



# Self-Care Medicines Scheme

Through the Self-Care Medicines Scheme, community pharmacies can give patients on low incomes in Barnet, Camden, Enfield, Haringey and Islington 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, scan the QR code below or go to [nclhealthandcare.org.uk/self-care](https://nclhealthandcare.org.uk/self-care) to see if you are eligible to receive selected free medicines.



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](https://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](https://111.nhs.uk)



## Find out more and join the Self-Care Medicines Scheme

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 and can check that you're registered with a GP practice in Barnet, Camden, Enfield, Haringey or Islington.

Remember to bring ID and proof you are eligible for the scheme (see Eligibility Criteria, opposite).

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



### Scheme eligibility criteria

The Self-Care Medicines Scheme is only available to patients at risk of health inequalities due to low income. This includes:

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 who are homeless and in possession of local authority 'Letter of homelessness'

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
- 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 **and** in full time education, part-time education or undertaking an accredited apprenticeship

**Prescription charge exemption categories DO NOT give eligibility for the Self-Care Medicines Scheme, unless people are 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 can give advice on self-care for your condition and medication, if this is needed. In certain situations this service may be limited to three consultations in a three-month period.