

## Think Pharmacy First



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Sometimes when you or your family are unwell, you may not need to make an appointment to see your GP because your local pharmacist may be able to help you. Your community pharmacist is a trained medical professional who can provide free advice on your health and wellbeing and treat common illnesses like coughs and colds, tummy trouble, hayfever, skin complaints, and aches and pains as well as minor injuries like cuts and grazes. Pharmacists can also help you manage repeat medications, and getting the most from your medication (e.g. inhaler technique) as well as help you access a range of services such as to help to stop smoking, get a flu or Covid vaccination, or access emergency contraception.

Pharmacies are open until late and at weekends. You do not need an appointment, just pop in, and a private consultation room will be available where you can discuss your issue without being overheard. If symptoms suggest it's something more serious, pharmacists have the right training to make sure you get the help you need. For example, they will tell you if you need to see a GP, nurse, or other healthcare professional. As well as free medical advice, your local community pharmacy can provide free medication for some illnesses and minor ailments.

The Think Pharmacy First scheme allows people who receive free prescriptions to go straight to their pharmacist to receive treatment without needing to visit their GP to get a prescription first. The scheme is available to adults and their children who are entitled to free prescriptions based on their income, along with all people aged 60 or over.

Learn more about how a pharmacist can help on the NHS website <https://www.nhs.uk/nhsservices/prescriptionsand-pharmacies/pharmacies/how-yourpharmacy-can-help/>

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