

PRACTICE NAME	CONTACT NAME	TELEPHONE NUMBERS
EYE Vision Boutique, Truro	Henning Tonsgaard	01872 859375
Histed and Roberts Opticians, Penryn	Tony Roberts	01326 373837
Huxter & Davy, Torpoint	Adam Davy	01752 813687
Huxter & Davy, Looe	Adam Davy	01503 262054
Ibuntu, Truro	Sandhya Dharumpal	01872 261569
Matthews Opticians, Helston	Adam Matthews	01326 572172
Noakes Habermehl & Kerr, Callington	Andrew Medhurst	01579 382345
Noakes Habermehl & Kerr, Carbis Bay	Jason Penhallurick	01736 798495
Noakes Habermehl & Kerr, Saltash	kim Luffman	01752 847477
Raison Opticians, Helston	Libby Raison	01326 565519
Reynolds & Slater Penzance	Marcus Slater	01736 366239
Reynolds & Slater Falmouth	Marcus Slater	01326 749009
Specsavers Launceston	Rachel McClelland	01566 774354
Specsavers Newquay	Dylan Ramburan	01637 854400
Specsavers Truro	Claude Lombard	01872 223818
Specsavers, Falmouth	Paul McGrane and Gillian Sanguinette	01326 212733
Specsavers, Helston	Rebecca Martin	01326 572573
Specsavers, Redruth	Jonathan Eva and Rebecca	01209 310740
Thompson Opticians, Liskeard	Sarah Sobey	01579 343348
Varcoe Eyecare, St Austell	Dan Varcoe	01726 73468

NHS.NET EMAIL ADDRESS	OPENING HOURS
henning.tonsgaard@nhs.net	Monday-Friday 10-14.00; by appointment only
tony.roberts5@nhs.net	Tuesday-Friday 9.30 -13.00 14.00 - 16.30 Sat 9.30 - 13.30
adam.davy@huxteranddavy.co.uk	Monday-Friday 9.00 - 17.00
adam.davy@huxteranddavy.co.uk	Monday - Friday 9.00 - 17.00, Saturday 9.00 - 14.00
sandhya.dharumpal@nhs.net	Monday-Friday 10-16.00
adam.matthews1@nhs.net	Mon-Fri 9.00-17.30; Sat 09.00-13.30
nhkopticians.callington2@nhs.net	Monday-Friday 9.00-17.30. Sat 9.00-12.30
nhkopticians.carbis@nhs.net	Monday-Friday 9.00-17.30. Sat 9.00-12.30
nhk.opticians@nhs.net	Monday-Friday 9.00-17.30. Sat 9.00-12.30
raison.opticians@nhs.net	Mon-Fri 9.00-17.30 Sat 9.00-13.00.
reynolds.opticians@nhs.net	Mon-Thurs 8.30-17.15, Friday 8.45-17.15, Sat 9.00-13.00
reynolds.opticians@nhs.net	Mon, Tues, Wed 9.00 -17.30, Sat 9.00-13.00
specsavers.launceston@nhs.net	Mon-Fri 8.00-18.30, Sat-Sun 9.00-17.00
specsavers.newquay@nhs.net	Mon-Sat 8.30-18.00, Sun 10-16.00
specsavers.truro@nhs.net	Mon-Fri 8.55-17.30, Sat 8.55-17.00, Sun 10.00-16.00
specsavers.falmouth1@nhs.net	Mon-Sat 8.30-18.30 ;Sun 9.30-16.30
specsavers.helston@nhs.net	Mon-Sun 9.00-17.30
redruth.specsavers@nhs.net	Mon-Fri 9.00-17.30, Sat 8.45-17.00, Sun 10.00 - 16.00
sarah.sobey@nhs.net	Mon-Fri 9.00-17.00, Sat 9.00-14.00
varcoe.eyecare@nhs.net	Mon-Thurs 9.00-` 17.30, Fri 9.00-17.00, Sat 10.00-15.00

NOTES : MECS Capacity
No MECS appts
No MECS appts at the moment as optom sick
1 x Wed, 1 x Fri
1 x Mon, 1 x Thurs
1 x Tues, 1 x Wed, 1 x Thurs, 1 x Fri
1 x Mon, 1 x Wed, 1 x Thurs
1 x Mon
No MECS appts
1 x Wed, 1 x Thurs
1 x Tues, 1 x Wed, 1 x Thurs, 1 x Fri
1 x Tues, 1 x Wed, 1 x Thurs
1x Mon, 1x Tues, 1x Wed ,1x Thurs and 1x Sat
2 x Mon, 1 x Wed, 1 x Thurs, 1 x Fri, 1 x Sat, 1 x Sun
No MECS appts
3 x Mon, 1 x Tues, 3 x Wed, 2 x Thurs, 1 x Fri
1 x Mon, 1 x Tues, 1 x Wed, 1 x Thurs, 1 x Fri, 1 x Sat, 1 x Sun
1 x Mon, 1 x Tues, 1 x Wed, 1 x Thurs, 1 x Fri, 1 x Sat, 1 x Sun
2 x Mon, 3 x Tues, 2 x Wed, 2 x Thurs, 3 x Fri
1 x Mon, 1 x Tues, 1 x Thurs, 1 x Fri
1 Tues

extra notes
Practice closed Sat and Sun
office closing hours over weekend - CLOSURES AFFECTING AVAILABILITY
closed Sat afternoons and all day Sunday
Short on MECS Optoms
Please note change of opening hours: Mon-Fri 08:30 - 17:00, Sat & Sun 09:00 - 17:00
No MECS on Sundays
CLOSED 25th,26th,27th DEC and 1st, 2nd JAN ONLY 1 OPTOM WORKING BETWEEN FALMOUTH AND HELSTON STORES - 1 MECS APPOINTMENT PER DAY - BETWEEN THE TWO STORES
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CLOSED DURING CHRISTMAS AND NEW YEAR PERIOD
Practice closed from 12pm Saturday until 9am Mondays Info provided on 13/12/2022