


































ALL REGIONS

w/c	05/12/22	12/12/22	19/12/22	26/12/22	02/01/23
	Antibiotics	<p>NHS Keep Antibiotics working - <i>Highlighting the dangers of overuse and misuse of antibiotics a</i></p> <p>No amount of antibiotics will get rid of your cold</p> <p>Get well soon without antibiotics</p>			
	Asthma	<p>Asthma UK reminds patients - when to get help for your asthma</p> <p>Breathe 2025 - Make a Pledge</p> <p>Asthma medication - How your pharmacy can help you understand how to use it</p> <p>What is Asthma? - an animation</p> <p>How to prevent an asthma attack</p> <p>Looking after your spacer</p> <p>Tips to staying active at home when you have asthma - Sam's advice</p> <p>Can antibiotics help with asthma?</p> <p>Groundbreaking treatment for severe asthma - Rachel tells her story</p> <p>Asthma &amp; Allergies - Kirsty's story</p>			
	Atrial Fibrillation	<p>What's is atrial fibrillation?</p>			
	Blood Pressure	<p>Free blood pressure checks now available in-pharmacy</p> <p>A pharmacist's role in high blood pressure check</p> <p>Did You Know 1 in 3 adults in the UK have high blood pressure? - Your pharmacist can check your blood pressure and explain your numbers</p>			
	Cancer	<p>'Help Us, Help You' - The NHS has introduced a range of measures to ensure the safety of patients</p> <p>A dad with cancer is still a dad</p> <p>A grandad with cancer is still a grandad</p> <p>Cancer Signs - Knowing what's normal for you</p> <p>It's just a little pain - your NHS is here to see you, safely</p> <p>It's just a little lump - contact your GP if you're worried about a symptom that could be cancer</p> <p>How to talk to someone with cancer - tips from patients</p> <p>Spot Cancer Sooner - get to know your body</p> <p>It's just bloating - your NHS is here to see you, safely</p> <p>It's just diarrhoea - your NHS is here to see you, safely</p> <p>It's just a little bit of discomfort - your NHS is here to see you, safely</p> <p>I Died For 25 Minutes - Laura's Story</p> <p>Don't ignore a persistent cough, visit your GP - cancer survivor, Ann Long's story</p> <p>Dr Ian Watson talks about the signs of lung disease, including cancer</p> <p>Dr Rosie Loftus talks about the symptoms of lung cancer, lung disease and heart disease</p> <p>What to do if you notice symptoms in loved ones - Gaby Roslin's personal experience</p> <p>What to do if you notice breathlessness in a loved one - Gloria Hunniford tells her story</p> <p>How to Spot Lung Cancer Early</p> <p>Denise Welch opens up about losing her mum to mouth cancer</p>			
	Cholesterol	<p>What should my cholesterol level be?</p> <p>High cholesterol and exercise</p> <p>High Cholesterol and statins</p> <p>Understanding Cholesterol</p>			
	Colds	<p>How to treat a cold - an NHS advisory</p> <p>How to treat colds and flu</p>			
	COPD	<p>COPD - Life is Calling</p> <p>When to seek help for your lung condition - crucial advice form the British Lung Foundation</p> <p>Understanding COPD - what is the impact of flare-ups</p>			
	Covid19	<p>COVID-19 - Vital campaign updates from the government supporting all the latest messaging</p> <p>NHS Boost Day - It's not too late to boost your immunity</p> <p>NHS Every Mind Matters - Promoting a range of self-care actions to encourage everyone to look after their mental health and wellbeing</p> <p>Vaccines and pregnancy- vital campaign updates from the government</p> <p>Winter COVID-19 and Flu Vaccine Explained</p> <p>Long Covid - does it really exist?</p>			
	Dementia	<p>Dementia - what are the symptoms?</p> <p>Vascular dementia - what is it?</p> <p>Dementia &amp; Coronavirus - How to help someone with dementia get their shopping and medication</p> <p>Dementia &amp; Coronavirus - How to help someone with dementia stay socially distanced when out and about</p>			



	Diabetes	<p>Type 1 diabetes - a children's guide</p> <p>The Diabetes UK Careline</p> <p>Putting Feet First</p> <p>Diabetes awareness - awkward situations at school</p> <p>No limits - Kaitlyn's diabetes story</p> <p>We are Diabetes UK</p> <p>The NHS Diabetes Prevention Programme - Tom's story</p> <p>Boxer Muhammad Ali - challenging my Type 1 diabetes</p> <p>What does a hypo feel like?</p> <p>Diabetes is relentless - together, so are we</p> <p>Exercise at home - we are undefeatable</p> <p>University and diabetes - Kaja's story</p> <p>Diabetes and blood pressure</p> <p>Explaining Diabetes</p> <p>Type 2 Diabetes and Kidney Disease - explaining the connection</p> <p>Type 2 Diabetes - the risk posed by viral infections</p> <p>Diabetes foot problems - foot clinics during coronavirus</p> <p>What is the Diabetes UK Helpline?</p> <p>Get Involved! - why we volunteer</p> <p>Diabetes - protect your family</p>
