

This Easter you can get treatment and advice anytime here...

Self Care

www.nhs.uk

NHS 111

- This handy guide from NHS Southport and Formby Clinical Commissioning Group will help you access the right health advice and treatment over the holiday period
- Included is some simple advice on what to do and where to go should you or a member of your family become ill and need medical help
- You can also look after yourself by stocking up on over the counter medicines and repeat prescriptions – but don't over order
- Pull this out and keep it in a safe place. This guide will make sure that you're ready and prepared for whatever Easter has in store for you



Pharmacist

GP

GP Out-of-hours



For more information visit www.examineyouroptions.info

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If you or your child becomes ill this Easter you can get help here...

Self Care

www.nhs.uk

GP and GP Out-of-hours

- Your GP is available from 8am to 6.30pm weekdays with same day appointments available if necessary
- Ear, nose, throat, chest infections and vomiting & diarrhoea are common over Easter. Your GP is there to help if these illnesses are persisting and you are getting concerned
- When the surgery is closed, you can still see a local GP with the GP Out-of-hours service, just call NHS 111 for free and you will be able to speak to a local GP over the telephone or face to face if necessary



NHS 111

Pharmacist



You don't need to book an appointment here...



Self Care

www.nhs.uk

Pharmacist

→ **Friendly, confidential, expert advice and treatment of everyday health issues**

→ **Local, in your community**

→ **Open early till late, no appointment needed**

→ **If you don't pay for your prescriptions, ask to join the Care at the Chemist scheme to get free medicines for a range of everyday health issues**

Good Friday 25th March 2016	
Asda Pharmacy Central 12 Shopping Park, Derby Road, Southport, PR9 0TY Tel: 01704 502250	9am – 6pm
Boots The Chemist 19 Elbow Lane, Formby, L37 4AB Tel: 01704 877647	12pm – 1pm
Boots Unit 3, Central 12, Derby Rd, Southport, PR9 0TQ Tel: 01704 536937	9am – 8pm
Sainsburys Pharmacy St.George's Place, Lord Street, Southport, PR9 0AF Tel: 01704 531046	9am – 6pm
Superdrug Pharmacy 10 Eastbank Street, PR8 1DT Tel: 01704 530994	9am – 5.30pm
Tesco In-Store Pharmacy Town Lane, Kew, Southport, PR8 5JH Tel: 0345 6779628	9am – 6pm

Easter Sunday 27th March 2016	
Hesketh Park Pharmacy 91 Queens Road, Southport, PR9 9JF Tel: 01704 538500	2pm – 4pm
Rowlands Pharmacy 22 Liverpool Road, Birkdale, PR8 4AY Tel: 01704 565650	10am – 12pm
Rowlands Pharmacy 15 Chapel Lane, Formby, L37 4DL Tel: 01704 872 009	12pm – 1pm
Sedem Pharmacy 139 Roe Lane, Southport, PR9 7PW Tel: 01704 228 150	12pm – 2pm

Easter Monday 28th March 2016	
Asda Pharmacy Central 12 Shopping Park, Derby Road, Southport, PR9 0TY Tel: 01704 502250	9am – 6pm
Boots Unit 3, Central 12, Derby Rd, Southport, PR9 0TQ Tel: 01704 536937	11am – 5pm
Rowlands Pharmacy 15 Chapel Lane, Formby, L37 4DL Tel: 01704 872 009	12pm – 1pm
Sainsburys Pharmacy St.George's Place, Lord Street, Southport, PR9 0AF Tel: 01704 531046	9am – 6pm
Tesco In-Store Pharmacy Town Lane, Kew, Southport PR8 5JH Tel: 0345 6779628	10am – 4pm

NHS 111

GP

GP Out-of-hours

Care at the Chemist

Free fast expert health advice at your local pharmacy



For a wide range of everyday illnesses and ailments, Care at the Chemist is the quickest and easiest way to get treatment and expert advice from a health professional.

How does Care at the Chemist work?

The scheme is available to everyone who is registered with a Sefton GP.

1. You will need to visit your pharmacy in person, so that the pharmacist can fully assess your condition - most pharmacies have a private consultation room for this
2. On your first visit you will be asked to register with the scheme, so you will need to take proof of your name and address such as a utility bill, driving licence or credit / debit card
3. When you have been assessed you will be given advice on how to deal with your symptoms and any medication if you need it
4. Sometimes you may still need to see a doctor and if this is the case the pharmacist will let you know

You can ask us about...

Common, everyday illnesses and ailments included in the scheme:

Athlete's foot	Heartburn
Cold sores	Indigestion
Conjunctivitis	Infant colic
Constipation	Insect bites/stings
Contact dermatitis	Mouth ulcers
Coughs & colds	Nappy rash
Cystitis	Nasal congestion
Diarrhoea	Pain
Dry eyes	Scabies
Ear wax	Sore throat
Fever	Sprains & strains
Haemorrhoids (piles)	Teething
Hayfever & allergies	Threadworm
Head lice	Toothache
Headache	Thrush
	Warts & verrucas

For more information email us at communications@sefton.nhs.uk or call 0800 218 2333 www.southportandformbyccg.nhs.uk

Dental → If you need emergency treatment when your dentist is closed for the holidays you can call 0161 476 9651 from 9am – 1pm & 6pm – 10pm on Good Friday, Easter Sunday and Easter Monday

Get answers to hundreds of health questions here...



Self Care

NHS 111

www.nhs.uk

- Find GPs, pharmacies and dentists in your area
- Information about hundreds of health issues
- The largest health website in the country
- Includes a symptom checker that offers advice if you have a health problem

Pharmacist

GP

GP Out-of-hours

There are a number of options to help you look after yourself...



www.nhs.uk

NHS 111

Self Care

- Stock up on medicines for coughs and colds at home to see you through Easter
- Make sure you're up to date with your repeat prescriptions from your GP before weekends and bank holidays
- Local pharmacies and www.nhs.uk offer expert advice on health issues

Pharmacist

GP

GP Out-of-hours

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobiles.