WILSON WILSON & HANCOCK NEWS

THE CLOCKS GO BACK ON 25 OCTOBER

Your eyes are about to work harder than they have all year. Here is how to help them.

One pair, five jobs.

Driving, screens, reading, weekends. Why the right lens beats a lens asked to do everything — and when a second pair earns its place.

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The vision change you should never ignore.

Sudden double vision can be a warning sign of stroke. What it means, and what to do in the first few minutes.

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EYECARE PLUS+

20% off spectacles and contact lenses, your eye examination included, emergency appointments free — from £12 a month.

PAGE 3

Two pairs, two jobs.

25% off a complete second pair, all year round. One pair for the day, one for the drive home.

PAGE 4

Welcome to the Wilson Wilson & Hancock newsletter

The clocks go back on 25 October. If the headlights seem so much worse on the drive home in the dark, this issue is for you: what your glasses are being asked to do once the light goes, and when a second pair beats one pair doing five. There is also an important piece on a vision change that should never be ignored, news of Eyecare Plus, our monthly care plan, and forty years of Paul McDonald.

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ONE PAIR, FIVE JOBS

Why the right lens beats a lens asked to do everything — and when a second pair earns its place

Think about an ordinary Tuesday. The drive to work with low autumn sun sitting squarely in your eyeline. Three or four hours at a screen, with a keyboard below it and a colleague across the desk. A document held at arm's length. The drive home in the dark, headlights coming the other way. Then an hour with a book, or in the workshop, or in front of the television.

Most of us ask a single pair of glasses to handle all of that. It usually copes. But coping is not the same as doing each job well, and a lens designed for one task will always beat a lens asked to compromise across five. Driving is the clearest example. As the light drops your pupils widen, and wider pupils are far more easily troubled by glare — which is exactly when oncoming headlights and wet roads start throwing light at you. There are lenses designed specifically for this: they cut the reflections and keep the road and the dashboard sharp at the same time.

Desk and screen work is the other big one. Because an everyday varifocal has to cover every distance, from the road to the page, its zone for screen work is narrower. A lens built for indoor distances gives you the whole width.

People usually notice the difference in their neck and shoulders before they notice it in their eyes.

And once the evenings draw in, the coating matters more than almost anything else: an anti-reflective coating stops the light from headlights and wet tarmac bouncing around inside the lens, so more of it reaches your eye and less of it scatters. It is the least expensive upgrade you can make, and at this time of year it is the one you notice first.

Which brings us to the obvious objection: that sounds like two pairs. Often it is. But a second pair is not a spare in a drawer. It is a pair with one job, and because it only has to do that job, the frame can be simpler and cost less than the pair you wear all day.

A driving pair lives in the car. A screen pair lives on the desk. Neither has to be the pair you wear to a wedding.

So when you come in, bring us your day, not just your prescription — the commute, the hours at a screen, the hobby, the dog walks. We will tell you honestly whether one pair can cover it or two would serve you better, and there is 25% off a second pair bought within three months of the first. The details are on page 4.

SEIKO

THE SEIKO RANGE, BY JOB

- **For the drive home —** SEIKO Drive (single vision) and SEIKO Drive X (varifocal), with RoadClearCoat.
- **For the desk —** SEIKO Indoor PC, 100 and 200, built for screen distance, a metre, and a room.
- **For changing light —** SEIKO Sensity, which darkens outdoors; SEIKO PolarThin, one of the thinnest polarised lenses made.

AND THE COATING TO MATCH:

- **For night driving —** SRC-ROAD: developed specifically to reduce the reflections caused by oncoming vehicles and bright headlights.
- **For screens —** SRC-SCREEN: reduces blue light for long days in front of a screen.
- **Every day —** SRC-ONE: premium everyday anti-reflection, with protection against scratches, dust and dirt.

Ask us which suits the way you drive, work and spend your evenings.

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THE VISION CHANGE YOU SHOULD NEVER IGNORE

Ask most people to list the warning signs of a stroke and they will reach for the same three: the face that droops, the arm that drifts, the speech that slurs. One sign is missed far more often than those, and it is one we see in optical practice — sudden double vision.

Seeing a single, clear image depends on both of your eyes pointing at precisely the same spot. That takes six small muscles around each eye, driven by three cranial nerves. A stroke, or a transient ischaemic attack (TIA — often called a mini-stroke), can interrupt the blood supply to the parts of the brain controlling those nerves. One eye drifts fractionally off course, and the world splits into two overlapping images.

THE ONE-EYE TEST

If double vision comes on suddenly, cover one eye. Does the doubling disappear? If covering either eye clears it, that is what we call binocular double vision — each eye is working, but the signals coordinating the two have been disrupted. That is the pattern that needs urgent attention.

WHEN IT IS AN EMERGENCY

If sudden double vision comes alongside a drooping eyelid, unequal pupil sizes, a sudden severe headache, dizziness or confusion, call 999 immediately or go straight to A&E.

And if the double vision passes after a few minutes, do not file it away as one of those things. Not every case of double vision is an emergency; it can have many other causes, most of them far less serious. However, a brief episode can be a warning of a larger stroke to come, and being assessed promptly can protect both your sight and your life.

If you've experienced fleeting double vision, or generally have any concerns, contact your local branch to make an appointment to see one of our Optometrists – just make sure to inform our reception staff of the reason for the appointment so that they can handle it appropriately.

The Stroke Association publishes clear, readable guidance on vision problems after stroke at stroke.org.uk.

ARE YOU B.E. F.A.S.T. AWARE?

