

SUMMER EYE HAZARDS!

LOOK AFTER YOUR EYES THROUGHOUT THE SUMMER!

1066 BUSINESS AWARDS

A FANTASTIC CELEBRATION OF GREAT LOCAL BUSINESSES

TEAM APPRECIATION

MEET OUR MOST RECENT STAND-OUT MEMBERS OF THE TEAM!



SUMMER SMOOTHIE!
RECIPE INSIDE
See page 10!



ENJOY YOUR WELL-EARNED RETIREMENT, SURAINDER!

AFTER 45 FANTASTIC YEARS, SURAINDER PURI IS HANGING UP HIS TRUSTY OPHTHALMOSCOPE... WELL, FOR A LITTLE WHILE AT LEAST!

Barraclouchs THE OPTICIANS

Welcome to our summer newsletter! Are you feeling that summer vibe? Probably not, thanks to the rain which we've been experiencing lately! Thankfully the sunshine has now begun to show its face again though, so get those sunglasses back out! Always remember other ways to look after your eyes too - while UV rays are a major concern for eye health, they're not the only culprits. Other threats include digital eye strain from excessive screen time (so many of us are guilty!), and dry eye syndrome due to excessive screen time (again), air conditioning, certain medications or contact lens wear.

So please, please keep looking after your eyes and read on to see the latest goings on at Barraclouchs!

SUMMER 2024

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Théa
let's open our eyes

GIVE YOUR DRY & GRITTY EYES SOME TLC. THÉA LOVING CARE.

THEALOZ DUO
RELIEF FROM DRY EYES

THEALOZ DUO GEL
RELIEF FROM DRY EYES

PROTECTS, HYDRATES DAY & NIGHT
MODERATE TO SEVERE DRY EYES

- 0.1% HYALURONIC ACID
- 0.25% CARBOMER
- LONG-LASTING RELIEF OF SYMPTOMS
- PRESERVATIVE-FREE
- PHOSPHATE-FREE

TRUSTED BY EYE CARE EXPERTS

THEALOZ DUO

PROTECT AND HYDRATE FOR UP TO 4 HOURS WITH ONLY ONE DROP.*

*Schmidt, D. et al. Cornea. (2015) Apr. 34 (4): 421-6

Happy Retirement

AT THE END OF JUNE WE SADLY SAID GOODBYE TO SURAINDER PURI AFTER 45 YEARS DEDICATED SERVICE

Surainder joined the company shortly before the 80s began, and just a few years later became a partner of the business. He very swiftly gained a fantastic reputation and a loyal following from his patients, many of whom still booked with Surainder up to the day he retired. He was famous for his calm and methodical nature, which we're sure helped to put many of you at ease over the decades, and no doubt contributed to his impressive following which often spanned generations of the same family.

Over those years Surainder became more than just an optician, more so a trusted advisor with a wealth of experience, and of course a friendly face. His dedication to his patients and his sincere passion for optometry really did shine through during his entire career.

We thank Surainder for his hard work over all those years. He will be very sorely missed and truly was an invaluable member of the team. We wish him an incredible and well-earned retirement (and an enjoyable time on the golf course - let's see how that handicap goes!)

It's not a final goodbye... yet!

We're happy that Surainder will be returning for a day a week for a short while after he has enjoyed some (golfing) time off!





WELL DONE VAL, LOLA-MAY & JULIE!

Two of the team in Seaford scooped awards recently, with **Val** earning Employee of the Quarter for Q1 of 2024, thanks to her loyalty, her kind and helpful nature and consistent positivity. **Lola-May** won Star of the Month for doing incredibly well with her training since joining the team just before Christmas!

Julie from your Bexhill store was awarded Star of the Month for April for being so accommodating when it comes to covering other stores, for remaining calm under pressure and basically being lovely to work with!



Barraclooughs *Gift Vouchers!*



*The gift of
STYLE...*

Order your voucher (add a personal message if you wish!) and we will contact you when it is available for collection from your chosen Barraclooughs store.

