



Minor Eye Problems?

**If you have a recent problem with your eyes
– such as sore eyes, red eyes or visual
disturbance – you can be assessed and
treated by our
local Minor Eye Conditions Service.**

This is a free NHS service available from
a number of local opticians. See inside for more
information of what conditions are covered and
how to book an appointment.

What is a Minor Eye Conditions Service (MECS)?

Conditions that can be seen under the service include:

- Red eye or eyelids
- Dry eye, or gritty and uncomfortable eyes
- Irritation and inflammation of the eye
- Significant recent sticky discharge from the eye or watery eye
- Recently occurring flashes or floaters
- Ingrowing eyelashes
- Recent and sudden loss of vision
- Foreign body in the eye

Please note, this is not a sight test

Also, if you have a major eye condition that is being regularly monitored by your optometrist or hospital eye service, this will not be covered by this service; for example, cataracts, diabetic retinopathy or glaucoma.

Where should I go?

Registered optometry practices (opticians) offering the service are listed on the back of this leaflet. An appointment will normally be required, so telephone first. Appointments are available during normal working hours and some practices offer appointment at weekends. Not all practices have an optometrist available every day, but if they don't, they will be able to find you an alternative appointment nearby.

Who is this service for?

If you are registered with a local GP you can use this free service. It is for people of all ages – adults and children. Children under 16 years must be accompanied at their appointment by an adult.

How do I book an appointment with the service?

To make an appointment, call one of the opticians on the back of this leaflet. You will be asked some questions about your symptoms in order to assess how quickly you need to be seen by the service, which will be within 24 hours in urgent cases and within a few days for routine appointments.

Please take your glasses and a list of your current medication with you to the appointment. The optometrist may put drops in your eyes to enlarge your pupils in order to get a better view inside your eyes. You should not drive until the effects of these drops have worn off, which may take a few hours.

If your condition is more serious, the optometrist will book you an urgent appointment at a hospital eye clinic. If you need a routine appointment with a hospital, the optometrist will organise this for you.

You may also be advised to make an appointment with your GP if your eye condition is relation to your general health.



Participating practices

| Practice | Address | Telephone |
|--|---|---------------|
| T M Hedley Optometrist | 11 Woods Terrace East, Murton, Durham, SR7 9AA | 0191 526 1748 |
| R J Naisbitt Optometry | Co op Buildings, Hedley Terrace, South Hetton, Durham, DH6 2UE | 0191 520 8059 |
| Simon Berry Optometrist Ltd | 41a Marshall Terrace, Gillesgate, Durham, DH1 2HX | 0191 375 7544 |
| Shewan Opticians | 94 Newgate St, Bishop Auckland , DL14 7EQ | 01388 602567 |
| R Mottershead Optometrist | 12 Market Place, Barnard Castle, DL12 8ND | 01833 631849 |
| Specsavers | 45 Newgate Street, Bishop Auckland, DL14 7EW | 01388 606080 |
| Specsavers | 41 High Row, Darlington, DL3 7QW | 01325 461155 |
| Sight Ltd | 34 The Chare, Peterlee, SR8 1AE | 0191 586 5671 |
| Newton Aycliffe Specsavers Ltd | 55 Beveridge way, Newton Aycliffe, Durham, DL5 4DP | 01325 328800 |
| Cooper & Leatherbarrow Ltd | 10 Duke Street,, Darlington, Durham, DL3 7AF | 01325 463267 |
| Gibson Opticians | Blandford Buildings,, Dene Terrance,, Peterlee, Durham, SR8 4JF | 0191 586 2484 |
| K.C.Haikings Opticians | 13 Upper Chare, Peterlee, Durham, SR8 1BW | 0191 586 2679 |
| K Mcguinness Opticians | Avenue House, Greenwell Road, Newton Aycliffe, Durham, DL5 4DH | 01325 316600 |
| Boots Opticians T/a Darlington Eyecare Ltd | 24a High Row,, Darlington, Durham, DL3 7QW | 01325 466019 |
| Specsavers Peterlee | Unit 8, The Chare, Castle Dene Shopping Centre, Peterlee, Durham, SR8 1AE | 0191 587 2223 |
| Specsavers Seaham | Unit 10b, Byron Place, Seaham County, Durham, SR7 7DR | 0191 513 3030 |
| G. A And J.M Foster Opticians | 92 High Street, Willington Crook, Durham, DL15 0PE | 01388 746800 |

www.primaryeyecare.co.uk

Published by 'MNW locsu co uk