


















w/c	30/10/23	06/11/23	13/11/23	20/11/23	27/11/23
				<b>Antimicrobial Awareness Week - 18 to 24 November</b>	
				Antibiotics won't work for Viral Coughs, Colds & 'Flu	
				Antimicrobial resistance - the silent pandemic we can fight together!	
				Are your antibiotics in the wrong fight	
				Antibiotics: Take them seriously	
				Why is antimicrobial resistance increasing	
				World Antibiotic Awareness Week - Three Mayo Clinic experts talk about antibiotic resistance.	
				World Antimicrobial Awareness Week - antibiotic resistance for staff	
	<b>Asthma</b>	<p>Volunteer with Asthma + Lung UK: You'll change things!</p> <p>Breathlessness support 1 Introduction</p> <p>How to spot asthma symptoms in your child Asthma + Lung UK</p> <p>Changing your inhaler - Lara's Story Asthma + Lung UK</p> <p>What is Asthma? - An animation</p> <p>How pharmacy can help with your asthma meds</p> <p>Fighting for your right to breathe Asthma + Lung UK</p> <p>What to do during an asthma attack Asthma + Lung UK</p> <p>Asthma is worse for women</p> <p>An Asthma Explainer with Dr Katherine Hickman</p> <p>World Asthma Day</p> <p>Four simple inhaler changes to help your lung condition Asthma + Lung UK</p> <p>How asthma affects your lungs Asthma + Lung UK</p>			
	<b>Blood Pressure</b>	<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> <p>A pharmacist's role in high blood pressure check</p> <p>Did you know?... You can speak to your pharmacist about blood pressure</p>			
	<b>Blood Groups</b>	<p>Sgrinio ar gyfer Crŵp Gwaed a Gwrthgyrff Screening for Bloodgroup and Antibodies</p> <p>What's your blood type?</p> <p>Why do blood groups matter?</p>			
	<b>Cancer - Oral</b>	<p><b>Oral Cancer Awareness Month - November</b></p> <p>Denise Welch opens up about losing her mum to oral cancer</p> <p>Spotting mouth cancer signs and symptoms early: Mike's story</p> <p>Beware of the risk factors!</p> <p>The Warning Signs of Mouth Cancer</p> <p>How to do a mouth cancer check at home</p>			
	<b>Cancer - Pancreatic</b>	<p><b>Pancreatic Cancer Awareness Month - November</b></p> <p>It's About Time</p> <p>Pancreatic Cancer UK: the world impact</p>			
	<b>Cancer - Lung</b>	<p><b>Lung Cancer Awareness Month - November</b></p> <p>Lung cancer signs and symptoms NHS</p>			
	<b>Cholesterol</b>	<p>Cholesterol and You</p> <p>Living Life to the Max- a short film about living with Familial hypercholesterolaemia</p> <p>Understanding Cholesterol</p> <p>High Cholesterol: What is it?</p> <p>High Cholesterol Ali's story</p>			
	<b>COPD</b>	<p><b>COPD Awareness Month - November</b></p> <p>Breathlessness support 1 Introduction</p> <p>Breathlessness support 2 Breathing Control</p> <p>Getting active opened a new world for me - Linda's story of living with COPD</p> <p>Why it's important to improve your inhaler technique - Quick Tips on lung health</p>			

