



MJO NEWSLETTER

March 2026

Melina Joy Opticians
& Hearing Care

At last, winter is behind us and it's such a relief to turn the page and welcome spring! The days are slowly starting to feel a little lighter, primroses are popping up in hedgerows and gardens, we've had the odd welcome glimpse of sunshine and there are even a few beautiful lambs appearing in the fields. All those little signs remind us that spring isn't too far away now. March always feels like a month for looking forward rather than back. Longer days, brighter mornings, sunnier afternoons and before we know it, those lovely long evenings will be back again. It's also a great time to start thinking about refreshing your look. Whether that's with a new pair of everyday glasses, something a bit different for going out, or even treating yourself to some new sunglasses ready for the months ahead.

Here in the practice, we've been busy planning the next few months events:

Monday 9th March brings our first Hearing Care Event, a chance to meet Antonio, learn more about your hearing, ask questions and receive advice on hearing protection and hearing solutions. On the day there will be exclusive discounts, goody bags for the first 20 attendees and a prize draw.

Friday 5th June we will have a frame event, the complete range of Ronit Furst frames available to view. Known for fabulous colours and funky detail these hand-painted frames come in many classic and up-to-the-minute shapes. On the day we will also be joined by special guest Donna, from House of Colour who will be offering mini consultations, discussing colour and style just for you. Special offers and a prize draw will be available on the day.

If you're due for an eye examination, now is a great time to give us a call and book in. And if your prescription is up to date but you simply fancy a change, our friendly dispensing team would be delighted to help you choose a new pair of glasses that you'll love wearing every day.

Give us a call to arrange your appointment, whether that's for an eye examination or a relaxed visit with our dispensing team to find the perfect new pair.

We look forward to welcoming you.



Catriona



MACULAR CONDITIONS

What is macular disease?

Nearly 1.5m people in the UK have macular disease and it can affect people of all ages. Age related macular degeneration (AMD) is the most common condition, generally affecting people over the age of 55. AMD is the biggest cause of sight loss in the UK, impacting more than 700,000 people.

Other forms of macular disease can affect much younger people, including children, with common conditions such as Stargardt disease, which is a genetic condition and diabetic macular oedema. Those with macular disease may also experience Charles Bonnet Syndrome (CBS) in which visual hallucinations happen as a result of sight loss.

What are the symptoms of macular disease?

The form of macular disease you have will determine the symptoms you experience. Common symptoms across all forms of macular disease include difficulty seeing in low light, trouble reading, driving or doing close-up work with blurry, fuzzy or distorted central vision.

Diagnosis and tests for macular disease

Early detection can be key to helping slow vision loss. Having regular eye examinations can help detect early signs of macular disease, even before noticeable vision problems occur.

How is macular disease diagnosed?

It can be diagnosed through a comprehensive eye exam. Many opticians use advanced imaging tools like OCT scanners to detect changes in the retina.

For more information

Visit these website for more information

www.nhs.uk/conditions/age-related-macular-degeneration-amd/

www.macularsociety.org/

www.lookafteryoureyes.org/eye-conditions/age-related-macular-degeneration-amd/

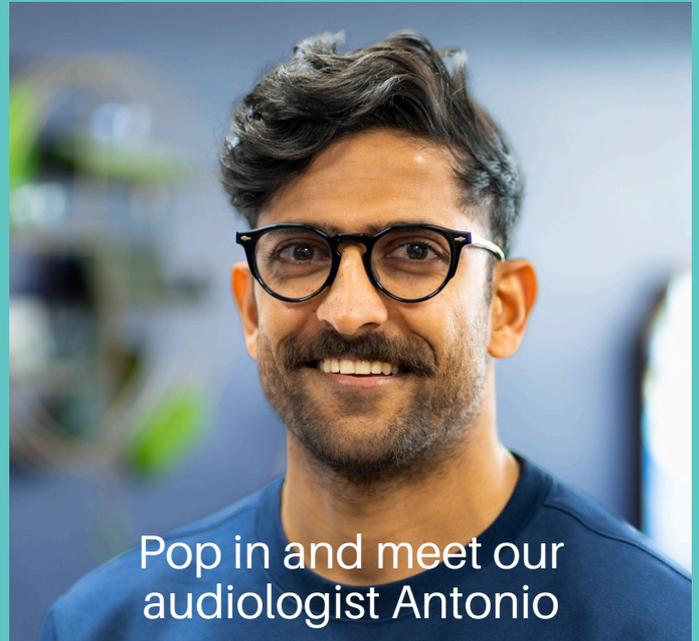




YOU'RE INVITED

TO OUR HEARING OPEN EVENT

**Monday
9th March
10am to 2pm**



This is a great opportunity to learn more about your hearing, ask questions and receive expert guidance from our audiology team.

Come along to have a look inside your ears and receive advice on hearing protection and hearing solutions.



There will be goodie bags for the first 20 attendees, as well as a prize draw for a chance to win a voucher worth up to £50.

No appointment needed



DIGITAL EYE STRAIN

LOOKING AFTER YOUR EYES IN A SCREEN-FILLED WORLD

With many of us spending a large part of our day indoors, screens have become an unavoidable part of everyday life. Whether you're working on a computer, learning online, scrolling on a phone or relaxing in front of the television, our eyes are working harder than ever. As a result, digital eye strain is a common eye-related complaint.

