



## A Guide to Local Health Services for Visitors to Tenby and Saundersfoot

For coughs, colds, sore throats, insect bites etc	<b>Please go to a local pharmacy (listed overleaf)</b>
For Health Advice	<b>Contact NHS Direct Wales on 0845 46 47 or speak to a local pharmacist</b>
For general illness, contact a local medical practice.  <b>Please ring before you attend so the practice can advise whether you need an appointment or you can come to an open access session. Appointments may not be offered for the same day and open access session requires you to sit and wait to be seen.</b>	<b>Outside of normal surgery hours (8.30am – 6.30pm, Monday to Friday) contact the GP Out of Hours Service: 01437 769811</b>
For eye problems e.g. eye accidents, irritants etc	<b>Please visit a local optician (listed overleaf)</b>
For Dental Pain	<b>For urgent dental treatment contact NHS Direct Wales on 0845 46 47 Following assessment you may be referred to an Urgent Access appointment. This will require travel to a dental practice which might be outside of Pembrokeshire</b>
For Injury / Accident	<b>The British Red Cross Summer Service will run from July 19<sup>th</sup> to September 7<sup>th</sup> at Tenby Cottage Hospital 10am-7pm on Saturdays, Sundays &amp; Bank Holidays 2-6pm Monday to Friday</b>  <b>Selected Community Pharmacies will run a service for low level injuries. (listed overleaf)</b>
<b>In an Emergency or for Life Threatening Conditions</b>	<b>For medical emergencies call 999</b>  <b>For dental emergencies (which are):</b> <ul style="list-style-type: none"> <li>• Dental bleeding that will not stop</li> <li>• Acute spreading infection (swelling of the lip, tongue or cheek)</li> <li>• Damage to teeth or jaws as a result of accident</li> </ul> <b>if you present at a local hospital you are likely to be directed to the A&amp;E department at Morrison Hospital, Swansea, SA6 6NL.</b>
<b>If you are unsure which option to choose please call NHS Direct on 0845 46 47 or visit <a href="http://www.nhsdirect.wales.nhs.uk">www.nhsdirect.wales.nhs.uk</a></b>	
For those with smart phones, please scan this for more information	



	<b>Name</b>	<b>Address</b>	<b>Opening Hours</b>	<b>Telephone</b>
<b>Local Pharmacies</b>	Lloyds Pharmacy*	39 High St, Narberth, SA67 7AS	Mon-Sat; 9.00-17.30	01834 860486
	Lloyds Pharmacy	Health Centre, Northfield Rd, Narberth, SA67 7AA	Mon-Fri; 9.00-18.00	01834 861294
	The Pharmacy +	The Strand, Saundersfoot, SA69 9ES	Mon-Fri; 9am-5pm; Sat; 9.30am-12pm	01834 812343
	Kilgetty Pharmacy	Carmarthen Rd, Kilgetty, SA68 0UE	Mon-Fri; 9am-6pm; Sat; 9am-5pm	01834 812234
	Seafront Pharmacy	6 High Street, Tenby SA70 7EU	Mon-Fri; 9am-5pm; Sat; 10am-1pm	01834 842945
	Glen Pharmacy +	2A No Acre, The Norton, Tenby SA70 4ES	Mon-Fri; 8.30am-6pm Sat 8.30am-11.30am	01834 844462
	Boots the Chemist*	Jasperley House High Street, Tenby, SA70 7HD	Mon-Sat; 8.30am-5.30pm; Sun; 10am-4pm	01834 842120
* Emergency Contraception (morning after pill) is available free of charge at these pharmacies if supply is deemed appropriate following a consultation with an accredited pharmacist.				
+ Pharmacy taking part in the Triage and Treat Service for low level injuries				
A pharmacy may also be able to assist with obtaining urgent supply of prescribed medication				

	<b>Name</b>	<b>Address</b>	<b>Opening Hours</b>	<b>Telephone</b>
<b>Opticians</b>	Celia Vlismas	Health Centre, Northfield Health Centre, Narberth, SA67 7AA	Mon-Fri; 9am-5pm Sat; 9am-1pm	01834 861373
	Pritchard-Cowburn Opticians	1 Spring Gardens, Narberth, SA67 7AW	Mon-Fri; 9am-5pm Sat; 9am-1pm	01834 861660