

Hospital	Town	Postcode	NHS/ Private	Treatments	Average number of weeks from referral received to date of 1st appointment	Number of weeks from listing to surgery	Referral route	NHS POCS
WEST								
Ramsey Rivers	Sawbridgeworth	CM21 0HH	Both	Cataract	6 weeks	6 weeks	Refer via patient's GP	YES
The Holly	Buckhurst Hill	IG9 5HX					Refer via patient's GP	YES
MSE								
Spa Medica	Chelmsford	CM2 0PP	Both	Cataract Yag	4 weeks 6 weeks	4 weeks 6 weeks	Referrals can be via Opera portal. Direct via email to spamedica.referrals@nhs.net	YES
Spa Medica	Romford	RM1 1TR	Both	Cataract Yag AMD	2 weeks 6 weeks 7 days urgent, 14 days non-urgent	4 weeks 4 weeks	Direct via email to spamedica.referrals@nhs.net	YES
Southend Private Hospital	Southend	SS0 9AG	Both	Glaucoma Cataract	2 months 2 weeks	8/10 weeks	Referrals can be via Opera portal. Direct via email to NHSreferrals@circlehealthgroup.co.uk	YES
NE ESSEX								
Ramsey Oaks	Colchester	CO4 5XR	Both	Cataract	2 weeks	2/3 weeks	Direct via email to RHC.oaks@nhs.net	YES
Newmedica Ipswich	Ipswich	IP2 0EE	Both	Cataract YAG laser capsulotomy Oculoplastic procedures	5 weeks 2 weeks 2 stop: 2 weeks + 4 weeks	13 weeks	Direct via email to newmedica.referrals@nhs.net	NO
Spa Medica	Colchester	CO4 9YQ	Both	Cataract YAG	2 weeks 4 weeks	2 weeks 4 weeks	Direct via email to spamedica.referrals@nhs.net	YES
Optegra	Colchester	CO4 9PD	NHS	Cataract YAG	2 weeks	4 weeks	Direct via email to optegra.referrals1@nhs.net	YES

Use this post code to look up the distance to the site from the patient's house

Waiting times accurate in January 2024