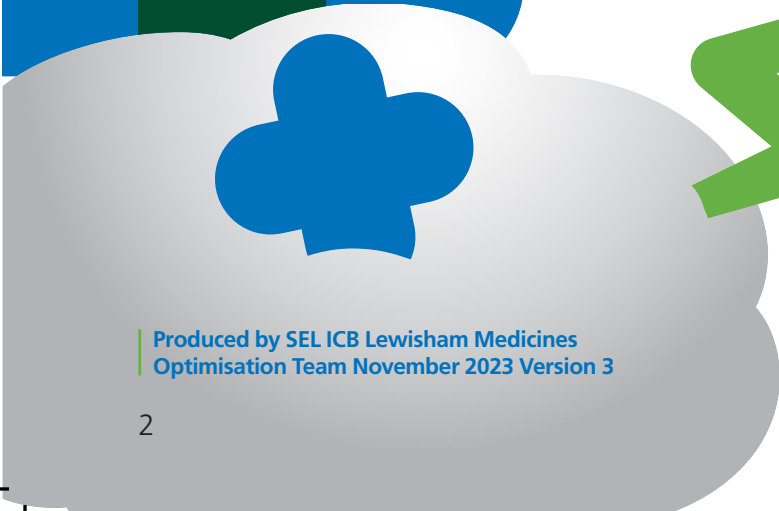


Think
Pharmacy 1st

For minor illnesses
in Lewisham





Produced by SEL ICB Lewisham Medicines
Optimisation Team November 2023 Version 3

What is Pharmacy First?

The 'Pharmacy First' scheme provides advice, treatment and medicines for minor illnesses from your local pharmacy.

Benefits

- Pharmacists are highly qualified healthcare professionals who are experts in medicines. They can give the same advice and treatment for minor illnesses as your GP
- Pharmacies are open during normal business hours and many are open late, on Saturdays, Sundays and Bank Holidays
- It is quicker to see your pharmacist than waiting for a GP appointment
- You don't need an appointment
- Medicines offered in the scheme are free of charge if you don't usually pay for your prescriptions



Can I use the service?

Yes, if you are:

- Registered with a Lewisham GP
AND
- Suffering from one of the conditions listed
AND
- Are able to go to a pharmacy providing Pharmacy First



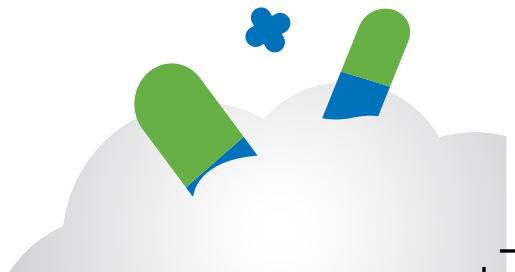
How does it work?

If you have any of the minor illnesses listed in this leaflet, you can access the Pharmacy First scheme in two ways:

1 You can present yourself to one of the pharmacies taking part in this service. You will be seen by a pharmacist and you can ask to be seen in private.

2 Practices or other health care services may signpost you to a participating pharmacy and also provide this leaflet to you for your information.

Your pharmacist will explain the Pharmacy First Service and take some details from you to register you for the service. If you choose not to register you can still receive free confidential advice, however you will not be able to obtain any medication for free or at a reduced price.






What information will be kept about me?

- In each consultation, the pharmacist will record your name, address, date of birth, presenting condition(s), any advice or medicines given and also your answers to any additional questions asked within the consultation.
- If you access the service in the future, details of previous consultations will be available to the pharmacist in the pharmacy where you are seeking treatment or advice. This may be a different pharmacy to the one you have used previously. This is to help them decide whether you can be treated safely by the pharmacist or whether you need to be signposted to a different service.
- Details of your consultation may be shared with your GP where clinically appropriate.


Conditions

- Bites
- Blocked nose
- Cold sores
- Conjunctivitis
- Constipation
- Coughs and colds
- Diarrhoea
- Dry and irritated skin
- Ear wax
- Feeling sick
- Fungal infections (e.g. Threadworms, Thrush, Athlete's foot)
- Hayfever
- Headache
- Head lice (nits)
- Heartburn
- High temperature
- Indigestion
- Itching (e.g. chicken pox)
- Minor burns and scalds
- Mouth ulcers
- Nappy rash
- Sore throats
- Sprains and Strains
- Stings
- Teething



Can I go to any pharmacy?

Most pharmacies in Lewisham are participating in the scheme. The pharmacies that provide the Pharmacy First scheme are listed overleaf.



Will I have to pay for my advice or medicine?

All advice is free and if your pharmacist believes the condition needs further review, they will recommend where to get more advice.

