

Self-Care Medicines Scheme in Leeds

Through the Access to Self -Care Medicines Scheme, community pharmacies can give patients on low incomes in Leeds selected free medicines for minor health conditions.

Early treatment of common ailments like allergies, earache or minor injuries can help you get better quickly and avoid a visit to your GP. Check inside to see if you are eligible to receive selected free medicines.

Conditions covered in the Access to Self-Care Medicines Scheme

Athlete's foot	Blocked nose
Conjunctivitis	Cold
Cough	Dehydration
Earache	Fever
Hay fever	Head lice
Scabies	Sore throat
Sprain or strain	Teething
Threadworms	Oral and vaginal thrush

The pharmacist can give advice on self-care for your condition and medication, if this is needed.

Where to go for more information

Please speak to your local community pharmacy to see if they're participating in this scheme. They'll be able to let you know if you're eligible to receive selected free medicines.

Remember to bring identification and proof you are eligible for the scheme (see Eligibility Criteria on the next page).

Please remember that being exempt from prescription charges doesn't mean you automatically qualify for this scheme.

Who is eligible for the Access to Self-Care Medicines Scheme?

The Leeds Access to Self-Care Medicines Scheme is only available to patients registered with a Leeds GP on a low income. This includes people who:

- Are aged 60 and over
- Have a current medical exemption certificate
- Have a maternity exemption

People experiencing homelessness, those seeking asylum and those with refugee status.

Children under 16 with at least one parent who would be eligible for this service

People receiving Universal Credit and whose income level means they're eligible for free prescriptions

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

- NHS Low Income Scheme and in possession of a valid HC2 (full help with health costs) certificate
- Pension Credit (Guarantee Credit)

Young people aged 16,17 or 18 and in full time education, part-time education or undertaking an accredited apprenticeship

Prescription charge exemption categories DO NOT give eligibility for the Access to Self-Care Medicines Scheme, unless in one of the categories listed above.

Where to go for more health and care information and advice

You can also find lots of information on conditions, symptoms, treatments and medicines on the NHS website: www.nhs.uk

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: www.111.nhs.uk