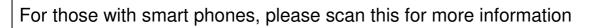


A Guide to Local Health Services for Visitors to Tenby and Saundersfoot

For coughs, colds, sore throats, insect bites etc	Please go to a local pharmacy (listed overleaf)
For Health Advice	Contact NHS Direct Wales on 0845 46 47 or speak to a local pharmacist
For general illness, contact a local medical practice.	
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.	Outside of normal surgery hours (8.30am – 6.30pm, Monday to Friday) contact the GP Out of Hours Service: 01437 769811
For eye problems e.g. eye accidents, irritants etc	Please visit a local optician (listed overleaf)
For Dental Pain	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
For Injury / Accident	The British Red Cross Summer Service will run from July 19 th to September 7 th at Tenby Cottage Hospital 10am-7pm on Saturdays, Sundays & Bank Holidays 2-6pm Monday to Friday
	Selected Community Pharmacies will run a service for low level injuries. (listed overleaf)
In an Emergency or for Life Threatening Conditions	 For medical emergencies call 999 For dental emergencies (which are): Dental bleeding that will not stop Acute spreading infection (swelling of the lip, tongue or cheek) Damage to teeth or jaws as a result of accident if you present at a local hospital you are likely to be directed to the A&E department at Morriston Hospital, Swansea, SA6 6NL.

If you are unsure which option to choose please call NHS Direct on 0845 46 47 or visit <u>www.nhsdirect.wales.nhs.uk</u>





	Name	Address	Opening Hours	Telephone
ies	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
Pnarmaci	The Pharmacy +	The Strand, Saundersfoot, SA69 9ES	Mon-Fri; 9am-5pm; Sat; 9.30am-12pm	01834 812343
nar	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
LUCAI	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
		eption (morning after pill) is available free o a consultation with an accredited pharmac	of charge at these pharmacies	if supply is deemed
Pha	rmacy taking pa	nt in the Triage and Treat Service for low le	evel injuries	
pha	rmacy may also	be able to assist with obtaining urgent sup	pply of prescribed medication	

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