



Supporting You at Every Stage  
of Your Optometric Journey

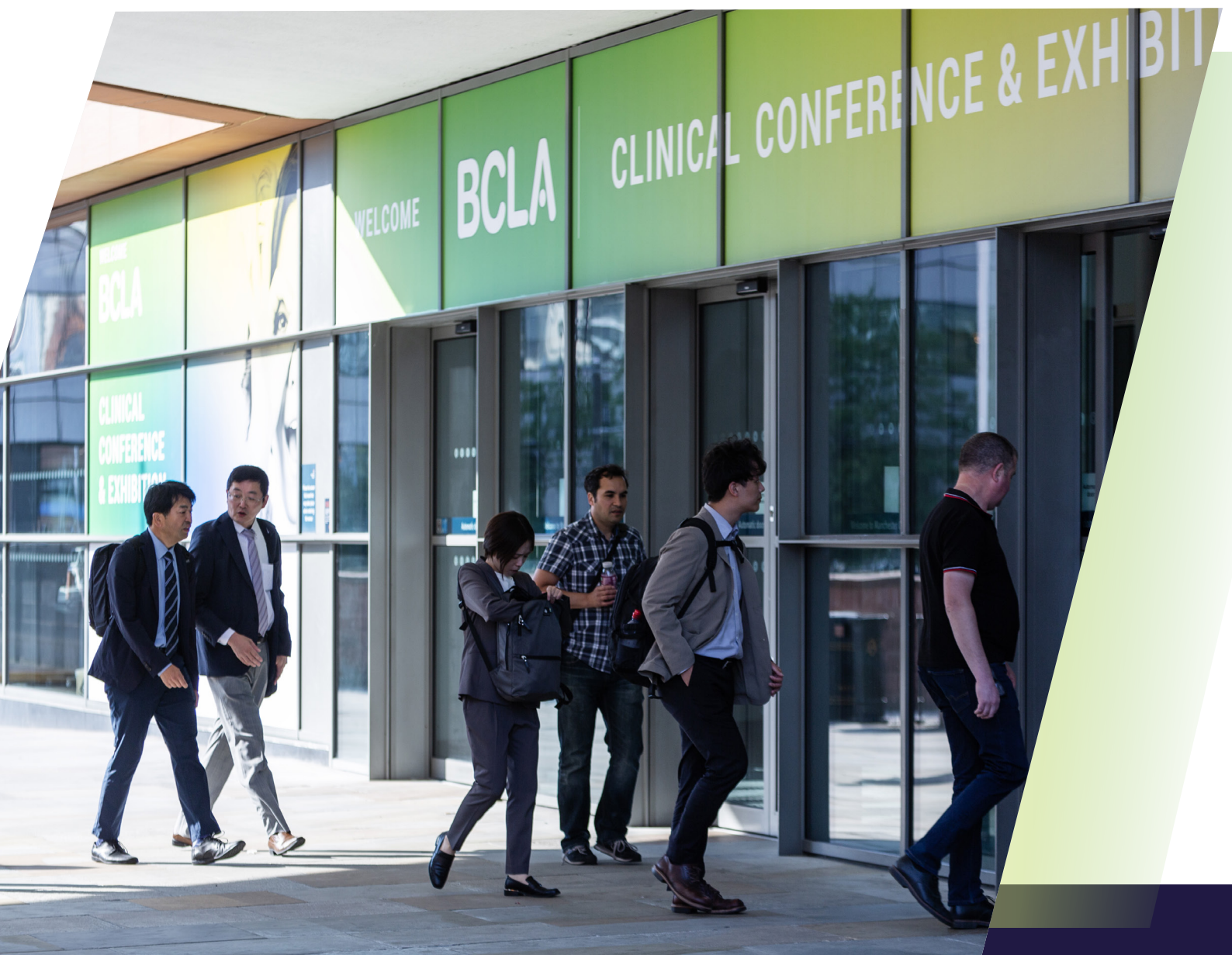


[www.bcla.org.uk](http://www.bcla.org.uk)

# Why choose BCLA Membership?

The British Contact Lens Association is a membership organisation providing a wide range of resources to help members excel at all stages of their educational and professional career. The BCLA brings expertise from the world of academia and research into the world of eye health professionals, for the benefit of their patients.

As a BCLA member you will distinguish yourself as a dedicated, passionate and effective eye care professional. BCLA membership empowers you at all stages of your education and professional career through specialist, high quality CPD and research delivered by leading experts in contact lens and anterior eye health. As a member of the association you will join a global community of like-minded professionals with common values and passion for eyecare.