Simply pay upon collection!

[ORDER YOUR VOUCHER](#)

Personalise your vouchers at no extra charge!

Celebrating Local Excellence: The 1066 Business Awards



Photograph copyright Let's Do Business Group

The Hastings and Rother business community gathered on June 6th for an afternoon of celebration at the highly anticipated return of the 1066 Business Awards. Hosted by the **Let's Do Business Group** to mark their 30th anniversary, the event at Bannatynes Hotel was a resounding success, recognising the remarkable achievements of local businesses.

From innovative start-ups to established powerhouses, the room buzzed with a diverse range of talent. The short-listed businesses, selected from a pool of impressive applicants, represented the very best of Hastings and Rother's entrepreneurial spirit.

We were thrilled to be short-listed as finalists in the 'Extra Mile' award for recognition of excellent customer service. We didn't win on this occasion but the fantastic **Frankies at the Beach** were chosen as worthy winners!

Two keynote speakers, Rachel Watkyns of Tiny Box Company and Rich Moore of Source BMX, spoke of their journey's to success which were literally built from nothing. Truly heart-warming and inspirational stories which prove that with enough drive and determination you can achieve your goals.

Let's Do Business Group should be proud of their successful revival of the 1066 Business Awards. The event not only recognised excellence but also fostered a sense of camaraderie and pride within the Hastings and Rother business landscape. With this momentum, the future of the local business community undoubtedly shines bright.



LONGCHAMP

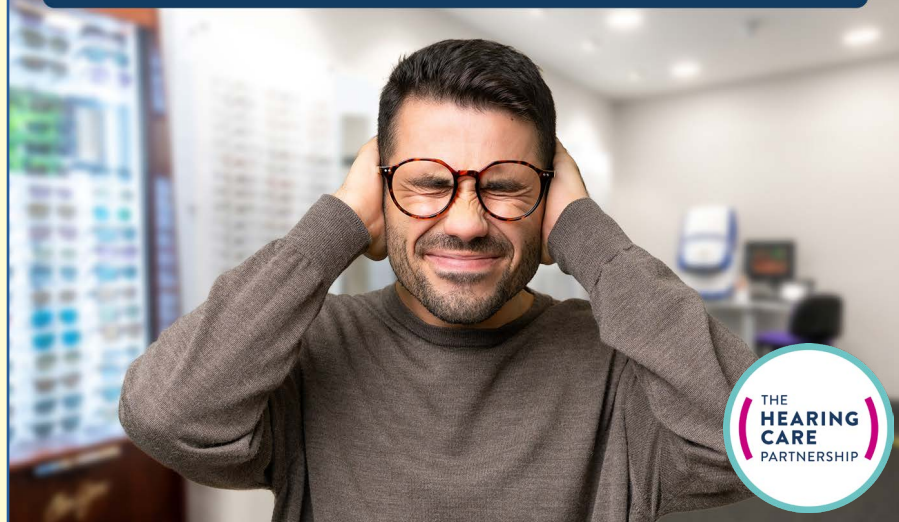
PARIS

COMPETITION WINNER!

Congratulations to **Mrs Lisa G.** who was picked at random as the winner of a pair of Longchamp sunglasses! WELL DONE! And thank you to all of you that entered our competition on Facebook and Instagram!



WHAT IS MISOPHONIA?



Do you get angry whenever you hear someone chewing? Or perhaps the sound of a pen clicking makes you feel anxious or frustrated? If so, you might have misophonia. Misophonia, also known as Selective Sound Sensitivity Syndrome, is a condition in which certain sounds trigger emotional or physiological responses that some might perceive as unreasonable given the circumstance. There are different types of misophonia which you can learn more about [in THCP's Sound Sensitivity guide](#).

Those with misophonia often find that they are triggered by oral sounds – the noises someone else makes when they eat, breathe or chew. Other offensive sounds might include keyboard or finger tapping, the sound of windscreen wipers, or dogs barking.

