

TEN YEARS IN UCKFIELD

WE CELEBRATED IN STYLE TO MARK
OUR 10TH BIRTHDAY IN TOWN!

HEARING LOSS AND DISABILITY

HEARING LOSS MAY QUALIFY YOU
FOR EXTRA SUPPORT

CHILDREN'S RESPITE TRUST

RAISING FUNDS FOR AN INCREDIBLE
CHARITY - PLUS YOUR CHANCE TO
WIN SOME AMAZING PRIZES!



A NEW LOOK FOR BEXHILL!

OUR BEXHILL STORE RE-OPENS AFTER AN EXCITING AND EXTENSIVE REFURB

Barracloughs

OPTICIANS & HEARING CARE

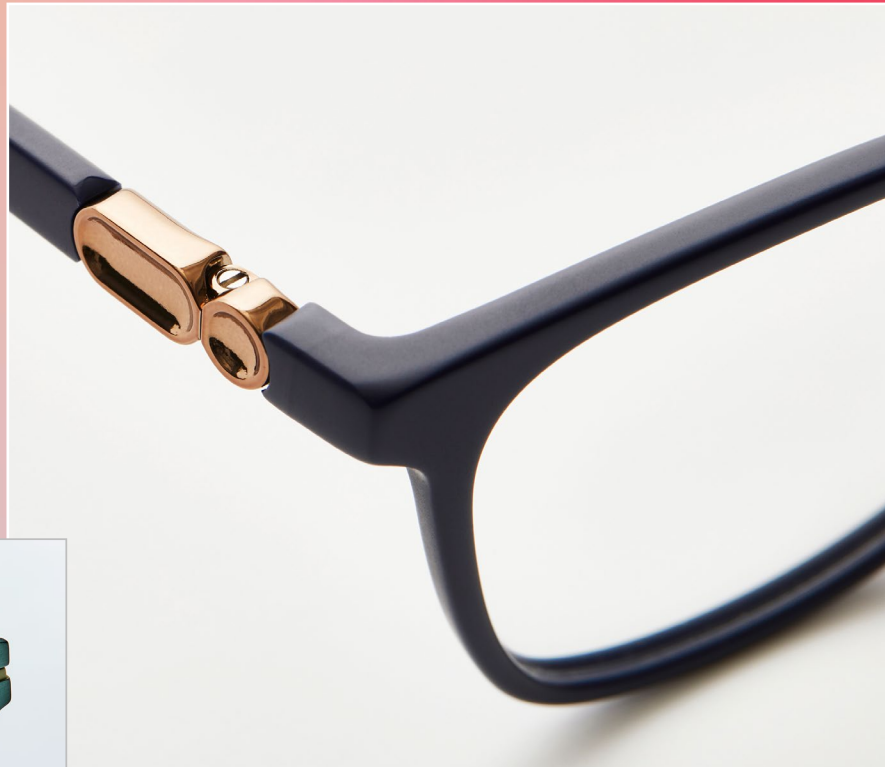
It's been a busy and exciting time here, and we have lots to share with you! Summer has finally arrived, but are your eyes ready? New sunglass collections are in at all our stores, ready to help you step out in style and protect your eyes!

Have you noticed our new-look Bexhill store? Read about its fresh, modern space... with new tech and new eyewear! We're incredibly proud of our team, and this quarter, we're celebrating some truly impressive team anniversaries – a testament to the dedication and experience you find at our practices.

Our Uckfield store has been buzzing lately! Our Tom Ford brand exhibition was a great day and we're excited to announce an exciting raffle to raise funds for local charity, The Children's Respite Trust. Finally, meet Sophia, your new Uckfield Store Manager! Read on to discover more about all these exciting updates, and more...

