

West Essex MECS practice - revised opening hours and formats of cover updated 25th March 2020

Practice Name	Town	Current Opening hours (for emergencies only)	Additional information	Telephone	nhs.email
Aves Optometrists Ltd	Epping	Mon-Fri 9am - 5.30 pm, Sat 9am - 1pm	Telemedicine available Mon-Fri 9am - 5.30 pm, Sat 9am - 1 pm	01992 572302	tim.dulley@nhs.net
Boatmans Ongar	Ongar	Tues - Fri 9.30am-5pm, Wed 11am - 7pm, Sat 10am - 2pm	Opening hours can be flexible so will see patient on Mon if necessary. Also will take telemedicine calls and video Mon- Sun as will do that remotely	01277 366665	Emily.searle1@nhs.net
Loughton Specsavers	Loughton	Store open for triaged emergency non MECS, MECS will be Telemedicine only	Telemedicine Mon,-Sat 9am- 2pm	020 8498 6740	specsavers.loughton1@nhs.net
Martin Reynolds Opticians	Bishop Stortford	Thurs - Sat 9am- 3pm, From Mon 30th March Telemedicine only	Telemedicine from Mon 30th March Mon-Fri except Thurs 9am-5pm	01279 757767	jay.patel28@nhs.net
Rose Opticians	Harlow	Mon - Sat 9am - 5.30pm, Sun 10am - 4pm	Business phone diverted to personal phones, therefore able to offer out of office emergency cover and telemedicine so flexible with hours covered	01279 443181	vipul.jyoti@nhs.net
Saffron Walden Specsavers	Saffron Walden	Mon - Sat 10am - 4pm	Available for Telemedicine same hours as current practice opening hours	01799 510030	Specsavers.saffronwalden@nhs.net
Specsavers Harlow	Harlow	Telephone triage Tues - Sat 9am-12noon,	Store appt Tues, Thurs and Sat by arrangement only after telephone triage. Will liaise with Rose Opticians if they cannot see patient Please call before sending referral to the nhs.net email address	01279 410 888	specsavers.harlow1@nhs.net
Specsavers Royston	Royston	From 30th March Mon-Sat 10am-4pm except Wednesday	Available for Telemedicine from 30th March Mon-Sat 10am-4pm except Wednesday	01763 248161	Specsavers.royston@nhs.net