

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

<p>Bethell and Clark 5 Head Street Colchester CO1 1NX Tel: 01206 573892 Fax: 01206 572870 Email: bethellandclark@optician.com</p>	<p>Buizer & Cole 96 Pier Avenue Clacton-on-Sea CO15 1NJ Tel: 01255 421794 Fax: 01255 474562 Email: Buizerandcole.clactononsea@nhs.net</p>
<p>Adrian Buizer Optometrist 60 Frinton Road Holland-on-Sea CO15 5UW Tel: 01255 814923 Fax: 01255 814864 Email: adrianbuizeroptometrist.hollandonsea@nhs.net</p>	<p>Simon Kleyn Optometrist 106-109 Pole Barn Lane Frinton-on-Sea CO13 9NQ Tel: 01255 678471 Fax: 01255 808119 Email: simonkleyn.fosreception@gmail.com Simon.kleyn@nhs.net</p>
<p>Specsavers Opticians 17-33 Long Wyre Street Colchester CO1 1LJ Tel: 01206 763136 Fax: 01206 572285 Email: dir.colchester.uk@specsavers.com Alt email: specsavers.colchester@nhs.net</p>	<p>David Russell Opticians 100 Church Road Tiptree Colchester CO5 0AB Tel: 01621 817443 Fax: 01621 816777 Email: davidrussellopticians@hotmail.com</p>
<p>Owen Aves Opticians 31 Crouch Street Colchester CO1 1RS Tel : 01206 575693 Fax : 01206 564169 Email: Andrew.chenery@nhs.net</p>	<p>Joseph Lord 42 Connaught Ave Frinton-on-Sea CO13 9PR Tel: 01255 677933 Fax: 01255 675634 Email: paul@goldsmithwebbopticians.co.uk allan.watkinson@nhs.net</p>
<p>Clacton Specsavers Limited 68A Pier Avenue Clacton-on-Sea CO15 1NH Tel: 01255 225000 No Fax Email: dir.clacton@st.uk.specsavers.com</p>	<p>Patrick and Menzies West Mersea 2 Barfield Road West Mersea CO5 8QT Tel: 01206 383455 Fax: 01206 384448 Email: g.menzies@patrickandmenzies.co.uk</p>
<p>Patrick and Menzies Brightlingsea 10 Station Road Brightlingsea CO7 0BT Tel: 01206 302249 Fax: 01206 302455 Email: g.menzies@patrickandmenzies.co.uk</p>	