Barracloughs

BULLETIN

ISSUE 23 · SPRING 2026

IRIS CAMERA EVENT!

CAPTURE THE BEAUTIFUL PATTERNS OF THE HUMAN EYE!

SPRING EYE HEALTH TIPS

LOOK AFTER YOUR PRECIOUS EYES THIS SPRING

WORLD GLAUCOMA WEEK

THE "SILENT THIEF OF SIGHT" AND HOW WE FIGHT BACK WITH OCT TECHNOLOGY



IT'S COMPETITION TIME!

LET YOUR LITTLE ONES GET CREATIVE FOR SPRING

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BARRACLOUGHS BULLETIN

Barracloughs

OPTICIANS & HEARING CARE

Spring is a season of fresh starts - brighter days, more time outdoors and a welcome sense of renewal. In this issue, we're sharing thoughtful advice to help you and your family enjoy clear, comfortable vision throughout the months ahead.

Inside, you'll find guidance on managing spring allergies and dry eye, and how to protect your eyes as sunshine levels increase. We talk about the importance of children's eye health and eye care and why this spring is the ideal time to focus on younger eyes.

We've also included an easy, eye-healthy spring dessert recipe to enjoy at home, along with a fun children's drawing competition to brighten our practice windows! It's time to get creative!

As always, we're here to offer calm, personalised care for every member of the family this spring. Get comfy, grab a cuppa and enjoy the read!



UCKFIELD COLLEGE

To Uckfield College who invited us to their Careers Fair on 11th March. It was fantastic to see such bright curiosity and we loved talking about what we do. There was incredible engagement from students and staff alike!

SPRING 2026

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Spring allergies... and your eyes!

For many people, spring brings itchy eyes, redness and excessive watering - all classic signs of seasonal allergies. Pollen can irritate the delicate surface of the eye, leaving them feeling sore, tired and uncomfortable, especially after time outdoors.

It's easy to assume these symptoms are simply "hay fever eyes", but they can often overlap with dry eye or irritation caused by contact lenses or screen use. Rubbing your eyes may feel tempting, but it can actually make symptoms worse by releasing more histamines and further irritating the eye's surface.

A few simple steps can make a noticeable difference. Wearing sunglasses outdoors helps reduce pollen exposure, washing your face after being outside can remove lingering allergens, and using preservative-free lubricating drops can soothe irritation. If you wear contact lenses, you may find your eyes feel more comfortable switching to daily disposables during allergy season.

If symptoms persist or seem unusually severe, it's worth booking in with us. We can help identify what's causing the irritation and recommend solutions tailored to your lifestyle - helping you enjoy spring without the constant urge to rub your eyes!



At Barracloughs we recommend dry eye treatments from the Thea range.

Most standard eye drops use preservatives to keep the bottle sterile, but those chemicals can actually irritate the surface of the eye over time. Thea uses a specialized ABAK® bottle system that keeps the solution sterile without any harsh additives. You get the relief without the "rebound" irritation.

Thea drops also often combine Hyaluronic Acid (for immediate lubrication) with Trehalose.

Trehalose is a natural molecule that protects the cells on the surface of your eye from drying out - essentially acting like a tiny shield against the spring breeze and allergens!

We stock the Thea range at all of our stores.

TIP: If your eyes are especially itchy from pollen, try keeping the bottle in the fridge!
The cold sensation combined with the Thea formula feels like a spa treatment for hay fever symptoms.

Simple Nutrition Tips for Dry Eye & General Ocular Health

Dry eye and general eye comfort can be helped by more than just drops - your daily diet plays an important role in supporting the tear film, meibomian (eyelid) glands, as well as the retina. Easy, consistent food choices can make a real difference.

1. Omega 3 - Tear film support

Omega 3 helps reduce inflammation and improve tear quality from the oil producing meibomian glands.
Key nutrients: EPA and DHA (omega 3 fatty acids)
Good choices: Salmon, mackerel, sardines. chia or flaxseed, walnuts
Easy swap: Choose oily fish twice a week, or add a spoon of seeds to yoghurt or cereal.

2. Dark Green Leaves - Back of the eye protection

Leafy greens are rich in lutein and zeaxanthin, antioxidants that support macular health.
Key nutrients: Lutein and zeaxanthin (antioxidant carotenoids)
Good choices: Spinach, kale, cavolo nero, rocket, broccoli, peas
Easy swap: Add a handful of greens to sandwiches, omelettes, or soups.

3. Orange and Red Vegetables - Ocular surface health

Brightly coloured veg supports healthy corneal cells and helps stabilise vision.
Key nutrients: Vitamin A and beta carotene
Good choices: Carrots, sweet potato, butternut squash, red/yellow peppers
Easy swap: Roasted veg or carrot sticks with hummus.



4. Antioxidants

These help protect the tear film and surface of the eye.
Key nutrients:
Vitamin C: Berries, kiwi, peppers, tomatoes
Vitamin E: Almonds, sunflower seeds, avocado
Easy swap: A handful of nuts and fruit as a mid-afternoon snack.

