

“Hello, is that the Coast Guard..?”

This summer we holidayed on the Cote du Rose, or the Pink Granite Coast, in North Brittany. We’d rented a fabulous gite in the pretty town of Perros Guirec and we were having a great time.



One particular day we’d taken a walk from the nearby town of Port Blanc to the Iles Des Femmes, one of a group of islands separated from the mainland by a long thin causeway of sand and pebbles, no more than 500m from the beach. What I’d failed to realise or even consider was that the tide could cover over this stretch of pebbles, cutting off our route back to the mainland. So you can imagine our surprise when, after spending a couple of wonderful hours on a deserted beach, we start making our way back to Port Blanc only to discover that the tide has started to come in and our only route back is now well and truly submerged. We’re trapped..! I’ve got my wife, two young boys and a dog. We’re all good swimmers, but come on, a 500m swim, fully clothed in cold, choppy waters was out of the question.

A quick search on Google tells us low tide won’t be until 10pm, another 7 ½ hours from now! Karen and I are discussing our options in hushed tones, trying not to alarm the children. Tom’s nickname is Radar (after the character in the TV show M*A*S*H) because he always picks-up what you say even if you’re trying to be quiet or speak privately without being overheard! “It doesn’t matter if we’re trapped here Daddy” he says, “It’s great fun on this island, and we’ve got biscuits and apples to eat, so we can sit it out until low tide!”

Granted, this was an option, but not really one I wanted to go for, knowing full well that the novelty of being Robinson

Crusoe would very quickly wear off, as our supplies of custard creams, chocolate bourbons and apples got rapidly depleted. Drastic times called for a cool head and swift action. It was time for Google Translate!

“Allo? Est-ce que c’est la garde côtière? Ma famille et moi sommes bloqués sur une île en face de Port Blanc ...”, which roughly translates as:

“Hello? Is that the coast-guard? My family and I are stranded on an island opposite Port Blanc...” Now there’s a phrase I never thought I’d have to use. That’s way above my GCSE-level French, thank goodness for Google Translate!

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Within 20 minutes, two young men appeared on their rigid inflatable like knights in shining armour! I must have apologised to the coast-guards a thousand times on the five minute journey back to Port Blanc, and I kept my head down as we walked up the slip-way with the locals looking-on at the

silly Englishman who managed to get his family stranded on the neighbouring island! The word embarrassed doesn't even come close! The boys thought it was all a great adventure, and of course we were never in any real danger, but the mind was thinking of all the "what if's". A valuable lesson has been learned!



"Nobody come near me. I don't want to ruin my just-back-from-vacation momentum."

Monty Python Was Right!

Monty Python are not everybody's cup of tea. Their brand of irreverent satire was cutting-edge at the time, and I remain a big fan of their work. They are not only remembered for their "Monty Python's Flying Circus" sketch-show from the 1970s, but also their films, perhaps most famously of all "Monty Python's Life of Brian". The film closes with the song "Always Look On The Bright Side Of Life". Penned by Eric Idle, the song encourages the viewer or listener to "...laugh and smile and dance and sing..." in the face of whatever life throws at you. In other words, to try and be an optimist.



Image: Monty Python's Life of Brian

Recent research suggests that the Python's might just have been on to something, as a US study has found that being an optimist is good for your health.

The study found that having a positive approach to life increases life expectancy, with people who have an optimistic outlook having a longer life expectancy than those who have a more negative approach to life. On average, the most optimistic men and women had a 11-15% longer lifespan and were significantly more likely to live to 85 compared to the more pessimistic group.

Exactly why optimistic people have a longer lifespan is not fully understood, but it is thought that a positive attitude towards life can help to reduce stress levels, whilst not ruminating about negative life events may help to strengthen the immune system and help reduce the risk of infections and other chronic health conditions.

So, if you're feeling a little bit like the glass is half-empty, it might just be worth remembering the words to the Python song. Alternatively, just call in to see the Clarke & Roskrow team; we're a happy bunch and try everyday to spread a little joy and happiness!



The Happy Newspaper

On the same day that I read the news about being optimistic, I came across a publication that I think is really awesome! We live in uncertain times. There's a lot of instability around. Mainstream media portrays an often bleak and hopeless world (which does nothing for our sense of well being and optimism!)

But that's where this publication "The Happy Newspaper" comes in! A quarterly publication that celebrates all that is good in the world! The paper is packed with only positive stories from across the globe; it's purpose is not to deliver sad or terrifying news to your doorstep, which you might read once and then throw away. It's sole purpose is to share and celebrate positive, uplifting stories that are often overlooked by mainstream media. For many people, understanding the idea behind the newspaper is one thing, but experiencing what a difference it makes to see and read solely positive articles is another.

