



This information leaflet was produced in July 2023 by Healthwatch Sheffield in partnership with Sheffield Citizens Advice.

If you are unable to access any of the online information in this leaflet, get in touch with Healthwatch using the contact information on the back and we can help.

Check if you are eligible for free prescriptions

Answer a few questions online to find out what help you could get with the cost of your prescriptions and other NHS charges. It takes less than 5 minutes to do. Go to www.gov.uk/help-nhs-costs, scan the QR code or call the Prescription Services Helpline: 0300 330 1349.



You are entitled to free NHS prescriptions if you:

- **Receive certain benefits** – to check eligibility go to www.gov.uk/help-nhs-costs or call 0300 330 1349
- **Have a valid maternity exemption certificate** – ask your midwife, GP or health visitor to apply
- **Have a valid medical exemption certificate** – you may qualify for the certificate if you have certain health conditions for example hypoparathyroidism ask your GP for more information and how to apply
- **Have a valid NHS tax credit exemption** – check if you're eligible, go to www.gov.uk/help-nhs-costs or call 0300 330 1349
- **Have a valid war pension exemption certificate** – call Veterans UK to check eligibility 0808 1914 218
- **Have a valid HC2 certificate** – if you have a low income, you may be eligible to receive financial help through the NHS Low Income Scheme. Go to www.gov.uk/help-nhs-costs or call 0300 330 1349
- **Are under 16 years old, are 16–18 years old** and in full time education or are **over 60 years old**

Sheffield Minor Ailments Scheme

If you are entitled to free prescriptions and you are experiencing any of the following conditions, your pharmacist can offer free advice and free treatment:

- Athletes Foot • Chicken Pox • Cold Sores • Conjunctivitis (Acute Bacterial)
- Constipation • Dental Pain • Dermatitis • Diarrhoea
- Haemorrhoids • Hay Fever • Head Lice • Headache/Earache/ Temperature • Indigestion/Heartburn • Insect Bites & Stings • Mouth Ulcers • Muscular Pain • Nappy Rash • Nasal Congestion • Period Pain • Pruritus • Sore Throat • Teething • Threadworm • Thrush (including Oral Thrush) • Toothache • Tummy Upset



Speak to your pharmacist for more information

Could you save money by buying a prescription prepayment certificate?

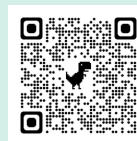
If you know you will need to pay for multiple prescriptions, it may be cheaper to buy a prescription prepayment certificate.



This covers all your NHS prescriptions for the time period, including NHS dental prescriptions, no matter how many you need. Without a prepayment certificate, the NHS prescription charge is currently £9.65 for each prescribed item.

There are 3 prescription prepayment certificate (PPC) options to choose from:

1. The 3-month PPC costs £31.25 and will save you money if you need more than 3 prescribed items in 3 months.
2. The 12-month PPC costs £111.60 and will save you money if you need more than 11 prescribed items in a year. You can pay for this up front or in 10 instalments of £11.16
3. The hormone replacement therapy (HRT) PPC costs £19.30 and will save you money if you need more than 2 prescribed HRT items in a year.



Find out more by calling the NHS PPC Helpline: 0300 330 1341, scan the QR code or visit services.nhsbsa.nhs.uk/buy-prescription-prepayment-certificate/start

Free meds and other health items

Some medications and health items are free for everyone. These include:



- Any medicine that is administered in hospital or NHS walk-in centres is free (not if they prescribe you something to take away)
- Prescribed contraceptives
- Condoms - visit the NHS find free condoms service: www.nhs.uk/Service-Search/other-services/Free%20condoms/LocationSearch/732 or contact Sexual Health Sheffield for advice 0114 226 8888
- Treatments for most sexually transmitted diseases
- Medication for Tuberculosis
- Some mental health conditions (if the medicine has been prescribed under a community treatment order)

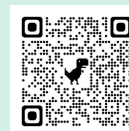
Is your family eligible for free milk, fruit, veg and vitamins?

If you're receiving a qualifying benefit and are pregnant or have a child under 4, you can get help to buy healthy food and milk.



If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops to buy milk, fruit, and vegetables. Women can have Healthy Start vitamin tablets while they're pregnant and up to their baby's 1st birthday. Children can have free Healthy Start vitamin drops from the age of 4 weeks until their 4th birthday.

