




























w/c	01/01/24	08/01/24	15/01/24	22/01/24	29/01/24
	1 - 31 January Dry January				
	Alcohol				
	Alcohol and Heart Health				
	Alcohol and Mental Health				
	Alcohol and the Liver				
	Change starts with you				
	Dr Sarah Jarvis discusses what to expect if you talk to your GP about alcohol				
	Dr Sarah Jarvis discusses alcohol and breast cancer				
	Alcohol and Breast cancer				
	Alcohol and the Liver				
	Antibiotics				
	NHS Keep Antibiotics working - <i>Highlighting the dangers of overuse and misuse of antibiotics a</i>				
	No amount of antibiotics will get rid of your cold				
	Asthma				
	Asthma UK reminds patients - when to get help for your asthma				
	Breathe 2025 - Make a Pledge				
	Asthma medication - How your pharmacy can help you understand how to use it				
	What is Asthma? - an animation				
	How to prevent an asthma attack				
	Looking after your spacer				
	Tips to staying active at home when you have asthma - Sam's advice				
	Can antibiotics help with asthma?				
	Groundbreaking treatment for severe asthma - Rachel tells her story				
	Asthma & Allergies - Kirsty's story				
	Atrial Fibrillation				
	Whats is atrial fibrillation?				
	Blood Groups				
	Why do blood groups matter? - <i>Blood types are determined by inherited genes</i>				
	What's your blood type?				
	Blood Pressure				
	Free blood pressure checks now available in-pharmacy				
	A pharmacist's role in high blood pressure check				
	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				
	Cancer				
	22 - 28 January Cervical Cancer Prevention Week				
	NHS Cervical Screening Campaign				
	A dad with cancer is still a dad				
	A grandad with cancer is still a grandad				
	Cancer Signs - Knowing what's normal for you				
	It's just a little pain - your NHS is here to see you, safely				
	It's just a little lump - contact your GP if you're worried about a symptom that could be cancer				
	How to talk to someone with cancer - tips from patients				
	Spot Cancer Sooner - get to know your body				
	It's just bloating - your NHS is here to see you, safely				
	It's just diarrhoea - your NHS is here to see you, safely				
	It's just a little bit of discomfort - your NHS is here to see you, safely				
	I Died For 25 Minutes - Laura's Story				
	Don't ignore a persistent cough, visit your GP - cancer survivor, Ann Long's story				
	Dr Ian Watson talks about the signs of lung disease, including cancer				
	Dr Rosie Loftus talks about the symptoms of lung cancer, lung disease and heart disease				
	What to do if you notice symptoms in loved ones - Gaby Roslin's personal experience				
	What to do if you notice breathlessness in a loved one - Gloria Hunniford tells her story				
	How to Spot Lung Cancer Early				
	Denise Welch opens up about losing her mum to mouth cancer				
	Cholesterol				
	What should my cholesterol level be?				
	High cholesterol and exercise				
	High Cholesterol and statins				
	Understanding Cholesterol				
	Cold				
	How to treat a cold - an NHS advisory				
	How to treat colds and flu				



