

Manchester Royal Eye Hospital
Orthoptic Services

Information for patient

Transition at the Manchester Royal Eye Hospital

Why has this leaflet been produced for you?

To give you information about moving from the children's service to the adult service. This is called transition and happens if you have a long-term condition like glaucoma and uveitis. Children's services at the Manchester Royal Eye Hospital also includes clinics at Altrincham and Trafford hospitals.

What is the "Ready, Steady, Go" Programme?

- Questions to give you skills and knowledge in helping you to look after yourself.
- There are 3 sections, and you can start on the programme from age 11.
- You can receive the questionnaire on the myMFT app.
- We understand transition may be overwhelming for both you and your parents/carers.
- You can always ask us for help and more information.

Will I need to go to another clinic?

- Yes, you may have to go into a different clinic area.
- Some staff members will be the same, but some might be different.

- The transition champion will show you where to go and who your new doctors/staff members will be.
- The new team will still know about your medical condition and will be able to discuss with your previous doctors.

How can I suggest changes to the service?

- The transition process is all about you.
- Please let us know if we can do something better or you need more information.
- We welcome your feedback. It helps us make sure you have a successful visit.
- You can tell us how you feel or write it on the young people board in clinic H, feedback wall at Altrincham or the friend and family test card.
- You can also be part of the youth forum; please let a staff member know if you would like to be involved.

What are reasonable adjustments?

- Reasonable adjustments help us make sure you have the best visit at your appointment.
- We can give you a pager so you can leave the department, and we will buzz you back when it is your turn.
- At Altrincham, we have drinks and snacks and can offer a quiet space whilst waiting.
- A storyboard can be given, which shows in pictures what may happen on your appointment.
- We can provide fidget boxes which include pop it fidget toys and spinners.
- We can give you ear defenders to help reduce noise

More information on this can be found here;

<https://mft.nhs.uk/app/uploads/sites/2/2025/01/REH-288-Reasonable-adjustments.pdf>

What other support do I have as I transition from the children to adult services?

Our Eye Clinic Liaison Officer, Laura, can provide more detailed information, practical help and support. She is the link between the hospital, education and employment. Please let us know if you wish to speak to her.

Other useful information:

Pharmacy

- Under 16 years of age: Go to the outpatient pharmacy in the Children's Hospital near the Children's Accident and Emergency Department.
- Over 16 years old: Go to the outpatient pharmacy in the Manchester Royal Eye Hospital opposite clinic G.
- If you are 16-18 and in full time education, you will be exempt from prescription charges
- If you are over 18, you will have to pay for your prescription.

Eye Drops

You may need eye drops so we can look at the back of your eye:

- They dilate your pupil (make the black part of your eye bigger).
- They take approximately 20-30 minutes to work.
- You will have blurry vision which lasts generally up to 4 hours.
- Until the drops have worn off, you cannot drive.

Contact information:

Transition Champions: **Ellisha Solanki/Gigi Binny/Rachel Adams**

Autism Champion: **Rachel Clarke** (autism.clinich@mft.nhs.uk)

You're Welcome Champion: **Maryama Warsame**

Orthoptic department telephone number: **(0161) 701 4882 Available Monday-Friday 9.00am – 4.00pm.**

Youth forum email: Youth.Forum@mft.nhs.uk

The Eye Clinic Liaison Officer is **Laura Ross**

T: (0161) 701 4258

M: 07989145471

E: laura.ross@mft.nhs.uk

The paediatric uveitis nurse specialist is **Rachel Adams**

T: (0161) 701 0618

The senior adult uveitis specialist nurse is **Gigi Binny**

M: 07977331792

The adult glaucoma specialist nurses are **Rachel Hilton** and **Elouise Robinson**

T: (0161) 701 4819

Other useful information:

Career support

- Schools have a duty to provide independent and impartial careers advice for 13–18-year-olds
- National Careers service: 13 – 19 call or email through the website. If 20 + can get face to face guidance. Tel: 0800 100 900
- Connexions (Greater Manchester)
- Career connect (Manchester)

Emotional and mental health support

- GP
- NHS talking therapies
- Kooth
- 42nd street