

New Optometrist in Town

Emma Drewery, a local girl, has opened her new business in Allanvale Road.

Emma Drewery recently opened her independent optometrist business in Allanvale Road, Bridge of Allan.

Qualified for over 10 years, Emma provides quality eyecare with the very latest in eye examination technique and technology.

Being independent means she can fit and supply a wide variety of contact lens, spectacles and sunglasses, the best product for the patient.

Emma adopts a "one-to-one" approach, examining, dispensing, and performing all aftercares and collections for patients.

"I find this approach more rewarding, and one the patients appreciate. I also have been able to stock quite exclusive brands which cannot be found in this area, such as Lindberg (a beautiful light weight spectacle from Denmark), SKAGA eyewear from Norway and Face à Face from Paris.

"I am also one of the few fully qualified Sport Vision Practitioners in Scotland. With this I perform sport-specific examinations to optimise vision for sport by correcting, protecting and enhancing vision. Optimum vision in sport leads to better performance and improved anticipation and often leading to fewer injuries. I have dedicated a wall in the practice to Sport Vision with

brands such as Adidas, Bolle and Serengeti."

Emma lives in Bridge of Allan and has worked in and around the area for the past seven years.

"I would like everyone to know that we have the best eyecare system in Scotland, and that regular eye examinations should be part of your normal health care regime. In fact everyone resident in Scotland is entitled to a free eye examination."

So next time you need that local, one-to-one attention, make a visit to Allanvale Road. You're bound to see a difference!

Bargain Books 4 Kids

Lucy MacKechnie starts her internet books business

Local mum Lucy has decided that looking after two pre-school boys is not keeping her busy enough. So she has set up an internet business selling children's books at a discount.

"The aim is to offer well-known books from popular authors, all at a discount, to parents, grandparents, carers, aunts and uncles together with a fast reliable service," says Lucy.

Based in Dunblane, the site www.bargainbooks4kids.com reflects its Scottish base with a section on Stories from Scotland and also a section with Gaelic books for children. With over 1000 books on the site already and

more being added on a daily basis there should be something to suit all tastes. Cbeebies characters, Kipper, Hairy MacLary, Gruffalo, Felicity Wishes, Young Bond, Books for Boys, Jacqueline Wilson books and the Alex Rider series to name but a few. There's also audio books - ideal for those long car journeys!

There's also a free Special Request service, so if you know what you're looking for Bargain Books 4 Kids is happy to search for it for you. Providing it is still in print they are happy to get it for you and still at a discount. All you have to do is email them at sales@bargainbooks4kids.com.

Free postage and packing is available to all Bridge of Allan residents. All you need do is enter LOCAL in the promotional code box during checkout

What is still needed for the site is some book reviews, so Bargain Books 4 Kids is offering you an additional 10% off your next order if you write a review of a book on the site. All that's required is a couple of sentences of what you and/or your children think of a book. The latest addition to the site is Easter books - for the same price as an Easter Egg you could buy a book with an Easter theme. It'll last a lot longer! So let's make Easter books the new Easter eggs!

Hypnotherapy & Counselling

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Sandra McDerment BSc. MBACP (Accredited) MBSCCH

Help with: stop smoking; anxiety; sleep problems; pain control;
fear of flying & other phobias; stop nail biting;
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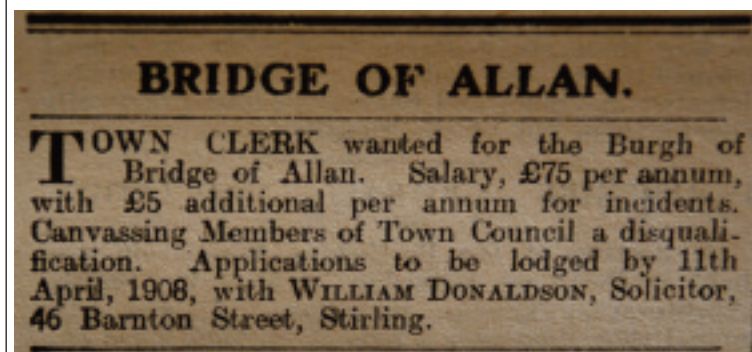


British Society of Clinical Hypnosis

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Applicants should direct their replies to Stirling Council, not to the *Bridge of Allan Times*!