

### ***There's more to a sight test than meets the eye...***

At Claim the Frame we strongly recommend regular sight examinations for everyone. Not only for visual reasons but also for ocular health checks (that's your eyes!). Your prescription can change every year and especially if you're going to the bother of updating your specs, that's all the more reason to have your eyes seen to. We know it's confusing out there with so many opticians to choose from, so we have decided to do your homework for you!

The choice of opticians is bewildering - some are private practices others multinational companies. So what's the difference? For a start, the prices can be very different. You'll see from our list they vary considerably across the board.

The eye test can vary too, and we recommend you get a thorough examination, not just the 'lite' variety. An average eye test will last 30 minutes, and will include a sight examination, health check, pressure check and various other tests which will vary according to the symptoms of your particular eyes.

We advise a thorough eye test every two years and a contact lens check annually. Be wise in your choice; cheaper does not always mean best value. Lots of opticians have very up to date and advanced technologies, these all help in early detection and prevention of certain ocular conditions.

So be smart and mind those windows to your soul.....

<b>County</b>	<b>Optician</b>	<b>Phone Number</b>	<b>Price for Sight Test</b>
Carlow	Specsavers opticians	(059)9137700	€30
Cavan	C True Opticians	(049)8548555	€30
	Jennings Opticians	(059)9143808	€35
Clare	Eye Candy Opticians	(065)6868800	€50
	Gubbins Opticians	(065)9062703	€30
Cork	Daly's Opticians	(021) 4277911	€35
	Crowley's Opticians	(021)4374586	€30
Donegal	Gormley Opticians (Ballybofey)	(074)9190200	€25
Dublin	Specsavers Henry St	(01)8728155	€30
	Specsavers Grafton St	(01)6776969	€30
	Vision Express Henry St	(01)8732477	€27
	Vision Express Tallaght	(01)4598722	€27
	Donal McNally Liffey St	(01)8734256	€30
	McNally's Rathfarnham	(01)4941066	€30
	McNally's Stillorgan	(01)2832221	€30
	Optica Hibernian Way	(01)6774705	€50
	O'Connor (Dunlaoghaire)	(01)2808841	€30
Insight Opticians Jervis St	(01)8781188	€30	

	McNally's on the Green	(01)6769452	€25
Galway	Richard Hughes Opticians	(091)563107	€45
	Colette Kelly Opticians	(091)565778	€55
	Andrea Concannon Opticians	(091)586748	€50
	Optique Opticians	(091)386669	€45
	The Galway Eye Clinic	(091)563221	€40
Kerry	2020 Opticians (Tralee)	(066)7190670	€30
Kildare	Given Opticians	(045)861627	€35
Kilkenny	Specsavers	(056)7763888	€30
	Eye Ideal Opticians	(056)7786754	€30
Laois	O'Farrell Opticians	(057)8688292	€30
Leitrim	McPartlan Opticians	(071)9671850	€35
Limerick	Casey Opticians	(068)30754	€30
	Delaney Opticians	(061)419548	€25
	Fines Opticians	(061)417722	€35
	Heaney Opticians	(069)69677	€30
Longford	Catherine Sheridan Opticians	(043)3340933	€25
Louth	Leavy Opticians	(042)9366061	€20
Mayo	Eye Word Opticians	(098) 26732	€40
	Mongey's Opticians	(094)9024115	€30
	Specsavers	(094)9038750	€25
	Fahys	(094)9362408	€25
	Super Savers	(096)77525	€15 €5 on Sundays
	Staunton's Opticians	(096)22855	€25
	Gavins	(096)71266	€25
Meath	Athboy Eye Centre	(046)9487714	€30
	Enfield Opticians	(046)9542554	€30
Monaghan	Farnan Opticians	(042)9663633	€30
Offaly	Eyecontact Opticians	(057)9324647	€35
Roscommon	Brogan Opticians	(071)9662202	€25
	Moloney & Keady Opticians	(094)9622717	€30
Sligo	McPartland Opticians	(071)9138775	€35
Tipperary	Eye Sight Opticians	(062)65467	€30
	KW opticians	(062)64457	€35
Waterford	Aye Aye Opticians	(058)45844	€35
	Eyeworks Opticians	(051)874428	€35
	Major McGrath Opticians	(051)874392	€40
Westmeath	Cooney Opticians	(090)6472883	€30
Wexford	Martin Crowe Opticians	(053)9422156	€50
	Byrne's Opticians	(051)426791	€30
Wicklow	Duggan Opticians	(0402)31993	€35
	Eye Catchers Opticians	(0402)39990	€10