

## How to access this service

To find your nearest pharmacy offering this service, visit [londonwinterwellness.nhs.uk/are-you-on-low-income](https://londonwinterwellness.nhs.uk/are-you-on-low-income) or scan the QR code.



Please bring some form of identification and proof of eligibility from the criteria listed in this leaflet.

If you are unsure, your local pharmacy team will be able to help and advise you.



## Do you need medical help or advice?



### Pharmacy

Your local pharmacy team can provide expert advice and treatment without a prescription or need for an appointment.

### Evening and weekend GP appointments

Search online for GP hubs in your borough.

### NHS 111

If you need urgent medical help, call 111 or visit 111 online. It's free and open 24/7.

### Mental health

If you need urgent help call **111** or visit **111 online** and select the mental health option.

### NHS.uk

Visit [www.nhs.uk](https://www.nhs.uk) for easy-to-understand information on a range of health conditions.

### Dentist

If you need emergency or urgent dental care, call **111** or visit **111 online**.

### Call 999

If it's a life-threatening emergency like a serious road traffic accident, stroke or heart attack.

## What if I do not speak English?



Translation services are available at some pharmacies.

Let the pharmacy know which language you speak and they may be able to help.

# NHS

## Free medicines for common conditions

### Are you eligible for free medicines from your local pharmacy?



If you're on a low income you may be able to get free medicines for certain common health conditions from a **participating pharmacy**.



The free medicines scheme (or the Self-Care Medicines Scheme) supports people to manage everyday health conditions through their local pharmacy and potentially avoid a visit to their GP.

#### Get free medicines for conditions such as:

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

In some cases, this service may be limited to three consultations in a three-month period.

## Who can get free medicines?

You may be able to get free medicines if you live in Barnet, Camden, Enfield, Haringey or Islington are on a low income and are in one of the following groups:

- ✓ People on Universal Credit who are eligible for free prescriptions
- ✓ People on benefits that make them eligible for free prescriptions, such as:
  - ✓ NHS Low Income Scheme with a valid HC2 certificate
  - ✓ Income Support or income related Employment and Support Allowance related
  - ✓ Income based Job Seeker's Allowance based
  - ✓ Tax Credit exemption certificate
  - ✓ Pension Credit (Guarantee Credit)
- ✓ People who are homeless, with a homelessness letter from the local authority
- ✓ Young people aged 16-18 in full time education, part time education or an accredited apprenticeship
- ✓ Children under 16 with a parent who qualifies for the service

**! Please note, being exempt from prescription charges does not automatically qualify you for this scheme, unless one of the above categories also applies to you.**