

Life@Bottomley's Styling Opticians



Summer 2025

Summer ramblings, Scout adventures and the ongoing mystery of the missing teabags...

Hello again!

It's summer (allegedly), and we've been making the most of the occasional sunshine here in practice - windows open, music on low, and a bit of a breeze rustling the frame trays. Every now and then someone turns up in sunglasses, full of optimism, and we salute them!

It's been a busy few weeks in a lovely sort of way - the kind of steady flow that means the kettle's always warm, and there's always someone trying to remember where they left their glasses (usually on their head).



Amy has been on her culinary adventures and reports about her successes and tells us what we need to be putting in our ovens at home and also introducing us to niche snacks she's discovered on her travels.



Nareece and I have had gigs. Nareece's have been a lot more high brow than mine but it is good to get out now and again and do something non eyewear related.

We've all been out for tea! (well, nearly all - Hamia will join us next time). It was a change of plan in the end, and instead of Lindley Spice we ended up at Kobana - and we're very glad we did. We shared an enormous hot plate of different dishes in the middle of the table, which was a new one for me, and it went down a treat. Everyone left full and happy!

In this issue, you'll hear from Arfan, who - as well as being an excellent optometrist - has been leading a local Scout group through all kinds of adventurous exploits, including gorge walking and fishing. Hats off to him!

There's also the usual nonsense from Tiger, who continues to live a life of excessive naps and unreasonable opinions from the comfort of my sofa. Thanks, as ever, for being part of our little world. We do love putting this newsletter together, and we hope you enjoy reading it with your feet up and a proper brew in hand.

Warmly,
Jim



From Eye Tests to Gorge Walks

A note from Arfan, senior optometrist – and Scout leader

Hello! I'm Arfan, a senior optometrist here at Bottomley Opticians – and when I'm not looking into eyes, I'm often out in the wild with the New Horizons Scouts in Huddersfield.

I started volunteering with Scouts in autumn 2023, and since then I've had the pleasure of leading a brilliant group of boys aged 11–14. From orienteering and pioneering skills to community fundraisers and competitions, every week brings something different – and always rewarding.

One of the most memorable moments so far was our 2024 summer camp in the stunning valleys of Snowdonia. The sun was shining, the tents went up (eventually), and our scouts threw themselves into a weekend of adventure.

The standout activity? Gorge walking.

Now, I'd never done this before – and it was every bit as wild and adrenaline-fuelled as it sounds. Picture this: wetsuits, helmets, life jackets... and a group of determined young scouts sliding down boulders, crawling through narrow rock channels, and scrambling across a ledge 20 feet above a roaring waterfall.



It was nerve-wracking, but every single one of them faced their fears and made it across. That moment of teamwork and triumph is something I'll never forget.

Not every outing has been high-octane! We also ran our very first fishing trip this year, with support from the Angling Trust. The scouts learnt how to bait a hook (maggots and all), cast their lines, and wait with great patience for a bite at Hopton Waters lake.

There were tangled lines, a lot of laughter – and eventually, some actual fish. The smiles on their faces said it all.

Being part of Scouts has reminded me how powerful it is to help young people connect with nature, learn practical life skills, and grow in confidence. I've seen first-hand how experiences like these build character, resilience, and a belief that they can take on anything – rain or shine.

– Arfan





A Quick "Pupdate" from Norman

Our sponsored guide dog in training

Earlier this year, I decided to sponsor a guide dog puppy – and I'm very happy to be matched with Norman, a bright-eyed black Labrador with a waggy tail and a serious love for learning.

Since then, I've been receiving official "pupdates" (yes, that's what they're really called) from the lovely team who are raising and training him – and it's safe to say he's growing fast. The most recent update shows Norman looking far more grown-up than when we first met him, but still with that same curious spark in his eye.

Apparently, he's coming along brilliantly – calm in busy places, friendly with everyone, and already picking up the early skills he'll need to become a full-time guide dog one day. He's especially good at focusing, even with distractions around... which puts a few of us to shame, frankly.

I'll keep sharing Norman's journey as it continues – it's a small thing that means a great deal, and we're very proud to be supporting such an important cause.

Eyewear Etiquette at Garden Parties

A light look at summer style by the lemonade table

The sun is out, the garden furniture is out, and suddenly so are your neighbours.

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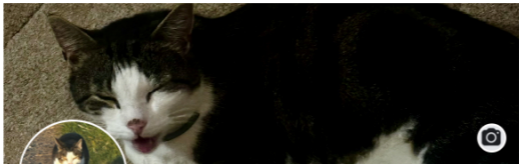
Summer socialising is well underway – barbecues, birthday dos, and that one friend who insists on a picnic even when it's 12 degrees and breezy.

But while you've remembered to bring your potato salad and your insect repellent, have you remembered your eyewear?

This is prime frame-wearing territory. The kind of afternoon where your sunglasses say more about you than your outfit. So whether you're hosting or simply hovering near the crisps, go bold. Go architectural. Go with the pair that makes someone say, "Where did you get those?"

And if you're not quite sure which pair that is yet... you know where we are.





Tiger (Bottomley's Cat)

100's of friends

Tiger's Corner

*Notes from the field
(and occasionally the flowerbed, next door's obviously)*

Greetings from the outskirts of civilisation.

This summer, I've been continuing my tireless work patrolling the local area - mostly fields, walls, and that one neighbour's garden I'm apparently "not allowed in." My efforts to keep the rodent population under control have been, as ever, spectacular.

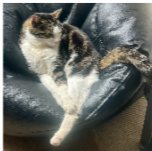
In a bold development, I have recently turned my attention to rabbits. Bigger game. More bounce. Arguably cuter, yes - but I don't let that cloud my judgement. Jim seems less thrilled by this new phase. I, however, consider it a public service.



Aside from that, I've been enjoying open windows, sun patches, and watching humans panic when they think they've lost their glasses (they're on your head. They're always on your head.)

Until next time,

Tiger
Chief of Security &
Judgemental Stares



**Get £50 off your new favourite glasses
when you bring this copy of Life in with you!**

Bottomley Opticians Life is a monthly conversation about the life and inner workings of Bottomley Opticians... its great to keep in touch and we really value having a strong relationship with you all. We're quite a small company and the only real way to grow is by offering the best service and products, and by word of mouth our reputation spreads. We are sharing some of the actions that directly contribute to what makes us different as an opticians and an independent business.

For new clients, as we grow I don't always get to meet you. This unusual publication is an open dialogue between us so that you can get to know who we are as a company, and painful as it can be, we like to show some of our personality. We're not a faceless corporation.

For regular clients, many of you only come in once a year or once every two years. We can go a long time without seeing you and a lot can happen in a year or 2 so we like to keep in touch. We have realised that a lot of you are members of families who live at the same house and we have tried to have all of you named on the envelope. This has proved quite tricky and we have sometimes sent more than one copy to the same house. So... Any offers or vouchers we send can be used by any of your family and friends as many times as you like but not in conjunction with any others.

Your feedback is invaluable. I'm extremely interested in what you have to say. I enjoy writing Life and responding to comments. Please send your thoughts and comments on what we're talking about to jim@bottomleyopticians.co.uk

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