



MJO NEWSLETTER

June 2026

Melina Joy Opticians
& Hearing Care



Friday 5th June
10am to 4pm

What a glorious end to May we've had! We can definitely say that summer has arrived after several days of temperatures exceeding 30 degrees. Though I'm sure the gardeners among us are struggling to keep up with watering their bedding plants and vegetable garden during the heatwave.

We held our MJO staff summer outing early this year, travelling down to Eastbourne for a lovely pub lunch followed by an afternoon of bowling. Although not all of us were natural bowlers, we certainly had a lot of fun!

I recently visited the Rodenstock factory with Danuta to see the latest developments in their lens production. It was a very informative day, giving us insight into new ideas, innovations and ongoing research projects.

Danuta has visited Orgreen, one of our frame manufacturers based in Copenhagen. Alongside other Dispensing Opticians from across the UK, she toured their production facilities and offices, meeting their designers and learning more about how they create their clean, minimalist Danish frame designs.

We are excited to announce we are having a special event on Friday 5th June. We will be showcasing the full Ronit Furst range, with 10% off any RF frame ordered on the day. Their frames are wearable art, designed with love and crafted to inspire. Every piece is individually hand painted.

During this event we are delighted to welcome Donna, our local stylist from The House of Colour, who will be offering complimentary colour consultations. No appointment is necessary, simply pop in and say hello between 10am and 4pm.

Goodie bags will be available for the first 25 clients to arrive and there will also be a prize draw for a £50 John Lewis/Waitrose voucher.

We'd love to see you!

Catriona



Discover
your
colour





THE IMPORTANCE OF SUNGLASSES

Why do sunglasses matter?

Sunglasses have evolved far beyond simple tinted lenses in recent years. Today's eyewear combines advanced optical technology, UV protection and specialist lens coatings to deliver a better vision, greater comfort and long term eye health protection.

One of the most important features in any pair of sunglasses is full UV protection. Prolonged exposure to ultraviolet radiation can contribute to serious eye conditions including cataracts, macular degeneration and photokeratitis which is often described as "sunburn of the eye." High quality sunglasses should block 100% of both UVA and UVB rays, helping to protect delicate ocular tissues throughout the year, even on cloudy days.

Modern lens materials are lighter, thinner and more impact resistant. They provide enhanced protection without compromising comfort.

Polarised lens technology has become increasingly popular due to its ability to reduce glare. Unlike standard tinted lenses, polarised filters selectively block horizontally reflected light from surfaces such as wet roads, water or car bonnets. This results in sharper contrast, reduced eye strain and improved visual clarity which is particularly useful for driving, cycling, fishing and outdoor activities.

Photochromic technology is another major advancement. These intelligent lenses automatically darken in sunlight and return to a clearer state indoors by reacting to UV exposure. New generation photochromic lenses react faster and perform better in varying temperatures, offering convenient all day protection for people moving regularly between indoor and outdoor environments.

As technology continues to develop, sunglasses are becoming an increasingly important part of preventative eye care. Combining protection, performance and comfort in one essential everyday accessory. Discuss your options with one of our Dispensing Opticians, they are specialists in the lens ranges available to you and what would be the best choice with your prescription requirements.





We are thrilled to announce our new brand FLEYE Copenhagen is now in stock. FLEYE is a Danish design company dedicated to creating innovative eyewear defined by exceptional lightness and uncompromising comfort.

Their eyewear is distinguished by a unique combination of materials, refined colour nuances and outstanding quality. Each material is carefully selected for its strength and lightweight properties. Every frame is designed to maintain its fit and structural integrity year after year.

30 layers carbon, each layer only 0.1 mm thin, combine to create a remarkably lightweight and durable frame. The characteristics of the carbon fibre is its unique woven surface, an unusual lightness combined with great strength. FLEYE Copenhagen replaced one layer of carbon with one layer of wood to the carbon construction, adding an exclusive and natural warmth to the frame.





MENOPAUSE AND DRY EYE

Menopause is more than hot flushes. Research from National Eye Health Week found that only 14% of women were aware of the link between menopause and eye health, yet around 61% experience dry eye symptoms during this stage of their life.

Why does menopause affect the eyes?

Hormones such as oestrogen don't just affect the reproductive system, they influence many parts of the body including the eyes. Changes in hormone levels during menopause can impact tear production and the delicate balance that keeps your eyes comfortable.

