



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

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