You'll be seeing copies of The Happy Newspaper at Clarke & Roskrow Styling Opticians when the next edition comes out later in the year. In the meantime, I hope that reading The Church Street Chronicle, preferably with a nice cup of tea or coffee (or something stronger!) continues to brighten your day!

Guide Dogs Puppy



A massive Thank You to all of our clients who have helped us raise £1,000 for Guide Dogs. Those of you who had your eyes tested in January during our New Year Healthy Eyes Month helped us to raise this sum through proceeds from our Optical Coherence Tomography (OCT) scan. I'm pleased to say that the donation has been made to Guide Dogs and is already benefiting the lives of people living with vision impairment. Part of our donation is being used to sponsor and train a Guide Dog Puppy. To mark the occasion, we were delighted to welcome Mike Townsend and his guide dog Oxford to the practice last month, along

with Mike's wife Edith. Mike and Edith run Harborough's branch of the Guide Dogs charity and it was our pleasure to make our presentation to them both. Oxford is Mike's fifth guide dog in over 50-years of being a guide dog owner. Mike held us captivated with his stories of being a young student in London in the swinging-60s and the difference having a guide dog has made to his life then and in the intervening 50-years. Famously, Mike's previous dog Tom led them both to safety when they were caught up in the horrendous events of the 7/7 London bombings in 2005. By his own admission, Mike always thought Tom was a

bit of a daft dog, but he really came good during the events of that awful day. You can read more of Mike and Tom's story at www.bbc.co.uk/leicester/content/articles/2005/12/20/guide_dog_feature.shtml

Our Clarke & Roskrow Guide Dog is called Skye, a black labrador puppy. She's already taking her first steps to becoming a fully trained guide dog and has recently had her first outing on a bus! We'll be keeping you informed of Skye's progress in the coming months, but you can also follow her journey to becoming a fully trained guide dog by following her on facebook at www.facebook.com/groups/puppy.skye/



NATIONAL EYE HEALTH WEEK



This month sees the return of National Eye Health Week, which runs from the 23rd-29th September.

This is an important week in the nation's health calendar, raising awareness of the importance of eye health and the need for regular sight-tests for all.

Vision really matters. We live in a world where our sense of sight is the most crucial of all the senses, and the one which many of us fear losing the most.

And yet, as a nation, we aren't very good at looking after our eyesight and eye health.

Don't forget to read the last page for your invitation to an Eye Health Talk exclusively for clients of Clarke & Roskrow Styling Opticians.

Did you know that:

- Over 2 million people in the UK are living with sight-loss that is severe enough to have a significant impact on their daily lives. Half of this sight-loss is avoidable.
- A sight-test can detect early signs of eye disease such as glaucoma, which can be treated if found early enough.
- Glaucoma is the leading cause of preventable blindness in the UK.
- A sight-test can also help to detect other general health problems such as diabetes, raised blood pressure and cholesterol, to mention just a few.
- Your Optometrist can provide practical advice on how to maintain healthy eyes and vision.
- Globally, the leading cause of vision impairment is a lack of access to sight-tests and glasses.

VISTA is Leicester, Leicestershire and Rutland's charity for people with sight-loss. Based in Leicester it is one of the region's oldest and largest local charities, supporting people with sight-loss and their families for over 150 years.



VISTA's aim is to:

- Promote eye health to prevent avoidable sight-loss;
- Reduce the impact of sight-loss, and
- Provide support and care for people affected by sight-loss.

This month, if you have your eyes tested and invest in our Optical Coherence Tomography (OCT) scan*, we'll donate the proceeds from the OCT scans to VISTA. As an additional "Thank You" we'll even give you a FREE £50 Eyewear Gift Certificate towards new glasses, so not only will you be investing in your own eye health and vision, but also you'll be doing a good deed in helping to support local people with sight-loss.

**The OCT scan is standard for all private clients. If you qualify for a NHS-funded sight-test (which does not include OCT) our current fee for the OCT is £40.*



HANDY HINTS FOR HEALTHY EYES AND VISION

Many of our clients ask me if there is anything they can do to help maintain healthy eyes and vision. And the answer is yes! Here are a few handy hints on how to protect your eyes and maintain healthy vision.

Diet

There's an old adage that says "You Are What You Eat" and this is equally true for our eyes. Studies show that having a poor diet can put your eyesight at risk. Conversely, having a good diet can help to maintain healthy eyes and vision. A recent study showed that 60% of the population had no idea that what we eat can affect our eye health.

Foods recommended for good eye health include:

- Broad leaf greens such as kale and spinach
- Brightly coloured fruit and veg such as corn, carrots, sweet peppers and oranges
- Oily fish like salmon, tuna and mackerel
- Broccoli
- Eggs

Exercise and Eyesight

Lack of exercise contributes significantly to several eye conditions, particularly amongst people aged 60 and over. Exercise may reduce the risk of sight loss from narrowing or hardening of the arteries, high blood pressure and diabetes.