Most of us know F.A.S.T. Stroke charities increasingly teach B.E. F.A.S.T., so that the balance and eye signs are not missed:

- **B. Balance:** sudden loss of balance, dizziness or trouble walking.
- **E. Eyes:** sudden double vision, blurred vision, or loss of sight in one or both eyes.
- **F. Face:** one side droops or feels numb. Ask the person to smile.
- **A. Arms:** one arm drifts downwards when both are raised.
- **S. Speech:** slurred speech, or difficulty speaking at all.
- **T. Time:** call 999 immediately if any of these signs are present.

EYECARE PLUS+

Most of what we find is not an emergency — it is the quiet, gradual change picked up at a routine examination, while there is still time to act. Eyecare Plus is built for exactly that: one monthly direct debit, from £12, and your eyecare with us is covered. **Members get:**

- **Your advanced eye examination included,** with our Optomap ultra-widefield retinal scan and an in-depth OCT scan — the imaging that helps us pick up macular degeneration and other conditions earlier.
- **Free emergency appointments,** so if something worries you between visits you are seen, not put on a waiting list.
- **20% off your first pair of spectacles,*** and 25% off a second pair, including lenses, bought within three months of the first. Each pair takes one discount, not both.
  * Excludes our budget range.
- **Contact lens consultations, fittings, re-fits and upgrades included,** plus 20% off disposable and gas permeable lenses.
- **Free ultra-sonic cleaning and servicing,** a free Optomap for family members under 19 at the same address, and access to our optometrists' specialist services, including dry eye therapy.

How often we see you is a clinical decision, never a commercial one. Join at your next visit, or call your branch — it takes a couple of minutes.

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TWO PAIRS, TWO JOBS

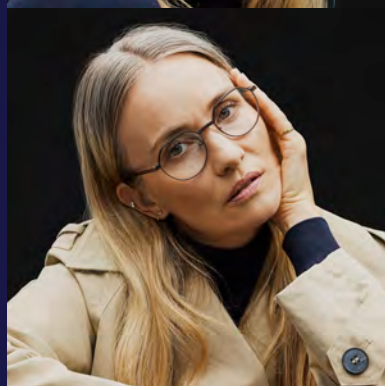
25% OFF a complete second pair — with every complete pair, all year round.

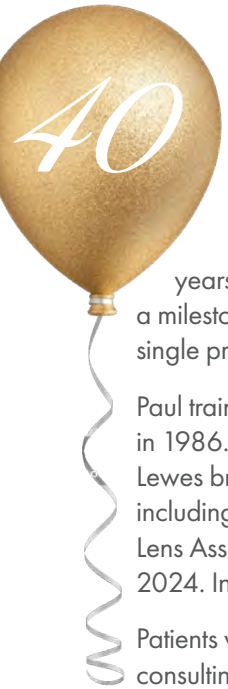
The right lens for the job often means a second pair. Here is how we keep that affordable.

With every complete pair of spectacles you buy from us, you get 25% off a complete second pair — frame and lenses — for the same wearer, bought any time within three months of the first. That runs all year, at all four branches. Spread the cost of either pair with Flexi Pay, at no extra cost. Just ask.

OFFER TERMS

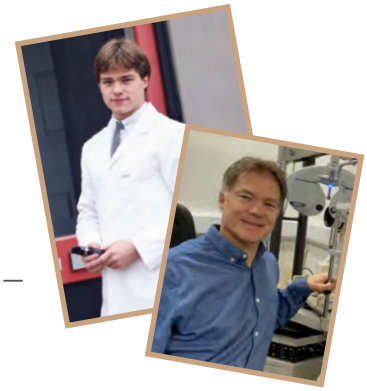
25% off a complete second pair (frame and lenses) with every complete pair of spectacles purchased, for the same wearer, when the second pair is bought within three months of the first. The 25% applies to the lower-priced of the two pairs. Applies to any frame in the practice, including prescription sunglasses, except Maui Jim sunglasses. Cannot be used in conjunction with any other offer or discount. Available all year round at all four branches.





FORTY YEARS OF PAUL

This August, Paul McDonald marked forty years with Wilson Wilson & Hancock Opticians — a milestone very few people in optics reach with a single practice.



Paul McDonald MCOptom FBCLA — then and now.

Paul trained at Aston University and joined us in Hastings in 1986. He became a partner in 1992 and opened our Lewes branch in 1994. Our go-to optometrist for specialist contact lenses, including myopia control for children, he became a Fellow of the British Contact Lens Association in 2021 and added a professional certificate in glaucoma in 2024. In November he receives Fellowship of the College of Optometrists.

Patients will know him for the photographs of their own eyes he shares in the consulting room. Away from work he is an award-winning photographer, with national and international distinctions, and a four-time Lewes squash champion. His happiest moments: the births of his children, and the joy on the faces of patients he helped with Vision Aid Overseas in Uganda and Eswatini.

From everyone at Wilson Wilson & Hancock — thank you, Paul.

DESIGNER FRAMES REDUCED

Our frame ranges move on through the year, and as the season turns we make room for what comes next. That means reductions across a range of frames at all four branches — including names like l.a.Eyeworks, Anne et Valentin and Blackfin.

Each branch has its own selection, and the discounts vary from frame to frame. So come in, take your time, and ask. There's something for everyone across our range – we'll help you find the one that suits you.
While stocks last.

DUE AN EYE EXAMINATION?

Most people should have their eyes examined every two years — sooner if we have said so. If it has been longer, or you are not sure when you were last seen, call your branch and we will check for you. It takes a minute.

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