



Through the **Self-Care Medicines Scheme**, community pharmacies can provide patients on low income with free medicines for the management of minor health conditions that they might otherwise not be able to afford.

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.

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Next review date: 31 March 2025

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SCMS – PIL v1

For general health advice or information concerning your medicines, please contact your local community pharmacy or GP practice.

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 111.nhs.uk

Self-Care Medicines Scheme





How to register

Please speak to your local Community Pharmacy to see if they are participating in this scheme and whether you qualify to receive selected free medicines.

The Community Pharmacy will be able to check that you are registered with a North Central London GP practice.

You will then need to provide some form of ID and evidence of eligibility for the scheme.

Please note that being exempt from prescription charges does not mean you automatically qualify for this scheme.

Eligibility criteria

The service is only available to patients considered at risk of health inequalities 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 and in possession of local authority 'Letter of homelessness'.

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

Conditions covered in the Self-Care Medicines 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 three consultations in a three-month period.