September weekend GP closures – North Ayrshire

With GP practices closing for the September local holiday weekend (Friday 18 - Monday 21 September), North Ayrshire residents are being urged to prepare to cope with any common health concerns.

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 ailments. If you take regular medication, you should check your existing supplies and only order what you need to ensure you have enough to see you through the holiday weekend.

Your community pharmacist can:

- prescribe medication for you following a consultation, if you qualify for the Minor Ailments Service;
- 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; and
- give you advice over the telephone.

Many pharmacies also offer:

- advice on travel health;
- pregnancy testing;
- collection and delivery of prescriptions;
- supervised methadone supply; and
- needle exchange.

Most pharmacies in North Ayrshire are **open** on Friday 18 September with the exception of:

- J.B. Spence, 49 Skelmorlie Castle Road, Skelmorlie
- L.J. Wilson, 20 Main Street, Dreghorn
- Dalry Pharmacy, 18 Main Street, Dalry
- Gallagher Healthcare, 19 Dockhead Street, Saltcoats
- Gallagher Healthcare, 41 Hamilton Street, Saltcoats
- Gallagher Healthcare, 41 Glasgow Street, Ardrossan
- Gallagher Healthcare, 1 New Street, Dalry
- Gallagher Healthcare Ltd, 17/19 Raise Street, Saltcoats
- Gallagher Healthcare, 13 New Street, Stevenston
- Townhead Pharmacy, Station Plaza, Pennyburn Road, Kilwinning
- Gallagher Healthcare, 6 Central Avenue, Ardrossan
Most pharmacies in North Ayrshire will be **closed** on Monday 21 September with the **exception of**:

- Boots Chemists, 1 Fullarton Square, Irvine, open 10am – 5pm
- Boots Chemists, 77 Dockhead Street, Saltcoats, open 9am – 5.30pm
- Superdrug, 6b Aitken Street, Largs, open 8.30am - 8pm
- Halliday Pharmacy, 5 Aitken Street, Largs, open 8.30am – 4pm
- Morrisons, 4 Irvine Road, Largs, open 9am – 5pm
- Cumbrae Pharmacy, 30 Stuart Street, Millport, open 9am – 5.30pm
- Arran Pharmacy, Lamlash, Arran, open 9am – 4pm
- Arran Pharmacy, Shore Road, Whiting Bay, Arran, open 11am – 3pm
  (pharmacist available 1pm – 2pm)
- Arran Pharmacy, Brodick, Arran, open 9am – 4pm

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.

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