

## Oxfordshire Minor Eye Conditions Service



| City Locality             |   | Tel           |
|---------------------------|---|---------------|
| Boots Opticians           | 6-8 Cornmarket Street, Oxford, OX1 3HL                  | 01865 246 206 |
| Boots Opticians           | 1 Mayfield House, 256 Banbury Rd, Summertown, OX2 7DE   | 01865 558 951 |
| David Spicer Opticians    | 1 Elms Parade, Botley, OX2 9LG                          | 01865 241 142 |
| Eyesite                   | 35 St Ebbes Street, Oxford, OX1 1PU                     | 01865 761 459 |
| Gardiners Opticians       | 5 Manor Buildings, Osler Road, Headington, OX3 7RA      | 01865 761 459 |
| Ideal Eyes                | 76 West Way, Botley, OX2 9JT                            | 01865 244 699 |
| Ideal Eyes                | 130 Pound Way, Templars Square, Cowley, OX4 3HX         | 01865 749 877 |
| Ideal Eyes                | 217 Banbury Road, Summertown, OX2 7HQ                   | 01865 302 288 |
| Robert Stanley            | 137 London Road, Headington, OX3 9HZ                    | 01865 766 488 |
| Specsavers                | 119 Pound Way, Templars Square, Cowley, OX4 3YA         | 01865 773 344 |
| Specsavers                | 33 Queen Street, Oxford, OX1 1ER                        | 01865 255 710 |
| North Locality            |   |               |
| Chipping Norton Opticians | Chipping Norton Health Centre, Chipping Norton, OX7 5FA | 01608 648 012 |
| Dray's Eyecare            | 81 Chatsworth Drive, Banbury, OX16 9YJ                  | 01295 261 080 |
| Complete Eyecare Banbury  | 76 High Street, Banbury, OX16 5JG                       | 01295 262 200 |
| Specsavers                | 29 Bridge Street, Banbury, OX16 5PN                     | 01295 251 251 |
| Walford & Round           | 47 High Street, Banbury, OX16 5LA                       | 01295 262 501 |
| North East Locality       |   |               |
| Boots Opticians           | 6 Crown Walk, Bicester, OX26 6HY                        | 01869 320 027 |
| Dove & Conway             | 100 Sheep Street, Bicester OX26 2XW                     | 01869 242 740 |
| Morgan White              | 106a Oxford Road, Kidlington, OX5 1BL                   | 01865 372 125 |
| Pitman Optometrists       | 33 High Street, Kidlington, OX5 2DH                     | 01865 842 044 |
| Robert Stanley            | Unit EY4, Bure Pl, Pioneer Square, Bicester, OX26 6FA   | 01869 360 557 |
| Specsavers                | 25 Sheep Street, Bicester, OX26 6JF                     | 01869 321 422 |

### Where should I go with my eye problem?

This leaflet explains where patients aged 6 or older in Oxfordshire can go with eye problems. If unsure, please call 111.

### If you have a red, sticky, itchy, dry or gritty eye, or a red patch has appeared in the last week or so, contact a pharmacy.

Contact a MECS optometrist if you have:

- Recently occurring flashes and/or floaters
- Painful eye including pain with bright lights
- Ingrowing eyelashes
- Recent problems with your vision
- Foreign body in the eye

### Information about your MECS appointment.

Accredited Opticians offering the service are listed on the reverse of this leaflet. An appointment will normally be required, so phone first. Appointments are available during normal working hours, Monday - Saturday. Not all practices have an optometrist available every day.

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. Please bring your NHS number with you.

If your condition is more serious, the optometrist will direct you to eye casualty.

### Go direct to eye casualty if you have:

- Serious eye trauma
- Eye surgery within past 30 days AND current issue is that eye
- Severe eye pain (so bad that it stops you from working)
- Painful red eye WITH reduced vision OR light sensitivity
- Painful eye WITH vision loss AND nausea/vomiting OR haloes around lights
- Painful eye WITH droopy eyelid, double vision and abnormal pupil
- History of iritis or uveitis and suspicion of a new episode
- Sudden, sustained loss of vision
- Sudden onset double vision
- Vision loss WITH headaches AND soreness of scalp/jaw
- Swollen eyelid WITH red, painful, bulgy looking eye AND double or blurry vision
- Flashes or floaters WITH veils, curtains, clouds OR reduced central vision
- Contact lens WITH red eye, severe pain, getting worse with time AND reduced vision
- Swollen eyelid WITH fever

This service is funded by the NHS. We have specially trained and accredited optometrists who can diagnose and treat many eye conditions that previously would have been seen by the doctors in eye casualty or general practice.

If you are unsure whether your symptoms can be assessed and treated by the service, please phone 111, or contact one of the accredited Optoms on the back of this leaflet for advice.

**Note a MECS examination is not an eyesight test.**

| South East Locality           |   | Tel           |
|-------------------------------|---|---------------|
| Boots Opticians               | 1 Castle Street, Wallingford, OX10 8DL                  | 01491 833 200 |
| Ivan Cammack                  | 47 High Street, Chinnor, OX39 4DJ                       | 01844 351 564 |
| Patricia Hayselden & Partners | 60 St Mary's Street, Wallingford, OX10 0EL              | 01491 835 466 |
| Robert Stanley                | 22 Cornmarket, Thame, OX9 2BL                           | 01844 261 096 |
| Robert Stanley                | 8 St Martins Street, Wallingford, OX10 0AL              | 01491 837 033 |
| South West Locality           |   |               |
| Abingdon Eye Centre           | 3 Bury Street Shopping Centre, Abingdon, OX14 3QY       | 01235 533 328 |
| Boots Opticians               | 10 Bury Street, Abingdon, OX14 3QX                      | 01235 520 809 |
| Boots Opticians               | 3a Kings Walk, Limborough Road, Wantage, OX12 9AJ       | 01235 768 177 |
| Campbells Opticians           | 34 Market Place, Wantage, OX12 8AH                      | 01235 763 312 |
| Haine and Smith               | 7 Cornmarket, Faringdon, SN7 7HH                        | 01367 242 262 |
| Robert Stanley                | 23 Stert Street, Abingdon, OX14 3JF                     | 01235 520 849 |
| Robert Stanley                | Mably Way Medical Centre, Grove, Wantage, OX12 9BN      | 01235 769 596 |
| Scrivens                      | 4 Post Office Vaults, Wantage, OX12 8AT                 | 01235 769 888 |
| Scrivens                      | 6 Bury Street, Abingdon, OX14 3QY                       | 01235 523 217 |
| Specsavers                    | 16 Bury Street, Abingdon, OX14 3QT                      | 01235 530 530 |
| Specsavers                    | 17 Orchard Street, Didcot, OX11 7LG                     | 01235 517 100 |
| Specsavers                    | 1a Grove Street, Wantage, OX12 7AB                      | 01235 773 980 |
| West Locality                 |   |               |
| Carterton Opticians           | Unit D6 The Giles Centre, Carterton, OX18 3DH           | 01993 841 268 |
| Michael Lowe & Partners       | 5 Streatfield House, Alvescot Road, Carterton, OX18 3XZ | 01993 844 291 |
| Specsavers                    | Unit 11 Woolgate Centre, Witney, OX28 6AP               | 01993 779 977 |
| W & D C Lea                   | 49a Market Square, Witney, OX28 6AG                     | 01993 702 134 |
| Woodstock Opticians           | 17 High Street, Woodstock, OX20 1TE                     | 01993 811 870 |