**Visitors to Newquay**

**Due to the Covid-19 situation, current guidance is for visitors to contact their own GP in the first instance.**

**GPs across the country have been consulting over the telephone or via video consultation.  Face to face appointments are only being offered where necessary, for example where an examination is required.   If you are on holiday and need treatment you should contact your own GP, who can offer a remote consultation and send a prescription electronically to a local pharmacy.  If your GP is unable to help, visitors should then contact NHS 111 who will direct you to the most appropriate local service.**

**Forgotten/Lost Medication**

All our local pharmacies can receive prescriptions electronically.  
If you have either forgotten your medication or lost it, your own GP surgery can send the prescription via the Electronic Prescription Service (EPS) to a local pharmacy of your choice. Please call your GP surgery and request your medication to be sent electronically to a local pharmacy, you will need to give them the name and postcode of the pharmacy you wish to collect from (see list below)

This is the quickest way for you to receive your medication.

**Local surgeries.**

**Newquay Area** (including Crantock, Cubert, Holywell Bay, Newlyn East and Watergate)

* Newquay Health Centre, St Thomas Road  Tel: 01637 850002
* Narrowcliff Surgery, Narrowcliff  Tel: 01637 854433

**Perranporth Area** (including Goonhavern, also Cubert and Holywell Bay)

* Perranporth Surgery, Beach Rd  Tel: 01872 572255

**St Columb Area** (including St Mawgan, Bedruthan Steps, Fraddon, Indian Queens and Whiteacres Holiday Park)

* St Columb Major Surgery, Trekenning Rd  Tel: 01637 880359

**Padstow Area** (including St Merryn)

* The Medical Centre, Boyd Avenue, Padstow  Tel: 01841 532346

**Local Pharmacies**

* Boots Newquay- 01637 872014  
  TR7 1DH
* Day Lewis St Thomas Road- 01637 851844  
  TR7 1RU
* Day Lewis Chester Road- 01637 872589  
  TR7 2RT
* Day Lewis Narrowcliff- 01637 872957  
  TR7 2QF

**Before contacting the local GP practice consider the following options;**

Local pharmacy

* General advice and over the counter treatments for many minor ailments such as sunburn, hayfever, stings, coughs and colds etc
* Lost / forgotten medication – most pharmacies in Newquay are able provide emergency medication during the peak holiday period (end of July – early Sept)

Newquay Minor Injuries Unit - Newquay Hospital

**For an appointment at the Minor Injuries Unit patients must telephone 111 or visit NHS111 online.**

* sprains and strains
* lacerations
* wound infections
* minor burns and scalds
* minor head injuries
* insect and animal bites
* minor eye injuries
* injuries to the back, shoulder and chest

Emergency Dental Helpline Tel: 01872 354375

* For any dental problems.  They can help provide appointments locally.  GPs cannot provide medication for dental issues.

NHS111

* For telephone advice 24 hours a day, and out of hours GP cover.