For more information speak to your midwife or health visitor, scan the QR code or visit: www.healthystart.nhs.uk



Sight tests, glasses and contact lenses



You're entitled to a free NHS sight test if you:

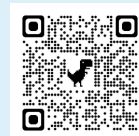
- Are aged 60 or over
- Are registered blind or partially sighted
- Have been diagnosed with diabetes or glaucoma
- Are aged 40 or over and have a close relative (parent, sibling or child) with a history of glaucoma
- Have been advised by an ophthalmologist that you are at risk of glaucoma

You're entitled to a free NHS sight test *and* help with the cost of glasses or contact lenses if you:

- Are aged under 16, or under 19 and in qualifying full time education
- Are eligible for an [NHS complex lens voucher](#)
- Are a prisoner on leave from prison
- Claim certain benefits
- Are named on or entitled to a valid [NHS tax credit exemption certificate](#)
- Have a valid [HC2 certificate](#) for full help with health costs (NHS Low Income Scheme)

Find out more by scanning the QR code, visit www.nhs.uk/nhs-services/opticians/free-nhs-eye-tests-and-optical-vouchers or call the NHS Help with Healthcosts Helpline: 0300 330 1343.

You can also answer a few questions online to find out what help you could get with the cost of NHS optician charges. It takes less than 5 minutes to do. Go to www.gov.uk/help-nhs-costs



Get help with dental costs

Currently an NHS Dental Band 1 course of treatment costs £25.80 which covers check ups and examinations, diagnosis (including radiographs), advice on how to prevent future problems, scale and polish if clinically necessary, and preventative care (for example, applications of fluoride varnish or fissure sealant).

You're entitled to free NHS dental treatment if, when your treatment starts, are:

- Under 18
- Under 19 and in full time education
- Receive certain benefits
- Are named on or entitled to a valid [NHS tax credit exemption certificate](#)
- You are pregnant or have had a baby in the last 12 months
- Have a valid [HC2 certificate](#) for full help with health costs (NHS Low Income Scheme)

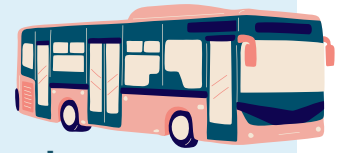


Find out more by scanning the QR code , visit: www.nhs.uk/nhs-services/dentists/dental-costs/get-help-with-dental-costs or call the NHS Help with Healthcosts Helpline: 0300 330 1343 .

You can also answer a few questions online to find out what help you could get with the cost of NHS dental charges. It takes less than 5 minutes to do. Go to www.gov.uk/help-nhs-costs



Receive help with public transport travel costs



If you have a referral to a specialist or a hospital for NHS treatment or tests and you are on benefits or allowances you could claim travel costs under the Healthcare Travel Costs Scheme (HTCS).



To claim, take your travel receipts, appointment letter or card, plus proof that you're receiving one of the qualifying benefits, to a nominated cashiers' office in the hospital/clinic- ask a member of staff for directions.

Find out more by scanning the QR code , visit www.nhs.uk/nhs-services/help-with-health-costs/healthcare-travel-costs-scheme-htcs or call the NHS Help with Healthcosts Helpline: 0300 330 1343



Other cost of living support

- **Citizens Advice Sheffield** - Get help with the cost of living. Visit: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk/sheffield) or call the free Advice Line: 0808 278 7820
- **Sheffield City Council Cost of Living** - Here you can find out what local and national support is available to help you manage the cost of living in Sheffield. This includes information around support with money, food and food banks, energy and travel. Visit: www.sheffield.gov.uk/cost-of-living or call the Community Helpline 0114 273 4567
- **Voluntary Action Sheffield** - Includes the Sheffield living crisis map of support and a food provision map with details of local food banks. Visit: www.vas.org.uk/sheffield-living-crisis-map-of-support or call 0114 253 6600
- **Turn2Us** - A national charity providing practical help to people who are struggling financially. Visit: www.turn2us.org.uk Call free : 0808 802 2000
- **Step Change** - Offer free, flexible debt advice that is based on a comprehensive assessment of your situation. They then provide practical help and support for however long it's needed. Visit: www.stepchange.org or call free on 0800 138 1111
- **AgeUK** - Provide support around the cost of living crisis. Visit www.ageuk.org.uk/information-advice/money-legal/cost-of-living or call their free advice line 0800 678 1602
- **Money Saving Expert** - Has a cost of living help guide. Visit www.moneysavingexpert.com/family/cost-of-living-survival-kit. There is also an app available to download for free from Google Play/Apple App Store
- **Money Advice Service**- Get free and impartial advice about debt and money.
- **Baby Basics** - Support new mothers and families who are struggling to meet the financial and practical burden of looking after a new baby
Visit www.baby-basics.org.uk or call 0114 2787262
- **Family Fund**- Provides grants to families raising a disabled or seriously ill child, or young adults on a low income. Visit www.familyfund.org.uk or call 01904 550055

Healthwatch Sheffield is your local health and social care champion.

We make sure NHS leaders and other decision makers hear your voice and use your feedback to improve care.

healthwatch
Sheffield

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