Smoking

After ageing, smoking is the biggest risk factor for developing macular degeneration.

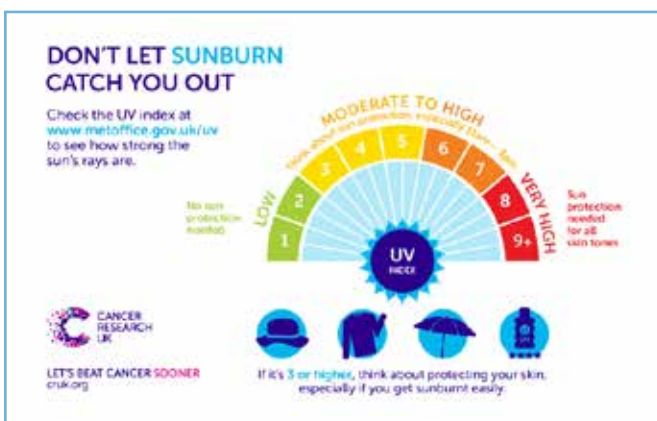
Smoking also increases your risk of developing cataract.

The Sun and UV Radiation

Protecting your eyes from the sun is very important and should not be underestimated.

Exposure to UV light (natural daylight) increases the risk of early onset cataracts and contributes to age-related macular degeneration. And did you know that 5-10% of all skin cancers affect the eyelids and the delicate skin around the eyes? So investing in a good pair of sunglasses is an important investment in our eye health. Your sunglasses should have the CE mark on them which ensures that they are giving you the right level of ultraviolet (UV) protection. And of course all sunglasses from Clarke & Roskrow Styling Opticians meet this requirement.

The "UV Sundial" from the Met Office can help you decide whether you need your sunglasses. If the UV index is 3 or higher, this is sunglasses weather! If you have a smartphone with a weather app, the UV index is broken down into low (1-2), medium (3-5), high (6-7) and very high (8-9+). In the UK the UV index rarely gets above high, but if it's medium or higher then put your sunglasses on and also protect your skin with suncream.





Back By Popular Demand!

Exclusively for clients of Clarke & Roskrow Styling Opticians, an Eye Health Talk by local award-winning Consultant Ophthalmologist Theo Empeslidis. On Thursday 10th October 2019.

You're in for a real treat! Last year's event was very well attended, and I'm sure demand for this year's talk will be just as high. On Thursday 10th October we'll be hosting a special talk at The Three Swans Hotel in Market Harborough with award-winning local Ophthalmologist Mr Theo Empeslidis. Theo is the lead consultant for the Macular Disease service at Leicester Royal Infirmary, and is also a founding member of the team at The Stonegate Eye Hospital in Leicester, the only dedicated eye hospital in the East Midlands. Theo is one of the most highly sought-after Ophthalmologists in the region so we are very fortunate that he is able to provide an enjoyable and informal presentation on eye health for you.



Picture:
Mr Theo Empeslidis

Who is this for?

- If you have early stage cataracts or macular degeneration
- If you have a family history of eye problems, such as glaucoma or macular degeneration
- If you're over-40 and simply curious and want to be proactive about looking after your eye health and vision

What is it all about?

You'll get Theo's insight and advice on:

- How to keep your eyes healthy and to look after your vision after the age of 40
- What you really need to know about cataracts and age-related macular degeneration
- What to expect and be on the lookout for as your eyes age
- The common challenges to your vision with age and how to overcome them

And lots more I'm sure!

A private consultation with Theo at The Stonegate Eye Hospital will probably cost you in the region of £200, but at this exclusive event you'll get his expert advice absolutely free complements of Clarke & Roskrow Styling Opticians!

Invitation Only

The room we have reserved at The Three Swans for Theo's talk can only accommodate 50 guests comfortably. We'd also like to keep the event small so guests have the opportunity to ask questions. To avoid disappointment, please reserve your place as soon as possible. I'm expecting this to be a popular event and that all places will be taken quickly.

Bring a friend!

You're welcome to bring a friend, relative or significant other along with you. Please let us know if you need an extra place when you RSVP.

Raise Money for VISTA

Attend this year's talk and help us to raise money for VISTA. We're kindly asking all guests who attend to donate just £5 ticket entry, which we will match and donate the proceeds to VISTA.



How to reserve your free place at Theo's talk:

Date: Thursday 10th October 7pm-9pm

Where: The Cromwell Suite, The Three Swans Hotel, High Street, Market Harborough

Please RSVP by calling us on 01858 462996 or email hello@clarkeandroskrow.co.uk. If you wish to attend please act quickly to avoid disappointment!