For quick and easy health advice, local people are being encouraged to visit their local pharmacist.

Pharmacists are medically trained experts in a variety of areas and can help with lots of common conditions and minor illnesses, such as colds, sore throats, tummy trouble, aches, pains and minor injuries.

They can also offer medication advice, free consultations, vaccinations, emergency contraception, incontinence supplies, pregnancy testing and much more.

No appointments are needed, and many local pharmacies have private consultation rooms so people can ask for advice in confidence.

Pharmacists also have the right training to identify and advise if someone needs to see a GP, nurse or other healthcare professional.

For a full list of services and details of where to find local pharmacies visit <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

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