COPD NHS

				<b>World Diabetes Day - 14 November</b>
	Diabetes			Caribbean Heritage Get The Diabetes Facts #1 Diabetes is serious, but manageable
				Caribbean Heritage Get The Diabetes Facts #2 Diabetes is serious, but manageable.en-GB
				African Heritage Get The Diabetes Facts #1 Diabetes is serious, but manageable
				African Heritage Get The Diabetes Facts #2 Diabetes is serious, but manageable
				When did you last learn more about diabetes?
	Digestion		How to tell if you have food poisoning (symptoms) NHS	
			How to treat diarrhoea and vomiting at home (adults and children aged 5 and over) NHS	
			What is norovirus (Diarrhoea and vomiting bug) NHS	
	Ear Health		Ear infection in adults Symptoms and how to relieve pain NHS	
			Ear infection in children When to contact 111 NHS	
	EHC		ellaOne - The UK's most effective morning after pill	
			ellaOne - My Morning After	
			Where can I get the morning after pill?	
	Flu		NHS Pharmacy flu campaign 2023	
			Child Flu Vaccine - Primary School	
			Public Health Wales Children's Flu Animation 2-3 year old animation (English)	
			ICC Animeiddiad Fflw i Blant 2-3 oed	
			Protecting your child against flu this winter 2023 - 2024	
			Did You Know? You pharmacist can vaccinate you against flu	
	Heart Health		Dr Chris George talks to the public about heart attacks NHS	
			Heart attack signs and symptoms NHS	
			Surviving a heart attack real life stories NHS	
	Men's Health		November x GAA Partnership - Ahead of the Game	
			Tats n Chats	
			The Mo is Calling	
			Tom Brett 'Brothers Through Boxing' Moverner	
			Sean Batty from STV speaks to Early Bird Paul McCafferty	
			<b>Stress Awareness Day - 2 November</b>	
			NHS Help Us HelpYou campaign for Mental Health & Wellbeing	
			Behind These Eyes - Samaritans	
			Break the silence - Samaritans (2).mp4	
			Anxiety Tips Dr Ranj	
			Spot the Signs	
			Treatment for depression and anxiety NHS Talking Therapies	
			We won't judge you or tell you what to do - Samaritans	
			Anthony's Story - Small Talk Saves Lives - Samaritans	
			Believe in tomorrow - Samaritans	
			Ordinary people doing extraordinary things - Samaritans	
			Patrick's story Giving back through the power of listening	
			It's never too late to talk - Samaritans	
			It's a sign of great strength to seek help - Samaritans	
			Break the silence - Samaritans	
	Mother & Child		Sganiau uwchsaïn pan fyddwch yn feichiog Ultrasound scans in pregnancy	
			Sganiau uwchsaïn pan fyddwch yn feichiog	
			Building listening skills for parents Place2Be's Parenting Smart	
			Clear Instructions	
			Place2Be The impact of our mental health support in schools	
			Time Out	
			My child thinks they need to be perfect Place2Be's Parenting Smart	
			My child says "I hate you!" Place2Be's Parenting Smart	
	NHS Services		Learn how the GP practice team works	
			Thank you for treating us with respect	
			What is a prescription prepayment certificate (PPC)	
	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	

	Pharmacy Services	<b>Ask Your Pharmacist Week - 30th October to 6th November</b>	
		NHS Pharmacy Teams - Adding years to life and life to years with pharmacy services and skills	
		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	
		Ask Your Pharmacy Team Today - Confidential information about all the services available from your pharmacy	
		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			
Self Care			<b>Self Care Week - 13th to 19th November</b>
			All the latest self care information from the National campaign
Sepsis		The Start of Sepsis	
	Stop Smoking	Better Health Quit Smoking (NHSE & I mandatory campaign)	
		No matter how careful you are, they still breathe in the harmful poisons	
	Stroke	Alexa's inspirational story - young stroke survivor	
		Chris' story - Stroke Changes Everything	
		Public Health England advisory on stroke	
		What To Do If Someone Has A Stroke - St John's Ambulance give advice	
		Julie's Story - Stroke Association Helpline	
		The UK Stroke Association talks about rebuilding lives after a stroke	
		Act Fast - A stroke is a medical emergency, symptoms need to be taken seriously	
		What is a stroke?	
		How to check your pulse, for risk of stroke	
		Talking about having a stroke - Childhood Stroke Project	
		Tom's story - When The Words Away Went (stroke survivor documentary)	
		What is a stroke - Childhood Stroke Project	
		Stroke Awareness	
	Women's Health	Does Menopause Only Happen in Your 50's NHS 24	
		Menopause only affects you physically - truth or lie	
		Periods what is a period NHS	
	Thrombosis	Understanding blood clots - signs, symptoms and diagnosis	
		Understanding blood clots - reducing your risks of a deep vein thrombosis	
Tonsillitis		Tonsillitis in adults Symptoms and treatment NHS	
		Tonsillitis in children Symptoms and treatment NHS	
	Weight Management	NHS Adult Weight Management & NHS Diet App	
		Childhood Nutrition - Better Health Food Scanner App	
Winter Ailments		How to treat a sore throat NHS	
		Laryngitis Symptoms and treatment for a hoarse voice NHS	
Vaccines		Importance of Vaccines Public Health Wales	
		Pwysigrwydd Brechlynnau Iechyd Cyhoeddus Cymru	

- Contractual services/Campaigns
- National Campaigns
- OTC Products