



Self-care Pharmacy

First is a pilot scheme seeking to provide better access to care for minor conditions, especially for those considered socially vulnerable due to low income.

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Leaflet adapted by kind permission of City & Hackney – NHS North East London CCG

For general health advice or information concerning your medicines please contact your local community pharmacy, or GP surgery. You can also find information on conditions, symptoms and treatments, or medicines on the NHS website:

- www.nhs.uk/conditions/
- www.nhs.uk/medicines/

If you're worried about an urgent medical concern, you can call 111 to speak to a fully trained adviser. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

You can also get help or advice from NHS 111 online <https://111.nhs.uk/>

Self-care Pharmacy First

A Camden, Haringey & Islington pilot scheme





How to register

If you were previously registered for the Minor Ailments Scheme, you will need a new registration for the Self-care Pharmacy First pilot.

Please speak to your local Community Pharmacy to see if you qualify for the scheme.

The Community Pharmacy will be able to check that you are registered with a Camden, Haringey or Islington GP practice, and you will need to provide evidence of eligibility for the scheme.

You should take some form of ID and proof of eligibility with you to the Community Pharmacy.

Eligibility for the Self-care Pharmacy First scheme

The service is available to patients who are considered socially vulnerable due to low income. This includes:

Patients aged under 16 years who have at least one parent who would be eligible for this service

Patients who are receiving Universal Credit and whose income is at a level where they are eligible for free prescriptions

Patients receiving any other benefits which give them eligibility for free prescriptions:

- NHS Low Income Scheme and are in possession of a valid HC2 (full help with health costs) certificate.
- Income Support (IS) or Income-related Employment and Support Allowance (ESA)
- Income-based Jobseeker's Allowance (JSA)
- Tax Credit exemption certificate
- Pension Credit Guarantee Credit

Young people aged 16,17 or 18 years, and

- in full time education, part-time education or undertaking an accredited apprenticeship

Homeless & in possession of local authority 'Letter of homelessness'

Prescription charge exemption categories **DO NOT** give eligibility for the Self-care Pharmacy First scheme, unless the patient is in one of the categories listed above.

Conditions covered in the Self-care Pharmacy First scheme

Athlete's foot	Back pain
Constipation (age over 12 years)	Contact dermatitis
Diarrhoea	Dyspepsia and indigestion
Earache	Fever / headache
Haemorrhoids	Hay fever, allergic rhinitis and allergies
Head lice	Minor injuries
Nappy rash	Ringworm
Scabies	Teething
Threadworm	Vaginal thrush
Warts and verrucas	

The pharmacist will provide advice on self-care for your condition and medication if this is needed. In certain situations, this may be limited to 3 consultations in a 3 month period.