SUMMER 2025

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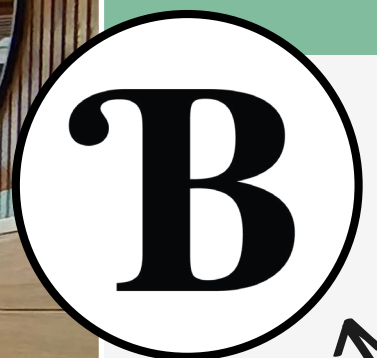
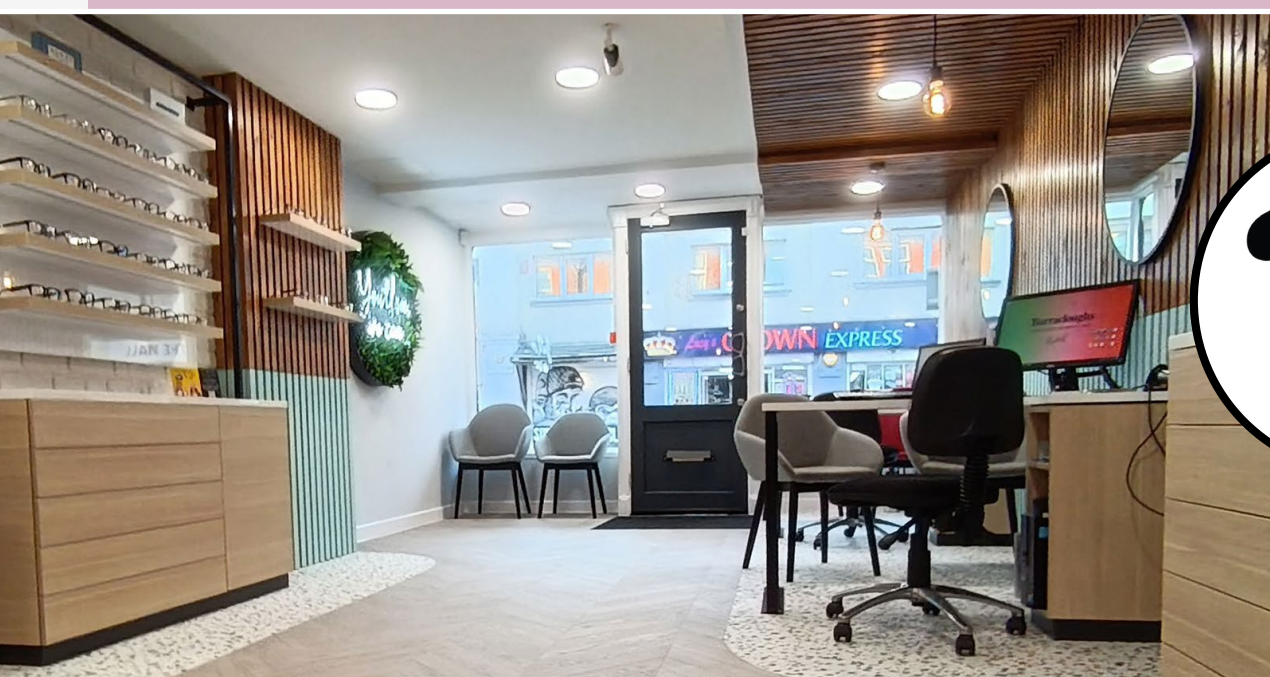
Experience eyecare in style, welcoming you to our new look store!

Your Bexhill practice has undergone a complete transformation - its first significant upgrade since 2016. We closed for a little over three weeks from 14th April - 8th May whilst the major renovations took place to create a truly revitalised store.

Our newly redesigned space features a striking new boutique-style layout with open-plan areas, vibrant pink and green accents, wall foliage, and sleek shelving for frames - creating a warm, modern and welcoming environment for you. You will also notice enhanced waiting areas, improved dispensing zones, exciting new eyewear collections and an overall lighter, more spacious layout that makes every visit more enjoyable.