5. Zinc rich foods

Zinc helps transport Vitamin A from your liver to your retina, supports night vision, and contributes to overall retinal function.
Good choices: Pumpkin seeds, chickpeas, beans, lean meat, whole grains.

Daily Habits That Help

- Blink fully and often, especially when using screens
- Follow the 20-20-20 rule - every 20 minutes, look 20 feet away for 20 seconds
- Use a humidifier when the air is dry, i.e. during winter heating or hot summer days
- Consider omega 3 supplementation if recommended by your optometrist
- Avoid smoking — it increases dry eye, slows healing, and increases AMD risk



PRIORITISE YOUR CHILD'S VISION THIS SPRING

As the days brighten and the winter frost finally clears, spring brings a renewed energy to our daily lives. For children, this season is a whirlwind of activity - from the start of new terms at school to the return of outdoor sports like football and cricket. However, with this increased pace comes a significant demand on their visual health.

Children are remarkably resilient and often adapt so seamlessly to gradual changes in their eyesight that they don't even realise they are struggling. Unlike adults, who might notice a blur in the distance, a child might simply assume that everyone sees the world exactly as they do. This is why being aware of the subtle "red flags" is so important for parents and guardians. Some common examples are:

- Frequent eye rubbing, squinting, or a noticeable head tilt when trying to focus.
- Sitting closer to the TV or holding tablets and phones unusually near to their face.
- Regular headaches or tired, watery eyes after a day in the classroom.
- Avoiding reading, losing their place on a page, or showing a sudden lack of interest in hobbies that require fine detail.

Why spring is the ideal time

Booking an eye exam during the spring months is a smart move. It ensures your child's vision is sharp for the final school term and identifies any issues before the long summer break begins.

NHS-funded eye exams are available for all children under the age of 16 (and those under 19 in full-time education). Our eye exams are comprehensive and designed to be a positive, stress-free experience. If a prescription is required, the NHS also provides optical vouchers to help towards the cost of glasses, ensuring that every child has access to the clear vision they deserve.

A Barracloughs eye examination offers more than just checking a prescription; it ensures the eyes are developing correctly and builds a foundation of confidence. When a child can see clearly, they can engage fully with the world around them, setting them up for a bright and successful year ahead!

IRIS PHOTO EXPERIENCE!

FRIDAY 27 MARCH 2026
BARRACLOUGHS UCKFIELD



BOOKING ESSENTIAL!

CALL 01825 769800 TO BOOK

READ MORE ON OUR WEBSITE

See you there!

WORLD GLAUCOMA WEEK!

was **8th March - 14th March 2026**

Glaucoma is often called the "silent thief" because it rarely shows symptoms until your sight is already damaged. In the UK alone, over 700,000 people have glaucoma - but half of them don't even know it.

We're fighting back with advanced technology

For years now at Barracloughs, we've prioritised your eye health by investing in the Nidek Retina Scan Duo OCT - a hospital-grade scanner that allows us to see deep beneath the surface of your retina. Unlike a standard eye test, our advanced Optical Coherence Tomography technology can:

- Spot thinning nerve fibres years before you notice a change in your vision.
- Map your "Ganglion Cells" to catch the earliest possible signs of disease.
- Provide a 'Traffic Light' report to monitor your eye health with incredible precision.

Don't wait for symptoms!

The good news? If caught early, glaucoma is highly manageable. Thinking of World Glaucoma Week, give yourself some peace of mind. Read the full story and see how OCT works, and if you're due - book your advanced OCT scan today!





65 Miles, one island, one incredible cause (four brave guys!)

Some of you will know Dan, the owner of Build Out Ltd, the man who keeps our practice running smoothly by keeping on top of all the maintenance and building tasks! He was also the lead behind our stunning Bexhill practice refit back in May 2025.

On May 2nd 2026, Dan and three teammates will be taking on the **Isle of Wight Ultra Challenge.** This isn't just a long walk; it is a gruelling 65-mile (106km) continuous lap of the island's beautiful (but unforgiving!) coastal path.

Starting at Chale and moving clockwise, the team will navigate the spectacular southern cliffs, pass the iconic Needles, and push through the night to complete the full circuit.

To give you an idea of the scale, this challenge involves:

Distance: 65 miles is the equivalent of nearly two and a half marathons back-to-back.

They will climb **over 2,000 meters** (roughly 6,500 feet) of vertical ascent—the equivalent of climbing Ben Nevis and then some.

The team will be moving for 24 hours straight, battling fatigue, blisters and the mental strain of navigating coastal trails in the pitch black of night.

The team is putting themselves through this challenge to raise vital funds for Great Ormond Street Hospital (GOSH) Children's Charity.

