



Newsletter – Spring/Summer 2016

Prescription Sunglasses



The 2016 range of prescription sunglasses has just arrived in all practices and this year is better than ever with new designs, the latest materials and styles and the widest choice.

Our Cocoa Mint range for ladies and Jensen range for men have the latest shapes and materials and incorporate the winner of the Optician Awards Frame of the Year, featuring a high-gloss black cut-out eyefront that sits perfectly on the pulse of today's fashion trends, alongside striking gold temples.

With prices starting at just £99 for a complete pair of single vision prescription sunglasses the price will suit your pocket as well. What's more, every pair of sunglasses we dispense is guaranteed to be UV400 as standard to ensure your eyes are protected from damaging ultra violet rays which we are exposed to even on cloudy days. Bifocal and Varifocal options are also available from only £149 and £169 respectively.

For the best in glare reduction choose to upgrade to polarising lenses which cancel out light reflected off horizontal surfaces such as the road, the beach or water. Until you try them, you won't believe how relaxing polarised lenses are to wear. Our fully qualified Dispensing Opticians will be happy to demonstrate these lenses to you so that you can see what a difference they make.

We also continue to offer specialised and sports sunglasses from well-known names such as Oakley, Revo and Bolle alongside our Cocoa Mint and Jensen ranges many of which can be made with prescription lenses. In addition we are approved stockists for designer ranges such as Gucci, Dior, Tom Ford and Jimmy Choo.

Why not come in and see the selection at your [branch](#).

Cricket



The cricket player is an obvious candidate for sports sunglasses or eyewear for a number of reasons, whether you are an active amateur or just play occasionally.

It is very important to protect your eyes from sunlight. Any cricketer should ensure they wear sunspecs which will give full protection against the harmful rays of the sun.

If you want to get the best from your game you can choose a pair that would also improve dynamic acuity, reduce eye fatigue, enhance protection and improve performance.

It has been proven that choosing the right colour of tint and the appropriate density of the tint can significantly improve a cricketer's performance. A pair of sunspecs with interchangeable lenses available from the Oakley or Bolle ranges at Rawlings, allow you to change your lenses for the day's weather and ensure that the optimum lens colour and depth can be worn whatever the light conditions.

At Rawlings we can offer the comprehensive, expert advice that you need regarding lens and frame options for this hugely popular sport, and help you achieve the best performance and the most enjoyment when you are playing cricket.

Why not [contact your local branch](#) to arrange for a free Sports Eyewear

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Assessment when we will be delighted to offer you the best advice and products for all your cricketing needs, or for any other sport.

Hay Fever



Itchy eyes? At this time of year many people begin to suffer with the effects of hay fever due to grass pollens. However tree & weed pollens can also cause hay fever and even allergy to mould spores can give the same symptoms and these may occur outside of spring and summer.

Studies have shown that the use of cold compresses and preservative-free lubricating drops (which will dilute the allergen and help flush it away) are effective in combatting the symptoms of ocular allergy. In addition gentle cleaning of the eye area with Blephasol solution will remove the allergens from the lids and skin and will also soothe the eyes.

For these symptoms you will be pleased to know that all branches of Rawlings can supply you with an Allergy pack containing the above (along with a helpful information sheet) and these will give fast relief of your symptoms.

Combatting the symptoms of allergic eyes is important because as well as the annoying itch and red or swollen eyes, eye rubbing can cause long term problems with the surface of the eye. Eye rubbing can occur whilst asleep as well as during the day.

For those suffering with sneezing, a runny nose or nasal congestion the pharmacist may recommend anti-histamine tablets which can also help with eye symptoms. For more severe allergic symptoms Anti allergy drops containing cromoglygates (such as Opticrom) can help but these are slow acting and have to be used 4 times a day to be effective. Newer drops such as Opatanol (olopatadine) are dual acting and work faster, and only have to be used twice a day which is ideal for children at school. However these are not available over the counter although you can request a prescription from your GP. For occasional use, drops such as Otrivin-Antistin will help allergy symptoms but these can only be used for a few days at a time as long term use can cause bloodshot eyes.

Contact your [local branch](#) to book an appointment or use our [online appointment system](#)

Independent Prescribing



You may be aware that all registered Optometrists are allowed to use a restricted choice of medication and drops as part of their day to day work. These include drops to dilate the pupils to help see the back of the eye more clearly or antibiotic drops for minor eye infections. However, there are restrictions and most Optometrists are not allowed to prescribe medication to treat most eye disease.

Since 2008 it has been possible for Optometrists to extend their skills through further education and examination and allow them to manage many more eye conditions and prescribe relevant medication to treat these other eye complaints.

This exclusive group of Optometrists are classed as Independent Prescribers and are part of the Independent Prescribers register which has been in place since 2009.

To qualify for Independent Prescribing the Optometrist undertakes a further university course followed by a clinical engagement at a hospital eye department. A final exam has to be passed for the Optometrist to be added to this speciality register.

At the moment only 3% of practising Optometrists have this qualification and in the main they work in hospital departments. However, at Rawlings we have always strived to offer the very best clinical eyecare and, as recognised through the Investors in People accreditation, to develop the skills of all our staff. We have actively encouraged our Optometrists to undertake further qualifications and currently have two fully qualified Independent Prescribers on our team and one who is currently in the process of

qualification.

As a result this will allow us to manage more conditions and help local GP surgeries and hospitals. As experts in eyecare, we can offer these extended services and there are already local schemes running that GPs can use to refer their patients, when they do not have the experience to deal with it. Croydon, Purley and Alton all have such schemes and it is likely that this will expand to the other Rawlings practices soon.

If you would like to come and see one of our Independent Prescribers, please contact the Alton or Croydon practices who will be able to arrange a suitable appointment for you. Alternatively, please contact any of [our branches](#) where our already highly qualified Optometrists will be happy to look after your eyecare.

Purley Store profile



Rawlings opticians in Purley practice was established in the town in 1933 in Purley Parade, and moved to our current location on Brighton Road in 1946.

We offer regular clinics 6 days a week with our experienced Optometrists Funke Deniran, Eleanor Holtam and Simon Callaghan.

Funke studied Optometry at Cardiff University, qualifying as an Optometrist in 1986. She joined Rawlings in 1994 after working for various different practices.

Eleanor joined Rawlings in January 2011, having qualified as an Optometrist in 2008. In her spare time she plays netball and loves cooking as well as spending time with her children.

Simon graduated with an honours degree in Optometry from the University of Ulster in 2011. He then moved to England where he worked in West Sussex before joining Rawlings in 2014. He likes to spend his spare time with family and friends.

Qualified Dispensing Opticians Hanna Clinch, Mike Whiteley and Practice Manager, Tim Shipway have over 50 years combined experience in the optical sector.

The team is completed with our extremely experienced Optical Assistants Dawn Dilley, Tina Allam and Rebecca Booth.

We offer a professional yet relaxed experience, in a welcoming and stylish environment. We have an extensive range of frames and offer the latest in spectacle and contact lens technologies. We are very family orientated and aim to offer a level of service not experienced elsewhere. We also enjoy the challenge of patient's complicated optical requirements.

Call 020 8660 3271 to book an appointment or use our [online appointment system](#)