

# You don't need to book an appointment here...



Self Care

[www.nhs.uk](http://www.nhs.uk)

NHS 111

## Pharmacist

→ **Friendly, confidential, expert advice and treatment of everyday health issues**

→ **Local, in your community**

→ **Open early till late, no appointment needed**

→ **If you don't pay for your prescriptions, ask to join the Care at the Chemist scheme to get free medicines for a range of everyday health issues**

Christmas Day 25th December 2015	
<b>Aintree Pharmacy</b> 11 Molyneux Way, Aintree L10 2JA Tel: 0151 526 7087	10am – 12pm
<b>Crescent Pharmacy</b> 3 The Crescent, Thornton L23 4TA Tel: 0151 931 3333	2pm – 4pm
<b>Higgins Pharmacy</b> 77 Crosby Road North, Waterloo L22 4QD Tel: 0151 920 6803	12pm – 2pm
<b>Meadows Pharmacy</b> 87-89 Liverpool Road South, Maghull L31 7AD Tel: 0151 520 3042	12pm – 2pm
<b>Merton Chemist</b> 223 Stanley Road, Bootle L20 3DY Tel: 0151 922 5761	10am – 12pm
<b>N Nasr Ltd</b> 54-56, Bridge Road, Litherland L21 6PH Tel: 0151 920 6361	2pm – 4pm

Sunday 27th December	
<b>ASDA Pharmacy</b> Ormskirk Road, Aintree L10 3JN Tel: 0151 520 4410	10.30am – 4.30pm
<b>ASDA Pharmacy</b> 81 Strand Road, Bootle L20 4BB Tel: 0151 955 4120	10am – 4pm
<b>Boots</b> Unit 5, Aintree Retail Park Ormskirk Road Aintree L9 5AN Tel: 0151 523 7349	11am – 5pm
<b>N Nasr Ltd</b> 54-56, Bridge Road, Litherland L21 6PH Tel: 0151 920 6361	8.15am – 3pm

Bank Holiday Monday 28th December	
<b>ASDA Pharmacy</b> Ormskirk Road, Aintree L10 3JN Tel: 0151 520 4410	9am – 6pm
<b>ASDA Pharmacy</b> 81 Strand Road, Bootle L20 4BB Tel: 0151 955 4120	9am – 6pm
<b>Superdrug Pharmacy</b> 36-38 The Esplanade, New Strand L20 4SP Tel: 0151 922 6282	10am – 4pm

New Years Day 1st January 2016	
<b>ASDA Pharmacy</b> Ormskirk Road, Aintree L10 3JN Tel: 0151 520 4410	10am – 6pm
<b>ASDA Pharmacy</b> 81 Strand Road, Bootle L20 4BB Tel: 0151 955 4120	10am – 6pm

GP

GP Out-of-hours

NHS Walk-in Services

## Care at the Chemist

Free fast expert health advice at your local pharmacy



For a wide range of everyday illnesses and ailments, Care at the Chemist is the quickest and easiest way to get treatment and expert advice from a health professional.

### How does Care at the Chemist work?

The scheme is available to everyone who is registered with a Sefton GP.

1. You will need to visit your pharmacy in person, so that the pharmacist can fully assess your condition - most pharmacies have a private consultation room for this
2. On your first visit you will be asked to register with the scheme, so you will need to take proof of your name and address such as a utility bill, driving licence or credit / debit card
3. When you have been assessed you will be given advice on how to deal with your symptoms and any medication if you need it
4. Sometimes you may still need to see a doctor and if this is the case the pharmacist will let you know

### You can ask us about...

Common, everyday illnesses and ailments included in the scheme:

Athlete's foot	Heartburn
Cold sores	Indigestion
Conjunctivitis	Infant colic
Constipation	Insect bites/stings
Contact dermatitis	Mouth ulcers
Coughs & colds	Nappy rash
Cystitis	Nasal congestion
Diarrhoea	Pain
Dry eyes	Scabies
Ear wax	Sore throat
Fever	Sprains & strains
Haemorrhoids (piles)	Teething
Hayfever & allergies	Threadworm
Head lice	Toothache
Headache	Thrush
	Warts & verrucas

For more information email us at [communications@sefton.nhs.uk](mailto:communications@sefton.nhs.uk) or call 0800 218 2333 [www.southseftonccg.nhs.uk](http://www.southseftonccg.nhs.uk)

## Dental

→ **If you need emergency treatment when your dentist is closed for the holidays you can call 01704 548 863 from 9am – 1pm & 6pm – 10pm on Christmas Day, Boxing Day and New Years Day**

# Walk-in and receive treatment 365 days of the year here...

Self Care

[www.nhs.uk](http://www.nhs.uk)

NHS 111



## NHS walk-in services

→ No need for an appointment

→ All ages can get treatment here

### Litherland Walk-in Centre

The walk-in service treats minor illnesses and injuries that do not need a visit to accident and emergency. No matter where you live in Sefton, you can simply drop-in without an appointment, early till late.

- Litherland Town Hall Health Centre, Hatton Hill Rd, Litherland L21 9JN
- Tel: 0151 475 4667
- Open 8am-8pm everyday including Christmas Day, Boxing Day and New Year's Day

Pharmacist

GP

## Important information about Sefton Social Care Services over Christmas and New Year

Most Sefton Council offices will be closed from Thursday 24th December 2015 until Friday 1st January 2016 inclusive.  
Re-opening on Monday 4th January 2016

For Social Care **EMERGENCIES** during the Christmas and New Year holidays and during the evenings (ie outside normal office hours) please call: **Emergency Duty Team 0151 920 8234**

**For Social Care Emergencies Only** during daytime on Thurs 24th, Tues 29th, Wed 30th and Thurs 31st December 2015 then please call one of the following numbers:

**Children's Social Care**  
0151 934 4624 or 0151 934 4202

**Adult Social Care:**  
North Sefton - 01704 704240  
South Sefton - 0151 529 3761

THESE NUMBERS ARE FOR SOCIAL CARE EMERGENCIES THAT CANNOT WAIT UNTIL MONDAY 4th JANUARY 2016

**Information is also available  
from [www.sefton.gov.uk](http://www.sefton.gov.uk)  
0845 140 0845**

Sefton Council 

twitter  @seftoncouncil

## There are a number of options to help you look after yourself...

Pharmacist

[www.nhs.uk](http://www.nhs.uk)

NHS 111

### Self Care

- Stock up on over the counter medicines for coughs and colds at home to see you through the winter months
- Local pharmacies and [www.nhs.uk](http://www.nhs.uk) offer expert advice on health issues
- Make sure you're up to date with your repeat prescriptions from your GP before weekends and bank holidays – but remember not to over order

GP

GP out-of-hours

NHS walk-in services



**You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobiles.**