	Digestion	Heartburn treatment options - Dr Carol Cooper advises viewers
	EHC	<p>ellaOne – the UK's most effective morning after pill</p> <p>ellaOne - my Morning After</p> <p>Where can I get the morning after pill?</p>
	Erectile Dysfunction	<p>Viagra Connect - get help finding a way forward without a prescription, from your pharmacy</p> <p>Viagra Connect - start your new love story</p>
	Flu	<p>All the latest information and advice from Public Health England - including the new extended pharmacy flu vaccination service for 50-65yr olds</p> <p>Help Us Help You - flu vaccine and pharmacist advice if you're 65yrs and over</p> <p>Flu Heroes - an explanation for children</p> <p>Suffering from a long term condition? - don't put off getting your flu jab</p> <p>The benefits of the flu vaccine - views from Mumsnet and other influencers</p> <p>Did You Know it's flu season? you're 60% less likely to be infected if you have a flu jab - ask your pharmacist now for the vaccination</p> <p>Are you pregnant? - the benefits of a flu vaccine for you</p> <p>Boost your immunity this winter - NHS clinical staff tell us why they get vaccinated</p> <p>Flu is Serious for pregnant Women</p> <p>Just the flu - it's more important than ever that eligible groups are vaccinated to protect from flu</p>
	Head Lice	<p>Head Lice - preventing and treating infestations</p> <p>What causes head lice and how they can be treated</p>
	Healthwatch	How we can help you - the national patient representation organisation Healthwatch explains its' activities
	Heart Health	<p>Hard &amp; Fast CPR - Vinnie Jones CPR TV advert saved my life... Graham's story</p> <p>What is my target heart rate</p> <p>Talking about your heart condition</p> <p>Signs and Symptoms of Heart Failure</p> <p>Five ways to look after your heart</p>
	HIV-Aids	<p>1st December - World Aids Day</p> <p>World AIDS Day It's a New Day!</p> <p>Help #makeHIVhistory for #WorldAIDSDay</p>
	Lung Health	<p>What is COPD?</p> <p>COPD - Life is Calling</p> <p>Understanding COPD and the impact of disease flare-ups</p> <p>What is COPD?</p> <p>What takes your breath away? British Lung Foundation</p>
	Meningitis	<p>The impact and effectiveness of the MenB vaccine</p> <p>Meningitis &amp; Septicaemia Do You Know The Signs</p>
	Mental Health	<p>NHS Every Mind Matters - promoting self-care actions to encourage everyone to look after their mental health and wellbeing</p> <p>What is bipolar disorder</p> <p>What is borderline personality disorder (BPD)</p> <p>What is the Mental Health Act</p> <p>Every Mind Matters &amp; Covid-19 - Change and Uncertainty</p> <p>Every Mind Matters - Getting back to normal</p> <p>Anxiety and unhelpful thoughts</p> <p>Samaritans - breathing portraits to show we listen</p> <p>Before you say anything - advice from the Samaritans charity</p> <p>Sleep and screen time</p> <p>Anxiety - take a short walk</p> <p>Every Mind Matters &amp; Covid-19 - Working From Home</p> <p>How to support someone with depression - advice from the Samaritans charity</p> <p>Listen with your eyes - it's what a Samaritan does</p> <p>Talk To Us - we're the Samaritans and we're here for you</p>
	Migraine	<p>Migraine - An NHS advisory film</p> <p>What Causes A Migraine</p>
	Mother & Baby	<p>How do I deal with burns and scalds?</p> <p>How do I treat my child's cold?</p>
	NHS Services	<p>NHS 24 When should you call 111S</p> <p>Top tips for phone and digital appointments - Cancer Research UK</p> <p>Video consulting with your NHS</p> <p>I use the NHS App because...</p>



		NHS 111 - When and how to use it Dr Amir Khan Lets Keep Life Moving			
	OTC	Seasonal OTC products available from your pharmacy - including analgesics, cough and cold remedies, constipation, diarrhoea, diet products, eye health, flu remedies, first aid, homely remedies, haemorrhoid relief, indigestion, joint pain, lip care, sleep aids, sore throat products, vitamins, minerals and supplements			
	Pain Relief	Can I take ibuprofen and paracetamol together? NHS Advisory			
