

Communications toolkit

Oral contraception services available at community pharmacies

11/08/25 V 3

The North East and North Cumbria Integrated Care Board (ICB) has developed the following communications toolkit for pharmacies, GP practices, health partners, local authorities, VCSE sector, universities and higher education colleges to use, and share, on their websites and social media channels to update women on contraceptive pill services now available at local community pharmacies.



Download the digital toolkit here: [Contraceptive pill toolkit](#)

Background

New NHS Pharmacy Contraception Service (PCS)

Women can now get the contraceptive pill directly from their local pharmacy. There's no need to book an appointment with a GP or visit a sexual health clinic.

Pharmacists can also carry out the yearly pill check-up, making it easier for women to keep getting their prescription.

The service gives women more choice and flexibility when starting or continuing the pill. It also helps free up GP appointments for people who need more complex care.

Your support in raising awareness of contraception services available in local community pharmacies very much appreciated.

For further help or advice on using the toolkit or if you need support to tailor assets, please contact either: Andrea Jones andrea.jones2@nhs.net or Abbie Mulgrew, abbie.mulgrew@nhs.net

Resources available in this toolkit - [Contraceptive pill toolkit](#)

Website copy	Newsletter article
Social media messaging and visuals	Poster
Digital screen	Pharmacist video
Fold out business card	

Website copy

Get the contraceptive pill straight from your local pharmacy

Women in the North East and North Cumbria can now get the contraceptive pill straight from their local pharmacy, without needing a GP appointment.

The new service offers women more choice about where and how they access the contraception.

All pharmacies offer walk-in appointments, with no need to book in advance, and consultations are carried out in private with a trained pharmacist. Pharmacists can help whether someone is starting the pill for the first time or continuing an existing prescription.

A yearly check-up will take place, usually when returning for the next supply.

The service is free and confidential for everyone, including those under 16. Personal information will not be shared unless there is a serious concern for safety or wellbeing.

Learn more and find your nearest participating pharmacy here:

[Find a pharmacy offering the contraceptive pill](#)

Newsletter copy

Contraceptive pill now available directly from local pharmacies

Women in the North East and North Cumbria can now get the contraceptive pill directly from their local pharmacy, without needing a GP appointment.

Pharmacies can already treat simple urine infections for women, and now they can offer the contraceptive pill too – whether someone is starting it for the first time or continuing with their regular prescription.

The service is free and confidential and offers more choice about where and how to access contraception, making it quicker and more convenient while also helping GP surgeries, and sexual health clinics, by freeing up appointments for those with more complex needs.

A short check-up will still be needed once a year, which will take place at the pharmacy when the next supply is collected. If any unusual side effects occur and do not go away, it is important to speak to a pharmacist or GP straight away.

The service is available to all women, including those under 16. Personal details will only be shared with parents or carers if there are serious safety concerns.

Find your nearest pharmacy offering the contraceptive pill here:

[Find a pharmacy offering the contraceptive pill](#)

Social media messaging - please tag us in your social media posts

Facebook - NorthEastandNorthCumbriaNHS

X – @NENC_NHS

Instagram – nenc_nhs

TikTok - @nenc_icb

Linked-In - @north-east-and-north-cumbria-nhs

YouTube - North East and North Cumbria NHS

Oral contraception services - Pharmacy

1. Contraception made easy 📌

You can now get the contraceptive pill directly from your local pharmacy, no GP appointment needed.




- ➡ Walk in anytime
- ➡ Talk in private with a pharmacist
- ➡ Whether you're already taking the pill or looking to start
- ➡ Free & confidential (even if you're under 16)
- ➡ Get support, check-ups, and advice when you need it









📌 Find your nearest pharmacy at [Find a pharmacy offering the contraceptive pill](#)

#HereToHelp



<p>2. 📍 You can now get the contraceptive pill from a local pharmacy with no GP appointment needed.</p> <p>Speak to your local pharmacist, whether you're looking to start the pill or already taking it.</p> <p>➡ It's free, confidential, and no appointment needed – just walk in.</p> <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	
<p>3. Did you know?</p> <p>If you're currently taking the contraceptive pill or looking to start, you can now get it directly from your local pharmacy - no GP appointment needed. 📍</p> <ul style="list-style-type: none"> ✓ Private, walk-in consultations with a trained pharmacist ✓ Free for everyone – including under 16s ✓ Totally confidential <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	
<p>4. Head to your pharmacy!</p> <p>Getting the contraceptive pill is now easier than ever.</p> <ul style="list-style-type: none"> ● No appointment needed ● Quick and private advice ● Free and confidential <p>If you're currently taking the contraceptive pill or looking to start, you can now get it directly from your local pharmacy - no GP appointment needed.</p> <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	

<p>5. Need oral contraception? 📍</p> <p>Whether you're taking the contraceptive pill or looking to start, you can now get it straight from your local pharmacy - no GP appointment needed.</p> <ul style="list-style-type: none"> ✓ No appointment needed ✓ Quick and easy access ✓ Free and confidential ✓ Yearly check-ups still happen as normal <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	
<p>6. Pharmacist Ella Hemsley explains how to get the contraceptive pill straight from your local pharmacy, whether you're already taking it or looking to start.</p> <ul style="list-style-type: none"> ✓ No appointment needed ✓ Quick and easy access ✓ Free and confidential ✓ Yearly check-ups still happen as normal <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	 <p>20 seconds with subtitles</p> <p>https://youtu.be/wywYrKd2ZYY</p>
<p>7. Pharmacist Ella Hemsley explains how to get the contraceptive pill directly from your local pharmacy, whether you're already taking it or looking to start.</p> <ul style="list-style-type: none"> ✓ No appointment needed ✓ Quick and easy access ✓ Free and confidential ✓ Yearly check-ups still happen as normal <p>📍 Find your nearest pharmacy at Find a pharmacy offering the contraceptive pill</p> <p>#HereToHelp</p>	 <p>19 seconds – silent pointing</p> <p>https://youtu.be/yCsL6sGXrAg</p>

Additional assets		
Poster		 OralContraception-A3-Poster-01.pdf  OralContraception-A3-Poster-02.pdf  OralContraception-A3-Poster-03.pdf
Business card		 OralContraception-BusinessCard.pdf
Digital screen		 OralContraception-DigitalScreen.jpg
Pull up banner template		 OralContraception-PopupBanner.pdf
Press Release		 Press Release Contraceptive pill nc
Press photograph		 7C425B35.jpg