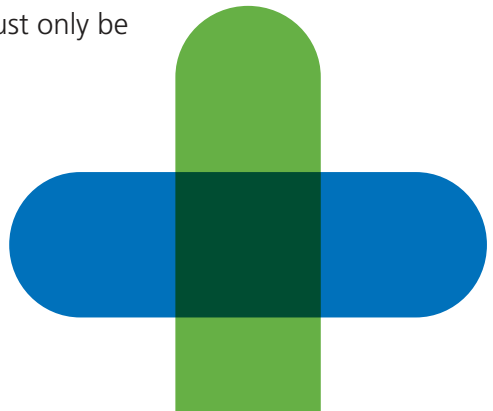
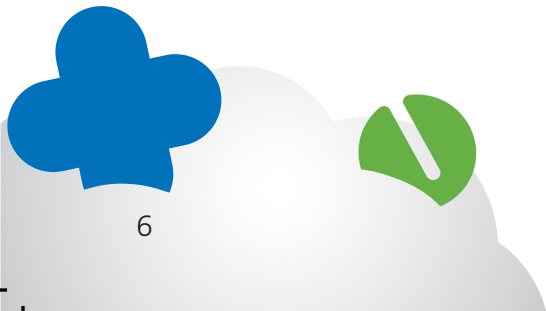
If you do not normally pay for prescription charges, any medicine recommended will be free. If you usually pay for prescriptions, you will pay the cost of the medicine or the standard prescription charge, whatever is cheaper.



Will I always get medication?

On some occasions you may not need medication and will receive professional healthcare advice. If the pharmacist feels it is appropriate to signpost you elsewhere, they will highlight the most suitable service to you.

- Medicines will **ONLY** be supplied when you have a current condition in need of treatment.
- Any medication supplied to you must only be used to treat yourself.





Important

! You must tell your pharmacist if:

- You are pregnant and/or breastfeeding
- You think you might be pregnant
- You are taking any other medication
- If you have any allergies

If your symptoms persist, you should seek further advice from your doctor. The medicine provided is only for you and may not be safe or effective for other people.

⚡ What if I am not happy with the service I received?

- Speak to the pharmacist
- Contact the SEL ICS Patient Advice & Liaison Service (PALS)

SEL ICS PALS

Telephone: 0800 328 9712 (Monday to Friday 9-5pm)

Email: contactus@selondonics.nhs.uk

Participating pharmacies

BR1

Duncan's Chemist

24 Bromley Road

Day Lewis

467 Bromley Road

Day Lewis

443 Downham Way

Brownes Chemist

481-483 Bromley Road

SE4

Ladywell Pharmacy

79 Ladywell Road

Bentley Chemist

374 Brockley Road

Crofton Park Pharmacy

435 Brockley Road

Amin Pharmacy

285-287 Brockley Road

Osbon Pharmacy

179-181 Lewisham Way

SE6

Cambelle Chemist

83 Boundfield Road

Catford Pharmacy

185 Torridon Road

Vantage Pharmacy

108 Conisborough Crescent

Touchwood Pharmacy

Sparkes

9 St Georges Parade

SE8

Pepys Pharmacy

2 Golden Hind Place

Nightingale Pharmacy

90-92 Deptford High Street

Lockyer Pharmacy

252 Evelyn Street

SE12

Lee Pharmacy

19 Burnt Ash Hill

Grove Park Pharmacy

344 Baring Road

Harris Chemist

372 Baring Road

Gokul Chemist

53 Baring Road

Lords Pharmacy

11 Burnt Ash Road

Brook Pharmacy

109 Chinbrook Road

SE13

Rains Pharmacy

9 Staplehurst Road

Baum Pharmacy

10-12 Manor Park Parade

Lewisham Pharmacy

324 Lee High Road

Lewis Grove Pharmacy

1 Lewis Grove

Widdicombe Chemist

220 Hither Green Lane

Sheel Pharmacy

312-314 Lewisham Road

Sheel Pharmacy

296-298 Lewisham High Street

Day Lewis Pharmacy

56-60 Loampit Hill

Woodlands Pharmacy

4 Edwin Hall Place

SE14

Hatcham Pharmacy

399-401 Queens Road

Queens Road Pharmacy

389 Queens Road

New Cross Pharmacy

Waldron Health Centre

Station Pharmacy

2 Amersham Vale

Krisons Pharmacy

506 New Cross Road

SE23

Medicos Pharmacy

197 Stanstead Road

Perry Vale Pharmacy

193 Perry Vale

SE26

Perfucare

136 Kirkdale

Touchwood Pharmacy

Makepeace

264 Kirkdale

Touchwood Pharmacy

The Pharmacy 62 Sydenham Road

Touchwood Chemist

Wise

363 Sydenham Road

Disclaimer: Participating pharmacies listed are accurate at time of print. For the most recent list and pharmacy phone numbers, please contact Lewisham.MedsOptTeam@selondonics.nhs.uk

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