The disorder can range from mild to severe with some people reporting a range of physiologic and emotional responses such as anxiety, rage, anger, hatred and panic.

Experts don't know for sure what causes misophonia. But it's thought that it may be due to a combination of different factors such as brain structure differences, health conditions or medications, and family history or genetics.

Some research has shown an unusual link between trigger sounds and how the brain responds while other research has shown that people with ADHD, autism, obsessive-compulsive disorder (OCD), anxiety, Tourette's syndrome and tinnitus can be more susceptible to developing misophonia.

There is no known cure for misophonia, however, your care provider may be able to help you by introducing coping strategies to help you manage it.

Things like Cognitive Behavioural Therapy (CBT) – a type of talking therapy that helps you manage and change the way you think and behave towards triggers. Other treatments including coping mechanisms such as using tools to introduce background noise, such as a radio playing, nature sounds, headphones or hearing aids, and setting up quiet areas in your home to escape the noises that bother you are all ways you can help to improve your resilience and your mental health.

Have you had a free hearing health check yet?
BOOK HERE!





YOUR SIGHT. YOUR FUTURE.

An OCT scan allows for a more in-depth analysis of the eye and aids in detecting the signs of eye disease, even at an early stage.

[Learn more about OCT here.](#)

[Book an advanced eye examination today.](#)

AVAILABLE AT
ALL STORES

SUMMER EYE HAZARDS: PROTECT YOUR PEEPERS!

Summertime means sunshine, fun, and outdoor adventures. But while we're enjoying the warmer weather, it's important to remember that our eyes can be vulnerable to potential hazards. Here are a few things to keep in mind to protect your vision this summer:

UV protection is essential: The sun's harmful UV rays can damage your eyes over time, increasing the risk of cataracts, macular degeneration and other eye conditions. Visit us for a quality pair of sunglasses that offer 100% UV protection.

Beware of waterborne germs: Swimming pools, lakes and oceans can harbour bacteria and other micro-organisms that can cause eye infections. Rinse your eyes with clean water after swimming and avoid rubbing them with unwashed hands.

Protect your eyes from debris: Whether you're gardening, mowing the lawn or playing sports, wear protective eyewear to shield your eyes from flying objects.

Mind the grill: Grilling accidents can lead to eye injuries. Consider wearing protective eyewear when using a barbecue and keep children and pets at a safe distance.

By taking these simple precautions, you can enjoy a safe and happy summer without compromising your eye health!

[Click here to book your summer eye check-up today!](#)



A Morning with Wealden Talking News

With local news coverage declining, talking newspapers all over the country are closing but at Wealden Talking News, numbers are on the up thanks to their hugely popular news and Sussex-wide magazine service.

WTN are a registered charity producing weekly memory sticks of spoken news and features taken from the local papers together with a monthly magazine service – completely free of charge for the visually impaired or **anybody** who struggles to read.

The team produce 5 editions of news each week covering Heathfield & District, Crowborough & Uckfield, Hailsham & Polegate, Seaford & Newhaven, Brighton & District.

