

At East Quay we believe in providing the best level of care and attention, tailored to meet the needs of each person we see. This philosophy also extends to all our eye care services.

During your visit we take the time to clearly explain the procedures carried out and your results so you understand what it all means.



Happy Easter  
FROM,  
ALL AT EAST QUAY VISION



## Myopia Control Lenses for Children

Myopia (short sightedness) can progress quickly in children but with the latest technology this can now be slowed. Studies showed that high myopia can lead to severe vision impairment that can no longer be corrected through standard lenses. It can also increase the risk of ocular complications later in life.

Essilor's NEW Stellest lenses slow down myopia progression by 67% on average, compared to single vision lenses, when worn 12 hours a day.

For more information about Essilor's New Stellest Lenses please ask a member of staff.

## East Quay Vision Opening Hours

**Monday** – 8.30am – 6pm  
**Tuesday** – 8.30am – 6pm  
**Wednesday** – 8.30am – 5.30pm  
**Thursday** – 8.30am – 5.30pm  
**Friday** – 8.30am – 5.30pm

## We are now on FACEBOOK!

Please like and share our page to keep up to date with our latest offers and East Quay Vision news.

We will also be hold competitions throughout the year so don't miss your chance to win!



## Coronavirus Safety Guidelines

As we are a healthcare setting, please can we ask all patients to wear a mask to all appointments (unless exempt).

If you are experiencing any Covid-19 symptoms please can we ask that you postpone your appointment. This is to help protect our vulnerable patients, our staff and the smooth running of the practice.

We thank you for your co-operation.

## East Quay Vision's Easter Competition

East Quay Vision's Easter Chick 'Chickie' has hidden 12 of her Easter egg's all over our newsletter! Circle all the hidden eggs when you find them and once you have found them all, email us a picture of what you have found for your chance to win a prize!!



\*Terms & Conditions apply

- Please submit all entries via email to – [somccg.eastquayvision-eastquaymc@nhs.net](mailto:somccg.eastquayvision-eastquaymc@nhs.net)

- For ages up to 12 years

- Winner will be picked at random

- Competition closes – April 15<sup>th</sup> 2022

### FUNDUS PHOTOGRAPHY

Modern technology means that your optometrist can now use a special camera to take photographs of the inside of your eyes. This allows us to see any abnormalities very easily, and provides a permanent record of the condition of your eyes at a certain date. This is especially useful if you have diabetes, glaucoma, or many other conditions as we can compare any changes to the 'snapshot' we have on record.

Each time you visit us we can take photographs of the inside of your eyes and compare them to photographs that we took last time. It is much easier to spot problems if we can see how your eyes are changing over time. And the earlier we spot problems, the more likely it is that they can be treated before they cause irreversible damage. The process itself doesn't hurt at all – all that is involved is a brief flash of light as the photograph is taken and the image will appear on the computer screen.

This procedure is currently private as the NHS do not provide for this examination. If you are eligible for NHS there is a charge of £28. If you are a private patient then ask for the private upgrade which will be £49 for the full exam including sight test.

## HELP EAST QUAY VISION GO GREEN!



Bring in your  
empty bottles of  
East Quay Vision  
lens cleaner and  
receive and refill  
for just £1!



**REUSE**   
**REDUCE**  
**RECYCLE**



### WAYS TO REDUCE YOUR CARBON FOOTPRINT

- Reuse and recycle your rubbish waste
- Pay attention to packaging and use reusable bags
- Ditch bottled water and get a reusable canteen or flask
- Buy organic and local produce that was grown in an eco-friendly way
- Travel green and walk, cycle or use public transport
- Grow your own food