GOSH is a world-renowned centre of excellence, treating children with the rarest and most complex medical conditions. On average, 750 seriously ill children arrive at GOSH every single day. The money raised will go directly toward:

GREAT ORMOND STREET HOSPITAL CHARITY

- Pioneering Research: Funding breakthroughs that offer hope to children who previously had no treatment options.
- Advanced Equipment: Providing the latest life-saving medical technology.
- Support Services: Creating a "home away from home" for families, including accommodation and play specialists to help children cope with the stress of treatment.

Dan and the team are currently deep in training, clocking up the miles to ensure they are ready for the start line in May. We are incredibly proud to support them as they take on this epic feat of endurance for such a worthy cause.

DONATE HERE

JOIN US IN POLEGATE FOR OUR HEARING CARE EVENT!

TUESDAY 31 MARCH 2026 · 10AM - 2PM

BARRACLOUGHS, 58A HIGH STREET, POLEGATE

Book a **FREE** hearing assessment on the same day and you will be eligible to redeem an exclusive **£200 off any hearing aid package.**

Enjoy refreshments and snacks, enter our prize draw for a chance to win a voucher of up to **£50.**

Before you leave, don't forget to snag your **goodie bag!**



Your Polegate Audiologist, Daniel Sirah

LEARN MORE & REGISTER YOUR INTEREST HERE

Well done!

Thank you to everyone who took part in our Dry Eye January competition. What a fantastic turnout!

Congratulations to our randomly selected winner, **Mr. Philip R**. who attends our Battle practice. He has officially collected his Peep Club Heated Eye Wand, and we're sure his eyes are already feeling the benefit of some serious TLC!



"Bright-Eye" Lemon & Blueberry Parfaits

A refreshing, antioxidant-rich treat to celebrate the season of clarity!

Blueberries aren't just delicious; they contain powerful antioxidants that can help reduce the risk of cataracts and macular degeneration. Paired with Vitamin C from the lemon and Omega-3s from the walnuts, this is a treat your eyes will thank you for!

Ingredients

- 2 cups fresh blueberries: Packed with anthocyanins, which help protect the retina.
- 2 cups Greek yoghurt (plain or vanilla): High in zinc and vitamin A to help with night vision.
- The juice and zest of 1 lemon: A vitamin C powerhouse to support ocular blood vessels.
- 2 tbsp honey or maple syrup: For a touch of natural sweetness.
- 1/2 cup low-fat granola or crushed walnuts: walnuts provide omega-3 fatty acids - great for dry eyes.
- Fresh mint leaves: For a garnish that looks like a spring sprout!

Method

1. Prep the berries: In a small bowl, toss the blueberries with half of the lemon juice and a teaspoon of honey. Let them sit for 5 minutes to release their juices.
2. Flavour the yoghurt: In a separate bowl, whisk together the Greek yogurt, the remaining lemon juice, lemon zest, and the rest of the honey until smooth and creamy.
3. Layer the vision: In four small glasses or jars, layer the ingredients in this order:
   - A spoonful of the lemon yoghurt.
   - A generous layer of blueberries.
   - A sprinkle of granola or walnuts.
   - Repeat the layers until the glass is full.
4. Top with a final sprinkle of lemon zest and a sprig of fresh mint.
5. Serve immediately or chill for up to an hour.



Serves 4



Seymour is back!

WIN AN ART KIT!

The Barracloughs 'Spring Specs' Design Challenge!

Let Your Imagination Bloom!

Spring is just around the corner, and at Barracloughs, we think the world is looking pretty spectacular right now. To celebrate the season of new beginnings, we're inviting little ones to get creative and "frame" the season in their own unique way!

Whether it's frames fashioned from chocolate eggs, temples shaped like chirping chicks, or lenses surrounded by blooming daffodils - if you can dream it, you can draw it!

Once you've handed in your masterpiece, keep an eye on our windows and walls! All entries will be proudly displayed in-practice for all our lovely customers and patients to admire.

Who Can Enter?

The competition is open to all budding artists aged 4 to 11.
To keep things fair, we will be crowning a winner in two distinct age categories:

The "Little Creators" (Ages 4–7) **The "Design Pros" (Ages 8–11)**

How to Enter

Getting involved is easy as pie (or should we say, easy as chocolate eggs?)

Step 1: Grab your canvas
Pick up an official entry template from any Barracloughs store, or visit our website and simply download and print one from our website at your convenience.

Step 2: Get creative
Use pens, pencils, glitter, paint or anything else you think of to design your masterpiece.

Step 3: The best part... the reward!
Have a parent or carer drop the completed artwork into your local Barracloughs where we'll number the drawing and note down your contact details. To say thank you for sharing your talent, every single entry handed in will receive a tasty Easter choccy treat!

The Prizes and The Vote

Once all the fantastic entries are in, we'll be opening the stunning gallery to the most important judges of all: the public.

The competition closes on 30th April after which our community will vote for their favourite pic, and winners will be announced on 15th May.

We will have a winner for each age group, and both will walk away with a fantastic art set!
A runner-up from each age group will also receive a wonderful smaller art kit.

We can't wait to see the world through your eyes! Happy designing!

Learn more at barracloughs.uk/springspecs