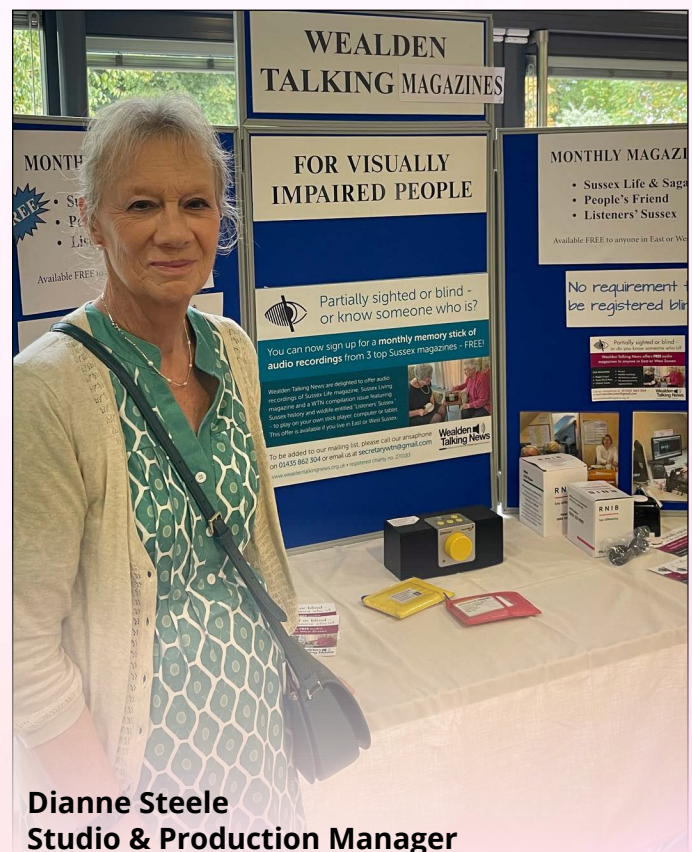
WTN also record 3 magazines monthly, **Sussex Life & Saga**, **People's Friend** and their own compilation, **Listeners' Sussex Magazine**.

[Listeners can tune in to listen to all recordings online](#) or they can choose to receive free USB sticks containing the spoken news or magazine articles posted to their homes.

USB stick audio players are also loaned by WTN! Royal Mail deliver the USB sticks and collect them again - free of charge. It's a wonderful service offered by **a dedicated team of 84 volunteers**.

In May we were kindly invited by the WTN team to a studio tour, as a thank you for sponsoring their Hailsham & Polegate issue. We gratefully accepted and had an absolutely fantastic morning. It was such an insightful visit, seeing what goes on behind the scenes. The team run a very slick operation, managing to turnaround their recordings and get them dispatched much quicker than you'd expect! We still can't quite believe how brilliant their setup is and how hard-working the volunteers are.

Visit www.wealdentalkingnews.org.uk to learn more about this fantastic **free** service available to those who struggle to read in East or West Sussex. Alternatively you can leave a message by calling [01435 862304](tel:01435862304) and a member of the team will get back to you.



Dianne Steele
Studio & Production Manager

Eye-Healthy Summer Smoothie!

INGREDIENTS:

1 ripe banana
1 cup mixed berries (blueberries, raspberries, strawberries)
1/2 cup spinach or kale
1/4 avocado
1 tablespoon chia seeds
1/2 cup Greek yoghurt
1/2 cup almond milk or other plant-based milk

Blueberries are packed with antioxidants that protect against eye damage.

Spinach or kale is rich in lutein and zeaxanthin, essential for eye health.

Avocado contains lutein and healthy fats for overall eye well-being.