# Expertise

# Who can join?

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The BCLA offers a range of benefits tailored to professionals at every stage of their career—from students and early-career professionals to seasoned experts. As a member, you'll have access to a continuous stream of valuable resources and a network of peers from all areas of contact lens practice.

Our members are...

**Undergraduate Students**

**Newly Qualified Professionals**

**Optometrists**

**Contact Lens Opticians**

**Dispensing Opticians**

**Industry Representatives**

**Academics**

**Ophthalmologists**

... and more!



# Benefits

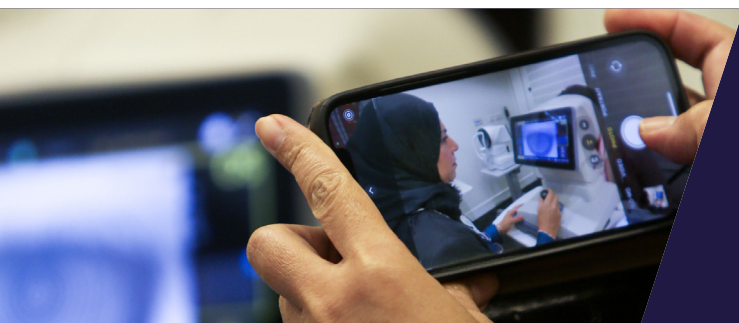
# Better Informed

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As a member, you'll be recognised for raising standards of contact lens care and anterior eye health, continually refining your skills for the benefit of your patients. BCLA membership enables you to be better informed, better connected and achieve better impact for yourself and your patients.

## Stay Up to Date with the latest research

**Contact Lens & Anterior Eye (CLAE)** is the official journal of the BCLA, covering all aspects of contact lens theory and practice, and anterior eye health. It's one of the BCLA's leading resources, published six times per year, providing a wealth of information for eye care professionals, researchers and those with an interest in this area of eye care, globally. The journal includes original full length articles on innovations and clinical trials, as well as additional features of novel case reports and editorials. It also produces regular themed issues which serve as global position papers including the BCLA CLEAR™ series.



# Expertise



## Specialised Factsheets

We offer a variety of valuable factsheets, including:

- **Myopia Management & Children:** Key information for managing myopia including paediatric patients.
- **Student-Focused Factsheets:** Tailored resources to support student learning and education.
- **Do's & Don'ts of Contact Lens Wear:** A practical guide to share with patients, reinforcing safe and healthy contact lens use.

## Monthly Research Update

Keeping up with the latest research can be a challenge, especially with the vast number of peer-reviewed journals available. To help you stay informed, we offer a **Monthly Research Update** - a curated summary of essential and relevant contact lens-related studies published in the optometry journals. This resource is designed to save you time by providing quick access to key findings, ensuring you stay at the forefront of your field. Compiled by the IACLE Education Team and supported by the BCLA, this update is available exclusively to IACLE and BCLA members.

# Specialised

# Better Informed

## BCLA @Yours Learning Made Convenient

We offer multiple learning options to ensure education is as accessible and flexible as possible:

- Online Courses offering Certificates in specialised topics
- On-Demand Lectures
- Webinars
- Podcasts

You can engage with these resources at your own pace, anytime, anywhere. Whether you prefer self-paced online courses or live, expert-led webinars, BCLA makes learning convenient and effective.

We offer **certificates** in Dry Eye Management, Myopia Management, the Fundamentals of Contact Lenses and Presbyopia, allowing you to earn CPD credits while working towards a recognised certificate.

“

The information contained within the lectures was really informative and helps with day-to-day discussion in clinic regarding Myopia Management.

BCLA Member

”



# Development

# Better Informed

# BCLA

# @YOURS

## Webinars

We deliver **webinars** each year, covering a range of relevant topics presented by leading experts in their fields.

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The BCLA webinars have been instrumental in broadening my understanding of myopia management. The quality of the information presented by the experts is invaluable!

BCLA Member

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Our **On-Demand service** ensures that all members can access webinars at their convenience. Even if you miss a live session, you'll always have the opportunity to catch up on any missed webinars, allowing you to learn at your own pace.

“

This webinar was excellent. It was educational, especially to someone like me who fits contact lenses to keratoconics and patients where laser surgery has gone wrong.

