



Supporting People with Sight Loss

The Bradbury Centre
116 Highgate
Kendal
Cumbria
LA9 4HE
Tel: 01539 769055
Email: info@sightadvice.org.uk
Web: www.sightadvice.org.uk
Registered Charity No: 1145818
Company No: 7879355

Are you regularly getting your child's eyes tested?

Currently vision screening in schools is currently only carried out in Reception class. This is a test to check for reduced vision in one or both eyes, it does not check the general health of your child's eyes.

The NHS says the following relating to **Eye tests for children:**

It is important for eye problems to be identified as early as possible because they can significantly affect a child's development and education. Eye problems are often much easier to treat if detected while a child's vision is still developing, usually up to about 7 or 8 years of age. For further information, see the NHS website (<https://www.nhs.uk/conditions/eye-tests-in-children/>).

Every child under the age of 16 is entitled to a FREE eye test through the NHS at local opticians, if they need glasses they will receive a voucher towards the cost of purchasing them.

Children should have their eyes tested EVERY 2 years....when did you last get your child's eyes tested?

Sight is the sense people fear losing the most, yet many of us do not know how to look after our eyes – National Eye Health Week aims to change all that. As part of this campaign we are promoting the importance of good eye health and the need for regular eye tests for all. For further information, see the Vision Matters website (<http://www.visionmatters.org.uk/>).

President – Sir James Cropper KCVO



COMPETITION TIME!

Please find two attachments, “The Lost Sunglasses” and a “Colouring Competition”.

“The Lost Sunglasses” maze, which can be downloaded from the Vision Matters website (<http://www.visionmatters.org.uk/electronic-resource-centre/electronic-resource-centre>) is just for fun as well as having many tips for how to protect children’s eyes.

However, the “Colouring Competition” has prizes! There will be two age groups, Key Stage 1 and Key Stage 2, with book token prizes for each age group, of £20 for first prize and 3 runners-up prizes of £10, all kindly donated by local opticians. The details of how to enter the competition are on page 2 of the Colouring Competition sheet.

Please do not hesitate to contact us if you have any questions.

Kind regards

The Team at Sight Advice South Lakes