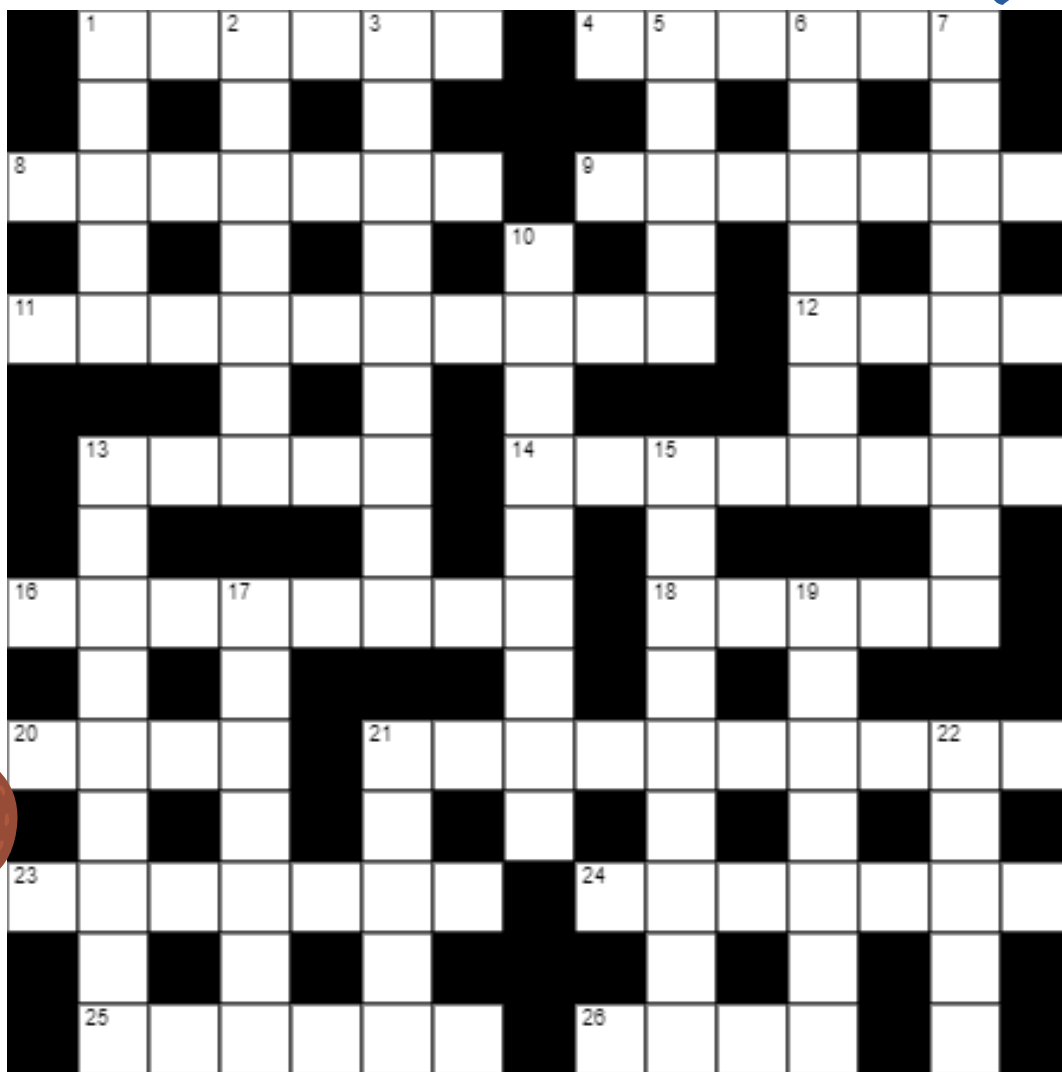
Chia seeds provide omega-3 fatty acids, which support eye moisture.

Greek yoghurt is a good source of vitamin A, essential for vision.

Tip: For an extra boost, add a sprinkle of flaxseed or hemp seeds for additional omega-3 fatty acids!



CROSSWORD fun!



Across

1- Coldest season of the year (6); 4- Donna ____, disco diva (6); 8- Home planet of Superman (7); 9- “Police ____”, 1980s comedy movie starring Steve Guttenberg (7); 11- Cause to feel younger (10); 12- Roman emperor found in Reno? (Anagram) (4); 13- Musical drama, as composed by Wagner (5); 14- Concerns or relates to (8); 16- Skin condition caused by a lack of blood supply (8); 18- Fairy tale, “Beauty and the ____” (5); 20- Word that can follow baked or kidney (4); 21- Illness characterized by coughing and a sore throat (10); 23- Major ingredient of toad in the hole (7); 24- Fragrant German city? (7); 25- Make certain of (6); 26- Notion, personal view (4);

Down

1- Not better (5); 2- Planet - it is occasionally the furthest planet from the sun (7); 3- Acquit (9); 5- “____ Buck”, movie starring John Candy (5); 6- Virginal singer? (7); 7- Disturbed brand term reveals a Dutch artist (Anagram) (9); 10- Summer fruit (9); 13- Typically, as a rule (2,7); 15- English folk hero portrayed by Kevin Costner (5,4); 17- Favourite Biblical book of Phil Collins? (7); 19- Grand Canyon State (7); 21- Type of beer (5); 22- Not outer (5);