo horn, fine wood, solid gold, and platinum. Each frame is meticulously handcrafted, ensuring both style and comfort

The ultra-lightweight titanium frames are particularly popular, known for their flexibility, durability, and hypoallergenic properties. Lindberg's patented hinge designs, which require no screws or rivets, add to the uniqueness and adjustability of their eyewear

We were thrilled to see so many of our clients making the most of this fantastic opportunity to purchase such stylish and high-quality eyewear.



Lindberg remains one of our most popular collections - tightwight and timeless

OSA PRACTICE OF THE YEAR

Jacksons Opticians is proud to announce that we have been named OSA Practice of the Year, an award that recognises exceptional practice development and outstanding customer service.



This prestigious accolade is a testament to our unwavering commitment to our patients and our continuous efforts to innovate and excel in the field of eyecare. The journey to being awarded this honour was a true team effort.

Every member of Jacksons Opticians has contributed to creating an environment that prioritises patient care and embraces the latest advancements in optometry.

We are thrilled by this recognition and remain dedicated to setting new standards in our field.

What's in fashion for glasses this winter?



1. **Thick, Statement Frames:** Chunky frames in materials like acetate are in style, especially in darker or earthy tones like tortoiseshell, deep greens, and rich browns. These frames add warmth and substance, making them perfect for winter.
2. **Metal and Mixed Materials:** Sleek, thin metal frames with a minimalist appeal are popular, often paired with acetate or wood accents to add a unique contrast. Look for brushed metals or matte finishes to add a modern edge.
3. **Oversized Cat-Eyes:** The classic cat-eye gets a bold upgrade this season with oversized lenses and thick frames. Retro-inspired yet highly wearable, these frames add an elegant touch with just a hint of drama.

4. **Geometric Shapes:** Squares, hexagons, and even octagons are making a statement in eyewear this winter. These shapes are ideal for those who want something unique without going too far outside the box.



What's in fashion for glasses this winter?

5. Frosted or Translucent Frames: Frosted acetate frames, often in cool colors like soft blues, grays, and icy pinks, add a wintry, ethereal vibe to any look. Translucent frames provide a lighter feel that contrasts well with darker winter wardrobes.

6. Gradient and Ombre Lenses: Gradient lenses add a softer look while offering UV protection. This trend is popping up in both sunglasses and clear lenses, adding subtle color without being too bold.

7. Pastel Tones: Unusual for winter, pastels are showing up in eyewear, bringing a soft and unexpected color twist to colder months. Lavender, mint, and blush pink are especially popular, lending a pop of brightness.

8. Flat-Top Frames: A favorite in both sunglasses and prescription frames, flat-top silhouettes give a contemporary look that's especially popular in black or dark colors. They provide a sleek, structured frame that makes a statement.

9. Tortoiseshell with a Twist: Classic tortoiseshell is evolving into bolder color mixes, like emerald, navy, and even red accents woven into the classic brown-and-amber pattern.

Each of these trends brings a fresh, stylish element that adds versatility and individuality to any winter look.





ROBERTS GREEN TOMATO CHUTNEY

This year, the weather didn't quite play ball. Our summer was far from the sun-soaked, tomato-ripening dream we all hoped for. Instead, we faced a string of grey days and chilly nights, resulting in an abundance of underripe tomatoes clinging stubbornly to their vines.

But, as they say, when life gives you lemons, make lemonade. Or in our case, when life gives you green tomatoes, make green tomato chutney! Our lacklustre summer led to a bumper crop of these underripe gems, which we transformed into a tangy, flavourful chutney. This delicious concoction not only saved our tomatoes from waste but also added a zingy new addition to our pantry staples. Here's to turning seasonal disappointments into culinary delights! 🍅



INGREDIENTS

1 kg green tomatoes, chopped
2 large onions, finely chopped
3 cloves of garlic, minced
2 green chillies, chopped
(optional, for a bit of heat)
200g brown sugar
250ml cider vinegar
1 tbsp mustard seeds
1 tbsp ground ginger
1 tsp ground turmeric
1 tsp ground allspice
1 tsp salt

METHOD

Place the chopped green tomatoes, onions, garlic, and green chillies (if using) into a large, heavy-based pan. Add the brown sugar, cider vinegar, mustard seeds, ground ginger, turmeric, allspice, and salt to the pan. Stir well to combine.

Bring the mixture to a gentle boil over medium heat, then reduce the heat and simmer. Allow it to cook slowly for about 1 to 1.5 hours, stirring occasionally, until the chutney has thickened, and the vegetables are soft.

Once the chutney has reached your desired consistency, remove it from the heat and let it cool slightly. Spoon the chutney into sterilized jars, seal them tightly, and allow them to cool completely. Store in a cool, dark place for at least two weeks to let the flavours mature. Once opened, keep refrigerated.

Enjoy your green tomato chutney with cheese, meats, or as a tangy addition to sandwiches!



STOP PRESS!

The winner of our competition to select free Eyewear worth up to £1200 was selected in September. For various reasons it has taken time to arrange but she has now chosen two beautiful pairs of spectacles in which she looks fantastic! Pictures to follow in the next edition.

PLEASE HELP US!

It is hard to get the word out about the outstanding service we offer to our patients. These days, reviews make a big difference when deciding on where to eat, book a holiday, buy a car etc and its no different in the world of optometry.



If you have been pleased with the service we have delivered, please would you leave us a review by scanning this QR code?

About In The Frame

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 patients, 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

Who is Helen?

Originally from Yorkshire, Helen graduated with a First-Class Honours in Vision Sciences from Aston University, Birmingham in 1988. She is the owner of Jacksons Styling Opticians, Optometrist, and writer of this newsletter. She lives on Anglesey with husband Robert, son Felix (when not at university) and Claude the French Bulldog.

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