Dry Eyes

The most frequent eye related issue during menopause is dry eye. This happens when your eyes don't produce enough tears or when the quality of your tears change. You might notice symptoms such as a gritty, burning or stinging sensation, red or irritated eyes, blurred or fluctuating vision, watery eyes (a common sign of dryness) and discomfort when wearing contact lenses. These symptoms can be mild or more persistent and are often mistaken for simply getting older.

Don't Ignore the signs

Eye symptoms during menopause are often dismissed as a normal part of ageing but they don't have to be something you simply live with. Optometrists regularly see women in their 40s and 50s experiencing these types of issues. The key message is simple, help is available.

What can you do?

If your eyes feel different during menopause, there are simple steps that can make a real difference:

- Book regular eye examinations
- Use lubricating eye drops regularly. Your Optometrist will recommend the best for your symptoms
- Take breaks from screens
- Stay well hydrated
- Talk openly about your symptoms



Looking after your eye health

Menopause is a natural stage of life, but changes in your eyes shouldn't be ignored. Understanding the link between hormones and eye health means you can act early, stay comfortable and protect your vision for the future. If something doesn't feel right, it's always worth getting it checked by your Optometrist.





THE BENEFITS OF CUSTOM FIT EAR PLUGS

What should I wear ear plugs for?

When many of us think of ear plugs, we picture long flights or trying to block out a snoring partner at night. But ear plugs can do far more than simply help us sleep, they are an important tool in protecting our hearing health.

Noise induced hearing loss (NIHL) is one of the most common forms of hearing loss and is caused by exposure to loud sounds, either suddenly or over time. Regular exposure to excessive noise from concerts, sporting events, loud machinery, motorsports, DIY tools or even playing music can permanently damage hearing.

The good news is that this type of hearing loss is largely preventable with the right hearing protection. Custom fit ear plugs offer excellent comfort and protection. Unlike standard foam plugs, they are made from a mould of your ears creating a secure fit that can be worn comfortably for long periods, without irritation or slipping out. They are also durable and reusable, making them a worthwhile long-term investment.

Another major advantage of custom ear plugs is that they can be tailored to your needs. Musicians and concert goers can benefit from filters that reduce harmful noise levels while still allowing clear sound quality, while those working in louder environments can choose higher levels of protection.

Ear plugs can also be useful outside of noise protection. Swim plugs help prevent water entering the ear canal, while sleep plugs can reduce unwanted noise and improve sleep quality.

Protecting your hearing today can make a real difference to your long term hearing health. Talk to our Audiologist, Antonio, for more advice and information.



MOROCCAN FISH AND COUSCOUS PARCELS



Easy yet impressive supper dish thats quick to prepare

serves 4

200g couscous
1 tbsp harissa paste
1 tsp cumin seeds, crushed
1 red onion, finely chopped
100g raisins
200g courgette, grated
1 carrot, peeled and grated
28g fresh flat-leaf parsley, washed and chopped
500g skinless and boneless cod fillets
1 lemon, halved, one half sliced and the other cut into wedges
120ml low-fat natural yogurt
2 cloves garlic, finely chopped



Put the couscous in a bowl with the harissa paste, half the crushed cumin seeds, the red onion and the raisins. Pour over 325ml boiling water, then cover with clingfilm and leave for 10 minutes. Fluff up with a fork and season with freshly ground black pepper.

Preheat the oven to 180°C/gas mark 4. Cut 4 x 50cm square pieces of baking parchment.

Stir the courgette, carrot and half the parsley into the couscous and combine thoroughly. Divide the couscous among the parchment squares, placing it in the middle, then place a cod fillet on top of each. Top with some slices of lemon and a little of the remaining parsley. Fold up the paper squares to make sealed parcels. Place on 2 baking trays and cook in the oven for 15-20 minutes.

Meanwhile, in a small bowl, mix the yogurt with the remaining crushed cumin seeds, the garlic and the remaining parsley. Serve the fish parcels with the yogurt and lemon wedges on the side and fresh salad leaves.

recipe from Sainsbury.co.uk





wonder if you know?

Although our nose and ears keep growing throughout our lives, our eyes remain the same size from birth

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 traditional name for the Northern Hemisphere's longest day of the year, which takes place in June?



**£75
MJO
voucher**

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

Competition closing date 30/6/26. 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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