

Dear Parent / Carer

January 2024

Looking after children's eyesight and hearing

Checking vision (eyesight) in children is very important as it may affect their learning and development. It is beneficial to test all children's vision before the age of 6 years and 6 months to help identify any children with reduced vision (amblyopia) or any significant degree of vision loss and offer treatment in a timely manner in order to reduce the risk of permanent visual impairment.

Possible signs of eye problems in children include:

- Sitting too close to the TV
- Rubbing eyes a lot
- Holding objects very close to the face
- Blinking a lot
- Eyes not looking in the same direction (squint)
- Getting headaches
- Struggling with hand eye co-ordination e.g. being more clumsy than usual

Tips for looking after children's eyesight include:

- Get screens in the right position, e.g. have your computer screen at eye level
- Don't sit too close to screens, have them about an arm's length away
- Take regular breaks from staring at the TV screen or other devices e.g. iPad
- Try to get as much time playing outdoors as possible
- Try not to watch films on a small screen e.g. a phone; as staring at a small screen for a long time can strain your eyes
- Don't watch any type of screen in a dark room

All children under 18 are entitled to a FREE NHS eye test.

We recommend that parents/carers take their children to visit their local optician. Please find enclosed a list of Optician practices in Brent.

Possible signs of hearing problems in children include:

- delayed language skills
- abnormal speech
- insistence on listening to television or music at a high volume
- learning difficulties
- not paying attention to conversations

- not responding when someone calls their name
- trouble hearing over background noise

If you have any concerns about your child's hearing, please take them to see the GP.

Not being able to see or hear properly is very likely to have a negative impact on your child's education.

Jackie Allain
Director of Operations
Outer North West Division (Harrow, Ealing and Brent services)
Central London Community Healthcare NHS Trust

Name of Practice	Address	Telephone
Angel Eye Centre	Unit 6-7 Towers Business Park, Wembley, HA9 0LQ	020 8731 0645
Asda Opticians	Forty Lane, Wembley, HA9 9EX	020 8782 6300
Optipharm	29 Bridge Road, Wembley, HA9 9AB	020 8904 7488
Vision Express at Tesco Wembley	Great Central Way, London, NW10 0TL	020 3911 0947
Central Vision Opticians	222 Church Lane, London, NW9 8SN	020 8205 5999
Norman Hart Optician	6 Neasden Parade, 250 Neasden Lane, Brent Park, London, NW10 0AA	020 8450 8153
Paul Simons	383 High Road, Wembley, HA9 7BH	020 8902 0271
Specsavers Opticians	476 High Road, Wembley, HA9 7BH	020 8900 1433
D & H Hantman Opticians	206 Preston Road, Wembley, HA9 8PA	020 8904 9214
Boots Opticians	449 High Road, Wembley, HA9 7AF	020 8902 2721
Betterspecs Opticians	475-477 High Road, Wembley, HA9 7AY	020 8900 0677
Realeyes Opticians	Unit 7, Central Square, Wembley, HA9 7AJ	020 3909 9181
Specialeyes Eye Care	340-342 High Road Willesden, NW10 2EN	020 8728 0168
Eye Emporium	184 High Road, Brent Park, NW10 2PB	020 8459 7689
Specsavers Opticians	8 Bank Buildings, High Street, London, NW10 4LT	020 8453 8070
Jubilee Opticians	6 Acton Lane, London, NW10 8TS	020 8965 6707
Sharp Optical	75 High Street, London, NW10 4NS	020 8961 0077
Open Eye Opticians	64 High Road, London, NW10 2PU	020 8830 2727
KJ Popat Opticians	11 High Road, London, NW10 2TE	020 8451 0754
Specsavers Opticians	116 Kilburn High Road, London, NW6 4HY	020 7328 5655
Kilburn Eye Centre	137 Kilburn High Road, London, NW6 7HR	020 7372 1525
Boots Opticians	132 Kilburn High Road, London, NW6 4JD	020 7624 5166
S Patel Opticians	8 Kilburn Bridge, London, NW6 6HT	020 7624 9277
Eye Emporium Opticians	179 Cricklewood Broadway, London, NW2 3HT	020 8452 2273
Vision Eyes Opticians	151 Cricklewood Broadway, London, NW2 3HY	020 8452 4523
Cravitz Opticians	119 Kenton Road, Harrow, HA3 0AZ	020 8907 7860
The Vision Clinic	Devon Parade, 327 Kenton Road, Harrow, HA3 0XS	020 8907 5270
Opticalise Opticians	241-243 Preston Road, Harrow, HA3 0PS	020 8908 4888
Visual Eyes	7 Queensbury Circle Parade, Stanmore, HA7 1EY	020 8905 0700
Wiseman & Ashley	561 Kingsbury Road, London, NW9 9EL	020 8204 4348
Stanfields Opticians	572 Kingsbury Road, London, NW9 9HJ	020 8204 7124
Kingsbury Opticians	528 Kingsbury Road, London, NW9 9HE	020 8204 8758
Specsavers Opticians	514 Kingsbury Road, London, NW9 9HE	020 8238 9000
Asda Opticians	Capitol Way off Edgware Road, NW9 0AS	020 8200 4833