

# Barracloughs *Bulletin*

*In the blink of an eye, 2023 has nearly gone by...*



## *Farewell Nigel and Karen!*

After 90 years combined service, Nigel and Karen Barraclough are retiring from the business! For the past 4 years, Nigel has worked from Central Office focusing on the running and development of the business after nearly 40 years of examining the eyes of the community.

Nigel started working unofficially for Barracloughs from around the age of nine, helping out after school with light office duties such as stamping forms. It was almost inevitable that one day he would end up emulating Frank Barraclough - his father and founder of Barracloughs - in a more qualified way in the family business!

Karen started working for Barraclough and Stiles 40 years ago, starting out in Central Office and spent one day a week as secretary to Frank Barraclough. Karen then went on to work for Laura Ashley for a number of years and Nigel and Karen's first born arrived soon after. Some years later Karen returned to the company, covering dispensing and reception duties at your Polegate store - and has been with us ever since!

Nigel and Karen will be so very much missed but we will all obviously stay in touch, and no doubt they will pop in and say hi to the team on occasion! At times, Nigel will also continue to work with the business, more on a consultancy basis.

The whole team are looking forward to a big retirement party in January, to give Nigel and Karen the send off they deserve!

Jeremy Heynes

*I am confident that the business will carry on in much the same way with the excellent team we have in place, and I'm immensely grateful for the support and dedication from so many during my career and time in the business.*

*I look forward to watching the business evolve from a different perspective. I will be back at some point, even if just to make coffee! Karen and I are both very much looking forward this new chapter of our lives, especially being grandparents for the first time - to twins!*

*I am very proud of what Barracloughs has become and wish everyone a happy, healthy and successful future.*

Nigel Barraclough



At the start of December a bunch of the Barraclooughs team headed to Telford for the HG Annual Retreat.

It was an absolutely fantastic weekend with lots of inspirational speakers, great suppliers, brilliant guests and a fantastic 80s themed party. The overall message this year was **courage within**, focusing on our fears, accepting that fear is a healthy part of growth but learning how to manage those fears.

Activities between speakers involved some of the team braving **walking on snow, hot coals and even broken glass!** We handled creepy crawlies and met some great people from within the industry.



# Employee of the Quarter! (x2)



The past few months have been a tad hectic at Barracloughs HQ, and regretfully our Employee of the Quarter award slipped through the net for quarter two! So we had a double award recently with your Polegate and Seaford Optometrist, James winning the award for quarter two, and your Bexhill Optical Assistant, Sam winning the award for quarter three!

**Two very worthy winners and we hope you both enjoy spending your award!**

## Light up your Christmas! Don't forget to treat your eyes...

**Christmas is almost here, with bright, dazzling lights, sparkling decorations and endless smiles. But amidst the joy, remember to care for your precious peepers! Here's how to help keep your vision bright all season long:**

**Blinking Bliss:** Sparkling lights and screens galore (watching Home Alone again!) can dry out your eyes. The same goes for scrolling through the Christmas cat videos on the socials. Blink often to rehydrate and avoid itchy discomfort. Or ask us about our refreshing drops!

**Winter Sun:** That low winter sun is SO bright, pop your sunnies on to shield your eyes from UV and glare.

**Rest for your Retina:** Late nights and early mornings can leave your eyes fatigued. Prioritise sleep to rejuvenate them and see the season's magic with vibrant clarity!

**Eye-Friendly Feasting:** Christmas cookies and sugary delights are tempting, but overindulging can affect your vision. Tasty eye-healthy snacks like berries, leafy greens and oily fish also offer a festive and nourishing boost. Though, we agree - it's not quite the same as busting open a tin of Heroes.

As you celebrate, remember your eye health is our priority. Don't hesitate to swing by if you need us - store opening days over the Christmas period vary, [please check Google](#) or check the newsletter email you received for the opening hours of the store you're registered at. Thank you!

