

For immediate use

## **Community pharmacies open in North Ayrshire over the Christmas holiday period**

Ayrshire and Arran's community pharmacies can help you battle the winter blues with a healthy dose of good advice.

Community pharmacists can answer questions on choosing and using the right medicine and provide easy-to-understand advice on treating everyday ailments such as coughs, colds and flu. NHS 24 also has a number of community pharmacists who are able to answer medicine and pharmacy-related questions over the telephone on 111.

You can also do a number of things to ensure you are prepared to deal with common illnesses for the coming months. Have a sufficient supply of medicines like paracetamol, sore throat and cough remedies, as these will help to relieve the symptoms of common winter ailments. If you take regular medication, check your existing supplies and only order what you need to ensure you have enough to see you through the weekends, public holidays and holidays away from home.

### **What your community pharmacist can do**

- If you qualify for the Minor Ailments Service your community pharmacist may prescribe medication for you following a consultation.
- Give you advice on the best way to take your medicines.
- Give women advice and supply emergency hormonal contraception.
- Dispense prescriptions.
- Give advice on diet and exercise.
- Give advice, support and where appropriate, prescribe nicotine replacement therapy to those giving up smoking.

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- Hold records of your medicines to ensure that the safety of any future medication is checked.
- Provide a private area to discuss sensitive issues.
- Give you advice over the telephone.

## Many pharmacies also offer

- Advice on travel health.
- Pregnancy testing.
- Collection and delivery of prescriptions.
- Supervised methadone supply.
- Needle exchange.

Over Christmas, GP practices will be closed for four days from Christmas Eve until Wednesday 28 December. During this time, you can still get advice from your community pharmacist.

## Saturday 24 December 2016

All pharmacies will open as normal and close as normal with the exception of:

- Morrisons Pharmacy, 4 Irvine Road, Largs – closes at 5.30pm.
- J Reekie, 1 Cardow Crescent, Irvine – closes 12.30pm.
- Boots, Unit 2B, East Road, Irvine – closes 5.30pm.

## Sunday 25 December 2016

All pharmacies will be **closed** except:

- Boots, 27 Almswall Road, Kilwinning. Open 11am – 1pm.
- Boots, 22/24 High Street, Irvine. Open 1pm – 3pm.

## Monday 26 December 2016

All pharmacies will be **closed** except:

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- Boots, 1 Fullarton Square, Irvine. Open 10am – 5pm.
- Superdrug, 6B Aitken Street, Largs. Open 11am – 4pm.
- Morrisons Pharmacy, 4 Irvine Road, Largs. Open 10am – 4pm.

## Tuesday 27 December 2015

All pharmacies will be **closed** except:

- Penman Pharmacy, 2 Eglinton Street, Beith. Open 9am – 1pm.
- Boots, 1 Fullarton Square, Irvine. Open 9am – 5.30pm.
- Boots, 78 Main Street, Kilbirnie. Open 12noon – 4pm.
- Superdrug, 6B Aitken Street, Largs. Open 8.30am – 5.30pm.
- Morrisons, 4 Irvine Road, Largs. Open 10am – 4pm.
- Boots, 77 Dockhead Street, Saltcoats. Open 10am – 4pm.

If you need a pharmacist on Arran, please contact NHS 24 on 111 to arrange.

If you need a doctor urgently and your GP's surgery is closed, call NHS 24 on 111.

For emergency dental treatment, call NHS 24 on 111.

Ends

**Date of release: Monday 12 December 2016**

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