Digital eye strain isn't usually serious but it can certainly be uncomfortable. Symptoms often include tired or sore eyes, headaches, blurred vision, dry or gritty eyes and even aches in the neck and shoulders. These symptoms can creep up gradually, especially during long periods of screen use and are often worse at the end of the day.

One of the main reasons screens cause problems is that we tend to blink less when we're concentrating. Blinking helps keep the surface of the eye moist and comfortable, so blinking less can quickly lead to dryness and irritation. Screens can also encourage poor posture and focusing at a fixed distance for long periods, which adds to eye fatigue.

The good news is that there are some simple habits that can make a real difference.

One of the easiest and most effective is the 20-20-20 rule. Every 20 minutes, take a short break by looking at something around 20 feet away for at least 20 seconds. This gives your eye muscles a chance to relax and helps reduce strain. Many people find it helpful to set a reminder or use an app until it becomes second nature.

Make sure your screen is positioned at a comfortable height, ideally slightly below eye level, and try to avoid glare from windows or overhead lighting. Adjusting brightness and contrast settings can also make screens more comfortable to look at. Remember to blink regularly and if your eyes feel dry, lubricating eye drops can help keep them comfortable.

It's also worth mentioning that if you wear glasses, your prescription needs to be right for the distance you're using screens at. Some people benefit from dedicated computer or occupational lenses, especially if they spend several hours a day on digital devices. These are designed to reduce strain and improve comfort during screen use.





NEW RANGE

COMING SOON!

WHY SUPPORTING YOUR LOCAL HIGH STREET MATTERS

High streets are more than just rows of shops, they are the heartbeat of our communities. From your favourite café to the local bakery, florist, shoes shop, card shop and yes, your trusted independent opticians, local businesses make our towns and villages vibrant, welcoming and unique.

When you choose to shop locally, you're not just buying a product or service, you're investing in your community. Independent shops often source goods from nearby suppliers, provide personalised service and offer expert advice tailored to your needs. Unlike large chains, they take the time to get to know you, remember your preferences and give advice based on years of experience.

Supporting local businesses also has a direct economic impact. Money spent on the high street stays in the local area, helping create jobs, fund community projects and maintain thriving neighbourhoods. Every cup of coffee, every prescription filled, every pair of glasses purchased locally contributes to a stronger, more resilient community.

And let's not forget the personal touch. Independent shops and services offer something you simply won't find online or in a chain store, a welcoming smile, knowledgeable staff and care that goes above and beyond. At our practice, for example, we take the time to ensure your glasses fit perfectly, your prescription is just right, and your eye health is fully supported. That's the kind of service you get when you shop locally.

So next time you need a gift, a service or even just a chat, consider stopping by your high street. By supporting local businesses, you're helping your community flourish while enjoying expert advice, friendly faces and a shopping experience that feels personal and meaningful.

Let's keep our high streets buzzing because when local businesses thrive, our communities thrive too.



Think.
Heathfield
Small town, great choice



*Independent opticians offer personal care,
not mass production line eyewear.
Clinical expertise, tailored advice and
eyewear chosen for you.
Not a one-size-fits-all service.*

PUMPKIN (OR SQUASH), KALE AND HALLOUMI TRAYBAKE



Kale is an absolute powerhouse of goodness loaded with lutein and zeaxanthin - antioxidants that literally build up in your retina and help protect your eyes from blue light and age related damage.

Serves 2 as a main meal, 15 min prep & 40 min cook

- 500g pumpkin or butternut squash flesh, cut into 2.5cm chunks
- 1 red onion, cut into wedges
- 1½ tbsp olive oil
- ½ tsp cumin seeds
- ½ tsp hot smoked paprika
- 2 garlic cloves
- 150g whole leaf kale, stems removed, leaves torn
- 250g pack halloumi, sliced
- 1 unwaxed lemon, zest and juice
- 1 tsp nonpareille capers



Preheat the oven to 220°C, gas mark 7. Put the pumpkin or squash and onions in a large roasting tin with ½ tbsp oil, the cumin and paprika; season and toss together. Roast for 20 minutes or until tender. Reduce the oven to 200°C, gas mark 6.

Put the garlic and kale in another tin, drizzle with ½ tbsp oil and season. Add the halloumi to the squash tin and roast both tins for 15-20 minutes, or until everything is golden.

Squeeze the roasted garlic out of the skins and into a small bowl. Mash with a fork, then whisk in the lemon zest and juice, capers and remaining ½ tbsp oil. Tip the kale into the squash tin, drizzle over the dressing and stir before dividing between 2 plates.

Cooks tip, use frozen prepared butternut squash chunks if you're short on time.

Recipe from Waitrose.com





wonder if you know?

Staring at screens reduces how often you blink, which can lead to dry, tired eyes.

Refer a friend

Did you know that if you refer a friend to us, once they have had an eye examination we will send you a £20 John Lewis / Waitrose voucher as a thank you!

This offer is valid for new patients to the practice only. There is no limit on how many friends you refer, just tell them to mention your name when they book the appointment!

It's competition time!

What is the first day of spring called?



**£75
MJO
voucher**

Simply email your answers to us at
reception@melinajoy.co.uk

Competition closing date 30/4/26. Voucher has no cash value.

We value your feedback! Leave us a review on Google and we'll enter you into a prize draw to win a £25 John Lewis gift voucher. We can't wait to hear from you!





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