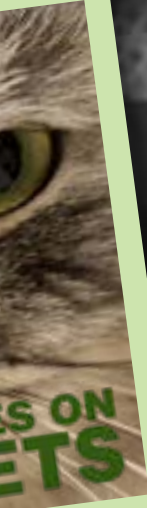
# EYES ON PETS

Did you catch our social posts focusing on the adorable pets of the Barracloughs team?

It's nice to see their furry, scaly, spiky, slimy friends along with a little fun fact about their vision! More to follow in 2024! Follow us:



Guinea pigs are born with their eyes open!



Hamsters likely only perceive colours on the green spectrum! They're also very near-sighted, so they can't see at a distance.

Rabbits have an almost 360° field of vision, including the area above their head!



The team have been feeling festive this month! They've also been busy working on the amazing Christmas windows this year (see [next page!](#))



**We're so pleased to end the year by welcoming our newest Optical Assistant!**

Lola-May joins your Seaford team but you may see her covering some other stores on occasion. Lola-May has come from a previous optical background and has settled in absolutely **brilliantly**.

We're so happy to have you as part of the team Lola-May!



# Festive Windows!



## Lentil Soup with Lemon & Turmeric

*for healthy hearing!*

Turmeric has been proven as an effective therapy for tinnitus and its symptoms. Also, the lentils in this soup contain substantial amounts of zinc which appears to boost hearing health! This is mainly because zinc may also even help fight tinnitus or ringing in the ears - plus it supports your immune system.

Lemons (and other citrus fruits) contain folate (vitamin B9) which helps make red blood cells. Low folate levels have been linked to the risk of age-related hearing loss!

*What's needed: Brown, red or French lentils, garlic, onion and carrots, ground cumin, ground coriander and ground turmeric, veggie or chicken broth, kale or spinach, fresh lemon, fresh herbs.*

**Step 1:** Cook the onions and carrots in a large pot until they start to soften.

**Step 2:** Stir in garlic, cumin, coriander, and turmeric.

**Step 3:** Add uncooked lentils with carrots, onions and turmeric.

**Step 4:** Rinse and add the lentils and broth. With almost all the soup ingredients in the pot, bring the soup to a simmer and cook, partially covered, until the lentils are soft. This will take around 30 to 40 minutes.

**Step 5:** Taste and season the soup then stir in greens. Whether you use kale or spinach in the soup, you only need to cook them for a few minutes before serving.




**Step 6:** Add fresh lemon juice and fresh herbs. Just before serving, squeeze lots of fresh lemon juice into the soup. This brightens all the flavours and really makes the soup taste fresh and fantastic. Fresh herbs like dill or parsley are also a nice touch.

Source: With thanks to [www.inspiredtaste.net](http://www.inspiredtaste.net)

Barracoughs THE OPTICIANS



# Animal eye facts

- 1** How many eyes does a jumping spider have?
  - a) Two
  - b) Four
  - c) Eight
- 2** Which animal can look in two different directions at the same time?
  - a) A camel
  - b) A chameleon
  - c) A cat
- 3** How many eyelids does a tiger shark have on each eye?
  - a) One
  - b) Two
  - c) Three
- 4** From how far away can an eagle spot a rabbit?
  - a) 300 metres
  - b) 3,200 metres
  - c) 5,100 metres
- 5** In an ostrich which is bigger – its eye or its brain?
  - a) Its eye
  - b) Its brain
  - c) Neither, they are same size
- 6** How many eyes does an earthworm have?
  - a) None
  - b) Two
  - c) Six
- 7** How long are a camel's eyelashes?
  - a) 3 centimetres
  - b) 5 centimetres
  - c) 10 centimetres
- 8** Which animal can sleep with one eye open?
  - a) Crocodile
  - b) Fox
  - c) Tiger
- 9** Which animal has the largest eyeball?
  - a) Elephant
  - b) Blue whale
  - c) Giant squid
- 10** What is the shape of a horse's pupil?
  - a) 
  - b) 
  - c) 



[Answers are available here... no cheating!!](#)