	COPD	COPD - Life is Calling
		When to seek help for your lung condition - crucial advice from the British Lung Foundation
		Understanding COPD - what is the impact of flare-ups
	Dementia	Dementia - what are the symptoms?
		Vascular dementia - what is it?
		Dementia & Coronavirus - How to help someone with dementia get their shopping and medication
		Dementia & Coronavirus - How to help someone with dementia stay socially distanced when out and about
	Diabetes	We are Diabetes UK
		The NHS Diabetes Prevention Programme - Tom's story
		Boxer Muhammad Ali - challenging my Type 1 diabetes
		What does a hypo feel like?
		Diabetes is relentless - together, so are we
		Exercise at home - we are undefeatable
		Diabetes and blood pressure
		Explaining Diabetes
		What is the Diabetes UK Helpline?
		Get Involved! - why we volunteer
		Diabetes - protect your family
	Digestion	Heartburn treatment options - Dr Carol Cooper advises viewers
	EHC	ellaOne - the UK's most effective morning after pill
		ellaOne - my Morning After
		Where can I get the morning after pill?
	Erectile Dysfunction	Viagra Connect - get help finding a way forward without a prescription, from your pharmacy
		Viagra Connect - start your new love story
	Exercise	A series of 12 short walks around Britain - scenic walks throughout the year are the ideal way to help yourself stay fit and healthy
	Flu	All the latest information and advice from Public Health England - including the new extended pharmacy flu vaccination service for 50-65yr olds
		Help Us Help You - flu vaccine and pharmacist advice if you're 65yrs and over
		Flu Heroes - an explanation for children
		Suffering from a long term condition? - don't put off getting your flu jab
		The benefits of the flu vaccine - views from Mumsnet and other influencers
		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
		Are you pregnant? - the benefits of a flu vaccine for you
		Does man flu really exist? - Dr Sarah Jarvis answers the question
Just the flu - it's more important than ever that eligible groups are vaccinated to protect from flu		
	Healthwatch	How we can help you - the national patient representation organisation Healthwatch explains its' activities
	Heart Health	Hard & Fast CPR - Vinnie Jones CPR TV advert saved my life... Graham's story
		Sarah's story
		Talking about your heart condition
		Engrave a name this Christmas
	Lung Health	Five ways to look after your heart
		What is COPD?
		COPD - Life is Calling
		Understanding COPD and the impact of disease flare-ups
		What is COPD?
	Meningitis	The impact and effectiveness of the MenB vaccine
		Meningitis & Septicaemia Do You Know The Signs
	Mental Health	Help Us Help You: Mental Health Services
		NHS Every Mind Matters - promoting self-care actions to encourage everyone to look after their mental health and wellbeing
		Samaritans - breathing portraits to show we listen
		Before you say anything - advice from the Samaritans charity
		How to support someone with depression - advice from the Samaritans charity
		Listen with your eyes - it's what a Samaritan does
	Migraine	Talk To Us - we're the Samaritans and we're here for you
		Migraine - An NHS advisory film
	NHS Services	What Causes A Migraine
		NHS 24 When should you call 111
		General Practice Access Routes
		Top tips for phone and digital appointments - Cancer Research UK
		Video consulting with your NHS
		I use the NHS App because...
		NHS 111 - When and how to use it
Dr Amir Khan Let's Keep Life Moving		
	Obesity	10 - 16 January Obesity Awareness Week
		Childhood Nutrition: Better Health Food Scanner App
	OTC	Better Health: Pharmacy Adult Weight Management Campaign
	Pain Relief	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
		Can I take ibuprofen and paracetamol together? NHS Advisory
	Pet Medicines	Pets will be Pets - Treating fleas and ticks in the home



Region	Category	Content
 	Pharmacy Services	Love is not Enough - Treating dog fleas
		NHS Pharmacy Advice campaign
		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?
		Repeat prescriptions clarified
		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 - <i>Animated graphics bespoke to your pharmacy</i>
		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, 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	CSE - The signs of Child Sexual Exploitation
		Every 9 Minutes - Domestic Abuse Campaign Ad
		I See You - trapped at home with abusive partners
	Self-Care	The Naked Threat - ending image based abuse
		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?
	Sepsis	Home care is best
		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 ?
	Sexual Health	Why sepsis awareness is so important
		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
	Stop Smoking	Where can I get the morning after pill
		Mind The Bump - the adventurer
		Having trouble giving up smoking? - get it right this time
	Stress	Better Health - Quit Smoking
		Doing What Matters in Times of Stress - the World Health Organisation illustrates the key signs to look out for
	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
		Winter Vaccinations - Public Facing Campaign
		NHS111 Wintree 2021/22
		Health & Social Care Workers Winter Vaccinations