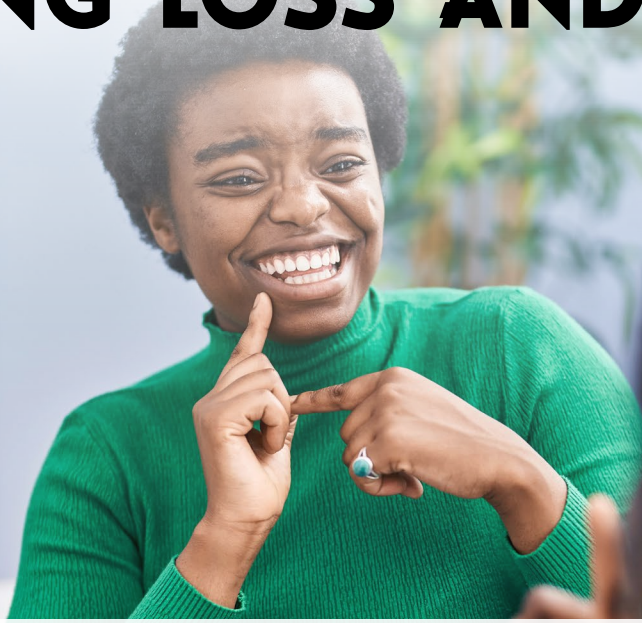
Alongside aesthetic improvements, we're now equipped with the latest in optical technology - including two new virtual reality headsets designed to elevate the standard of eye care. One headset, part of the innovative Kudos system, analyses how you move your eyes and head to focus, allowing for highly tailored lenses. The second offers a more comfortable and accessible way to assess field of vision, colour vision, binocular vision and contrast sensitivity and is especially beneficial for anybody with mobility challenges.

If you haven't yet, please do drop by and experience the new environment!



We've refreshed our branding too!

HEARING LOSS AND DISABILITY



Experiencing hearing loss or a recent diagnosis of deafness may qualify you for disability benefits and support, designed to ease daily life.

In the UK, hearing loss and deafness are considered a disability under the Equality Act 2010. This act came into place to ensure that disabled people had equal access and opportunity within society without discrimination. Disabling hearing loss often refers to hearing loss greater than 35 decibels, which has a significant impact on life. To put it into perspective, normal hearing ranges are between 0-20 decibels. Our audiologists will be able to determine the extent of your hearing loss through a FREE comprehensive hearing assessment and provide a treatment plan. [Book your free hearing assessment today.](#)



R RODENSTOCK X-tra Clean lenses

Our innovative X-tra Clean coating gives your lenses considerably more smoothness, thus ensuring that nothing sticks... and the lens stays clean! This advanced lens has been finished with flexible molecular chains that have water and oil-repellent properties - previous coatings attract dust, dirt, water, fingerprints and reflections.

A survey of 100 spectacle wearers carried out on behalf of Rodenstock by an independent company found that 100% of respondents cleaned the X-tra Clean lenses without streaks. Of the testers, 93% said they were able to remove fingerprints and noticed easier cleaning.



RECYCLE
YOUR OLD EYEWEAR!



Pop into any Barracloughs to recycle your old specs and contact lenses! We'll accept any old specs which are then given to the local Lions Club, and we can recycle contact lenses, blister packs and foil covers!

Meet Sophia, your new Uckfield Store Manager



Following [Ginny's retirement earlier this year](#), we're pleased to welcome Sophia Bowman as your new Uckfield Store Manager. Sophia also manages our Polegate store and has been working within the optical industry for over 16 years. Sophia qualified as a Dispensing Optician in 2016 and has been a loyal member of the Barracloughs team since 2019.

"I'm excited to be taking the reigns of the lovely Uckfield store. It's obvious that Ginny built a truly special place, and she's clearly very well-loved within the community. She will be a tough act to follow, but I'm committed to upholding the same high standards and ensuring that our dedication to exceptional customer care remains at the heart of everything we do."



**Deafblind
Awareness
Week**

23 June to 29 June 2025

Over 450,000 people in the UK are deafblind.

Being deafblind means a person has both sight loss and hearing loss to a degree that it affects their everyday life. Though being deafblind does not necessarily mean a person is completely deaf and/or completely blind. In fact, the majority of people who are deafblind do have some hearing and some sight.