BCLA Member

”



# Convenience

# Better Connected

BCLA has members across 50 countries, so as a member you'll be joining a globally connected community of renowned experts in the field who are dedicated to sharing their knowledge and experience to improve your learning – either online or face to face at events.

Our calendar is filled with CPD events, including the prestigious Biennial **BCLA Clinical Conference & Exhibition**, and **BCLA Asia** plus various online courses and webinars. These events make BCLA's educational offerings more flexible and accessible, helping you stay informed and empowered in your practice, wherever you are.

“

The lectures were excellent. In fact, I enjoyed every minute and feel very fortunate to have been able to attend this awesome event ... The exhibition was great, and I networked with some of the exhibitors very beneficially for both sides.

**Dr. David Berkow**  
BCLA member

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“

I learnt some new things and tried some new kit which was very useful.

**Jonathan Cohen**  
BCLA member

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“

I was impressed by the quality of the presentations, the scientific papers and the variety of topics that were presented. Your attention to detail, the organisation of the sessions and the attention you gave to the needs of the participants made my experience even more special.

Also, I want to congratulate you for the opportunity you have given me to make new connections and establish contacts with colleagues from all over the world. Such networks of contacts are essential for the development of our careers and for the exchange of knowledge and ideas.

**Liliana Stankova**  
BCLA event delegate

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# Networking

# Better Impact

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Becoming a BCLA member opens up a world of opportunities that positively impact both you and your patients. Membership provides access to exclusive resources, such as the prestigious MBCLA postnominals and the BCLA Fellowship, enhancing your professional credibility.

It also supports your practice with valuable materials like the 'No Water Stickers', Do's & Don'ts of Contact Lens Care tear-off pads, and an online listing that helps patients easily locate your services. These resources elevate patient care, improve practice efficiency, and offer a trusted, professional presence in the contact lens community.

## MBCLA

The post-nominals **MBCLA** signify your ambition, commitment, and dedication to providing evidence-based care. By using these letters, you show your determination to excel in your clinical practice and elevate the standard of care in the profession.



# Education

# Better Impact



“

Since I have been a member of the organisation for so many years, I felt that it was just a good milestone for me and it's a great validation of all the work that I have put into the contact lens field over the years.

Isha Dave, FBCLA

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## Stand out from the crowd with a BCLA Fellowship

The BCLA Fellowship scheme honours outstanding contributions and commitment in the field of contact lenses and the anterior eye. Fellows are awarded the prestigious post-nominal letters FBCLA, symbolising their significant impact within these specialised areas and their ongoing commitment and dedication to the BCLA and its purpose. Since its inception in 2006, over 200 professionals from the global contact lens community—including practitioners, academics, and industry leaders—have been recognised as BCLA Fellows.

### Could you be next to join them?

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Contact lenses are a very significant part of what optometrists can offer and as such, it's an honour to be selected to be among this unique group of inspirational individuals.

Dr. Monica Jong, FBCLA

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# Excellence

# Better Impact

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## Get More Exposure for Your Practice!

BCLA members get more exposure for their practice with the **Find a Practitioner** tool on our website, making it easier for patients to locate your practice. List up to three practices and your areas of specialisation so potential patients can find you easily.

By joining BCLA, you're not just gaining access to resources—you're becoming part of a community committed to advancing eyecare standards globally. Whether you're seeking professional development, networking opportunities, or the latest research, BCLA is here to support you every step of the way.

## No Water Stickers

To help patients maintain the highest standards of contact lens hygiene, we also offer **No Water Stickers**. These specially designed stickers serve as a visual reminder to patients not to expose their lenses or lens case to water—vital for maintaining optimal eye health.



# Professional

# Membership for students and those in their early career

**As a BCLA student member, you'll gain access to a wide range of exclusive online benefits.**

These resources are specifically designed to support your studies, boost your knowledge, and build your confidence in the field of contact lenses. They'll also help you prepare for your future career. Additionally, you can attend select BCLA events for free or at a discounted student rate, enhancing your professional development even further.

**Networking with industry professionals**

**Student Factsheets**

**Opportunity to apply for Student Ambassador**

**Efron grading scales**

**Enhanced Exposure**

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Being a BCLA student member has really built my confidence with contact lenses. I've met other students who are also passionate about contact lenses and we engage in interesting conversations. I have also had the opportunity to become a Student Rep for my University which enabled me to attend the BCLA Clinical Conference. This experience showed me that qualifying isn't the end goal—it's the starting line. Lifelong learning and collaboration are all part of what makes this profession so exciting.

