

Your Local Pharmacist

Pharmacists offer professional free health advice at any time - you don't need an appointment. From coughs and colds to aches and pains, they can give you expert help on everyday illnesses. They can answer questions about prescribed and over-the-counter medicines. Your local Pharmacist can also advise on healthy eating.

Pharmacists can also advise on health eating, obesity and giving up smoking. Some pharmacists have private areas where you can talk in confidence. They may suggest you visit your GP for more serious symptoms. It is possible to purchase many medicines from the chemist without a prescription.

Local pharmacies are:

Lloyds 123 The Hundred, Romsey SO51 8BZ	8.30am—7pm weekdays 9am—1pm Saturday
Superdrug 10 The Hundred, Romsey SO51 8BW	8.30am —5.30pm weekdays 8.30am—5.30pm Saturday 10am—4pm Sunday
Tesco The Bourne Cen- tre, Southamp- ton Rd, Salis- bury SP1 2NY	8am—8pm weekdays 8am—8pm Saturday 10am—4pm Sunday
Boots 41-49 Silver St, Salisbury SP1 2NG	8.30am—5.30pm weekdays 8am—6pm Saturday 10.30am—4.30pm Sunday



Salisbury Walk-In Centre

In Salisbury, there is a Walk-In Centre, staffed by GPs and experienced Nurse Practitioners, who can provide excellent immediate advice.

The Walk-In Centre is found at:
Central Health Clinic,
Avon Approach
Salisbury SP1 3SL
Tel no. 01722 331191

It is open:
6.30pm — 10pm: Monday to Friday
8am — 8pm: Saturdays and Sundays
and every Bank Holiday

At Salisbury Walk-in Health Centre, we offer convenient access to flexible and convenient health services. The centre is run by a team of experienced doctors and nurses who will see you on a first come, first served basis unless someone is acutely unwell and needs immediate attention when we will prioritise their treatment first.

Walk-in centres do not replace local doctor or hospital services but complement them by providing access to a range of treatment for minor illness and injuries at times when local practices may not be open.

However, they are not designed for treating long-term conditions or immediately life-threatening problems.

Website: www.salisburywalkincentre.co.uk









Where else can I get Health Advice?

Opening hours

0800-1830 Monday—Friday
08:45—11:45 Saturday

Correct as of 1st August 2019

Feeling unwell? Choose the right service

Self-care	NHS 111	Pharmacist	GP (Doctor)	NHS Walk-in Services	A&E or 999
 Hangover. Grazed knee. Sore throat. Cough.	 Unsure? Confused? Need help?	 Diarrhoea. Runny Nose. Painful cough. Headache.	 Unwell. Vomiting. Ear pain. Back ache.	 If you cannot get to the GP and it is not getting any better.	 Choking. Severe bleeding. Chest pain. Blacking out.

NHS

NHS 111



NHS 111 is the free number to call when you have an urgent healthcare need. It directs you to the right local service, first time.

It is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones

When should you call it?

- You need medical help quickly, but it's not a 999 emergency
- You don't know who to call for medical help or you don't have a GP to call
- You think you need to go to A&E or another NHS urgent care service but are not sure which one is most appropriate; or
- You require health advice or reassurance about what to do next

How does it work?

- When you call 111 you will be assessed by fully trained advisers who are supported by experienced nurses and paramedics. They will ask you questions to assess your symptoms and give you the healthcare advice you need or direct you straightaway to the local service that can help you best

If NHS 111 think you need an ambulance, they will send one immediately.

I think I need some health advice. Where should I go?

Whiteparish Surgery is open on a Saturday morning for **pre-booked appointments only**.

It cannot offer a walk-in service on a Saturday morning, unless the situation is life threatening.

Every year, 50 million visits of us visit our GP with minor health problems, such as coughs and colds, mild eczema, and athlete's foot. that can be easily resolved without a doctor's appointment.

There are lots of other sources of health advice available when your GP surgery is not open.

Self-care

Keeping a well stocked medicine cabinet at home can help you treat many minor ailments. Colds, coughs, indigestion and many other minor complaints can all be treated with medicines that are available over the counter.

Your pharmacist can advise on what you might find useful to keep in your medicine cabinet.

Always follow the instructions on the medicine label and consult your doctor if the illness continues or becomes more severe.

There are lots of useful resources on the Be Self Care Aware website at:



<http://www.selfcareforum.org/fact-sheets>