[Read more about deafblindness over on our website.](#)

CELEBRATING A DECADE IN UCKFIELD!

Uckfield open day!

TOM FORD EYEWEAR

2025 marks our tenth anniversary in Uckfield, and we celebrated in style with a special Tom Ford Brand Exhibition on 28th June! The event showcased a huge collection of Tom Ford optical and sunglass styles, along with pieces from other independent and designer collections.

Everyone who came enjoyed refreshments and delicious nibbles while exploring the elegant eyewear that Tom Ford is renowned for. It's always a pleasure to see customers discover a new look and step out of their comfort zone with a bold new frame, offering an alternative look they may not have previously even considered!

As a thank you to our wonderful customers, we offered an exclusive deal on the day of the event. We also held a raffle to raise money for The Children's Respite Trust, the winners of which will be announced very soon.

We were also thrilled to welcome new customers who joined us for the celebration! The day was made even more special by a visit from our former store manager, Ginny, who has been enjoying a very busy retirement!



Thank you to all of those who joined us!



COCOA MINT SUNWEAR



CMS2135



CMS2139



CMS2148



CMS2143



CMS2136



CMS2126

JUST A SELECTION OF THE FAB NEW STYLES!


kate spade
NEW YORK



Never buy poor quality sunglasses as they could do more harm to your eyes than good. They'll shade your eyes, causing your pupils to dilate, but they may not have sufficient UV filters, allowing more harmful UV light to enter your eyes and potentially damage them.

Team Anniversaries!



10 years!



25 years!



10 years!

Congratulations and sincere gratitude to Amanda, Rita and Sam for such loyalty, hitting these impressive milestones! With those years comes experience - you all demonstrate this on a daily basis, and always with a smile. *Thank you!*

Summer Salad

...to boost eye health!

WHAT YOU'LL NEED...
8 medium-sized vine tomatoes
1 cucumber
1 green pepper
1/2 a red onion
16 Kalamata olives
100g feta cheese
1 tsp dried oregano
1 tbsp red wine vinegar
4 tbsp extra virgin olive oil

Slice the red onion and put in your serving bowl with the red wine vinegar whilst you prepare the other ingredients.

Quarter the tomatoes; peel, halve and deseed the cucumber and cut into half-inch slices; deseed and then cut the pepper into bite-size chunks. Add the tomatoes, cucumber, peppers, olives and oregano to the onions and toss together. Add the olive oil, mix again, crumble the feta over the top and season with sea salt and freshly ground black pepper.

Serve with ciabatta or crusty bread.

Serves two.





We're proud to be holding a raffle in aid of Uckfield charity, [The Children's Respite Trust](#)! Tickets are just £2 each with a great selection of prizes donated by generous neighbouring businesses of our Uckfield store!

Respite takes many forms. For most children, the CRT charity work means regular support at home from a Children's Respite Trust Support Worker. For others it involves attending a regular activity out and about, or it can mean the whole family visiting for some time at their Centre in Uckfield. Either way, it means that families can get some much-needed support with the strain of caring for a disabled child 24 hours a day. The Trust understands how difficult it can be to achieve things that everyone else takes for granted like having a rest or dedicating some time to your other children.

[Buy your tickets here](#) or visit our Uckfield store to purchase!

PRIZES UP FOR GRABS ARE...

- Prize 1: £150 Barracloughs voucher
- Prize 2: £30 towards Barracloughs services (eye exam or imaging)
- Prize 3: BOSS designer pen
- Prize 4: BOSS designer pen
- Prize 5: A bottle of Prosecco
- Prize 6: £10 voucher for Hartfields Coffee & Kitchen
- Prize 7: £15 voucher for The Pamper Lounge Uckfield
- Prize 8: £30 voucher for W.E. Clark & Son Uckfield
- Prize 9: £20 Truffles Bakery voucher
- Prize 10: Two child tickets for any screen at The Picture House Uckfield

or scan here!