	Pet Medicines	Pets will be Pets - Treating fleas and ticks in the home Love is not Enough - Treating dog fleas			
	Pregnancy	Your midwife is still available to see you, safely			
    	Pharmacy Services	NHS Pharmacy Teams - Adding years to life and life to years with pharmacy services and skills NHS 24 Pharmacy First Scotland - An introduction NHS Scotland - What is a pharmacist? Self-help guides from NHS24 When you should you go to A&E Pharmacy Opening Hours & Contact details - Animated graphics bespoke to your pharmacy NHS Pharmacy Teams - Use your pharmacy and help the NHS Pharmacy Opening Hours & Contact details - Animated graphics bespoke to your pharmacy Public Health England - Help Us to Help You Pharmacy campaign Patient Advice - Please Tell Your Pharmacist about any existing conditions or medication Patient Advice - What to keep in your First Aid Kit at home Patient Advice - Your Medicines Cupboard at Home and what should be kept in it Keep calm and ask a pharmacist this winter Ask Your Pharmacy Team Today - confidential information about all the services available from this pharmacy including flu and travel vaccinations, Covid Fit to Fly testing, Prescription Delivery, Ear Wax Removal, MDS, Chiropody & Podiatry, NMS, MUR, Ear Piercing, Needle Exchange, Private Prescribing, Pregnancy Testing and many others Help Us, Help You - your pharmacy team are healthcare experts and qualified to give advice about a wide range of health and wellbeing matters and when to see your GP Electronic Prescriptions in the pharmacy - an example for patients			
 	Pregnancy	Clearblue Digital Ultra Early Pregnancy Test (United Kingdom only) Maternity check ups Maternity from tomorrow Maternity visits back to normal			
	Safeguarding	25th Nov - 10th December - Action against Domestic Violence Every 9 Minutes - Domestic Abuse Campaign Ad I See You - hundreds of people trapped with abusive partners Ask For An! Domestic Abuse Code Word Scheme I See You - trapped at home with abusive partners CSE - The signs of Child Sexual Exploitation			
	Safety in the Home	A Bedtime Routine - flame proof advice from the fire service 13 OR BUST - preventing electrical fires in the home			
	Self-Care	Self Care - your pharmacy is here to help and support you with self-care and the management of your long term conditions Be prepared to make over your medicine cabinet Can the pharmacist help with your symptoms? Home care is best			
	Sepsis	Sepsis Awareness - an NHS Consultant outlines the similarities between Long Covid and Sepsis It's Sepsis, not flu - how to tell Sepsis - the warning signs What causes my symptoms? Why sepsis awareness is so important			
	Sexual Health	Viagra Connect - Get help finding a way forward without a prescription, from your pharmacy Viagra Connect - Start your new love story How the morning after pill works ellaOne - the UK's most effective morning after pill Where can I get the morning after pill			
	Stop Smoking	Mind The Bump - the adventurer Having trouble giving up smoking? - get it right this time			
	Stroke	Act Fast - a stroke is a medical emergency, symptoms need to be taken seriously What is a stroke Public Health England advisory on stroke What To Do If Someone Has A Stroke - St John's Ambulance give advice How a pinprick could save a life			
	Thrombosis	Understanding blood clots - signs, symptoms and diagnosis Understanding blood clots - reducing your risks of a deep vein thrombosis			
   	Winter Ailments	Feeling under the weather? - talk to your pharmacist about winter health Winter is Coming - ask your pharmacist for advice on homely remedies to help you be prepared Cold weather and our health The NHS says please 'Stay Well This Winter' Get vaccinated, get boosted, get protected The importance of winter vaccines for the over 50s Winter Vaccines and long term health conditions Flu and COVID-19 Vaccines - Explainer Video Flu and COVID-19 Vaccines - Explainer Video - Different Viruses, Different Vaccines Flu and COVID-19 Vaccines - Explainer Video - Both vaccines are important Flu and COVID-19 Vaccines - Explainer Video - Safety and efficacy of co-vaccination			
	Xmas	Don't leave your prescriptions to the last minute this December Xmas and New Year opening hours It's Christmas! - help change someone's story this year Why is shortbread called shortbread? - hilarious kids share their thoughts!			
	Contractual services				
	National Campaigns				