**Deepali Poojara**  
BCLA Student Member

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# Learning

# Exclusive Member resources

Membership gives you access to a range of resources and discounts worth over £1000 annually. Full membership costs from as little as £4.54 per week\* when you sign up for an automatic renewal option.

	Full Member	Associate Member	Newly Qualified Member*	Student Member+	Non-member
Annual one-off payment	£256	£136	£72	£32	FREE
Annual auto-renewal by card or direct debit	£236	£136	N/A	N/A	
Monthly auto-renewal by card or direct debit	£21.33	N/A	N/A	N/A	
Retired membership▲	£136	N/A	N/A	N/A	
<b>Better Informed</b>					
Contact Lens & Anterior Eye – printed journal	✓				
Contact Lens & Anterior Eye Journal - Online access	✓	✓	✓	✓	
IACLE Monthly Research e-update	✓	✓	✓	✓	
BCLA Update Monthly e-newsletter	✓	✓	✓	✓	
<b>BCLA @Yours: Webinars</b>	✓	50% off*	50% off*	✓	£32
ACLM Contact Lens Yearbook online	✓	✓	✓	✓	
ACLM Contact Lens Yearbook printed	10% off	10% off	10% off	10% off	
15% discount on Elsevier publications	✓	✓	✓	✓	
<b>BCLA @Yours: Online Courses</b>					
Certificate in Dry Eye Management & Contact Lens Retention	✓	50% off*	50% off*		£192
Certificate in Myopia Management	✓	50% off*	50% off*		£192
Certificate in The Fundamentals of Contact Lenses	✓	50% off*	50% off*		£192
Certificate in Presbyopia	✓	50% off*	50% off*		£192
<b>BCLA @Yours: On Demand webinars/lectures</b>	✓	✓	✓	✓	
<b>BCLA @Yours: Podcast</b>	✓	✓	✓	✓	✓
Student Factsheets			✓	✓	
Efron Grading Scale			✓	✓	
<b>Better Connected</b>					
Discounted entry to the following events (Discount level varies based on membership category)					
BCLA Clinical Conference & Exhibition	✓	✓	✓	✓	Full price
BCLA Asia Conference	✓	✓	✓	✓	Full price
BCLA Presidential Address	✓	✓	✓	✓	Full price
<b>Better Impact</b>					
MBCLA postnominals	✓				
Membership Certificate	✓				
Opportunity to apply for BCLA Fellowship	✓				
Discounted patient resources					
• No Water Stickers++	✓	✓	✓	✓	Full price
• Dos and Don'ts of Contact Lens Care – Tear off pads++	✓	✓	✓	✓	Full price
Clinical Fact sheets	✓	✓	✓	✓	
Online practice listing via 'Find a Contact Lens Practitioner'	✓	✓	✓		

\*50% discount from the non-member price.

++ Available to buy. Members eligible for discount on the full rate.

+ Students pay a one-off fee for the entirety of their undergraduate studies. Applicable to UK and Overseas Students.

\*Newly Qualified membership is open to any person who qualified within two years from the date of application and is valid for two consecutive years.

▲ Members due to retire and turning 60 can opt for Retired Membership after 5 years continuous membership.

Information is correct at time of publishing; however, benefits and prices are subject to change. Please refer [www.bcla.org.uk](http://www.bcla.org.uk) for the most up-to-date information most up-to-date information and full terms and conditions of membership.

# How to join the BCLA

Becoming a member of the BCLA is simple and rewarding. Whether you're looking to enhance your professional knowledge, gain access to exclusive resources, or network with experts in the field, BCLA offers everything you need to take your career to the next level.

**Join today** and unlock access to a wealth of resources, events, and a global community of professionals dedicated to advancing eye health.

To join, simply visit [www.bcla.org.uk](http://www.bcla.org.uk) and choose the membership option that best suits your needs or email us at [membership@bcla.org.uk](mailto:membership@bcla.org.uk). It's quick, easy, and the first step towards enhancing your expertise and practice.

**We look forward to welcoming you to the BCLA community!**



# Informative

Better Informed

Better Connected

Better Impact

JOIN TODAY





**BCLA**

T: +44 (0)20 8434 7921

E: [membership@bcla.org.uk](mailto:membership@bcla.org.uk)



[www.bcla.org.uk](http://www.bcla.org.uk)