




































w/c	04/12/23	11/12/23	18/12/23	25/12/23	01/01/24
	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 Get well soon without antibiotics				
	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				
	Whats is atrial fibrillation?				
	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				
	'Help Us, Help You' - The NHS has introduced a range of measures to ensure the safety of patients				
	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					
	What should my cholesterol level be?				
	High cholesterol and exercise				
	High Cholesterol and statins Understanding Cholesterol				
	How to treat a cold - an NHS advisory				
	How to treat colds and flu				
	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				
	COVID-19 - Vital campaign updates from the government supporting all the latest messaging				
	NHS Boost Day - it's not too late to boost your immunity				
	NHS Every Mind Matters - Promoting a range of self-care actions to encourage everyone to look after their mental health and wellbeing				
	Vaccines and pregnancy - vital campaign updates from the government				
	Winter COVID-19 and Flu Vaccine Explained Long Covid - does it really exist?				
	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				
	Type 1 diabetes - a children's guide				



	Diabetes	The Diabetes UK Careline
		Putting Feet First
		Diabetes awareness - awkward situations at school
		No limits - Kaitlyn's diabetes story
		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
		University and diabetes - Kaja's story
		Diabetes and blood pressure
		Explaining Diabetes
		Type 2 Diabetes and Kidney Disease - explaining the connection
		Type 2 Diabetes - the risk posed by viral infections
		Diabetes foot problems - foot clinics during coronavirus
		What is the Diabetes UK Helpline?
		Get Involved! - why we volunteer
Diabetes - protect your family		
	EHC	ellaOne – the UK's most effective morning after pill
		ellaOne - my Morning After
	Erectile Dysfunction	Viagra Connect - get help finding a way forward without a prescription, from your pharmacy
		Viagra Connect - start your new love story
	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
		Boost your immunity this winter - NHS clinical staff tell us why they get vaccinated
		Flu is Serious for pregnant Women
Just the flu - it's more important than ever that eligible groups are vaccinated to protect from flu		
	Head Lice	Head Lice - preventing and treating infestations
		What causes head lice and how they can be treated
	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
		What is my target heart rate
		Talking about your heart condition
		Signs and Symptoms of Heart Failure
		Five ways to look after your heart
	HIV-Aids	1st December - World Aids Day
		World AIDS Day It's a New Day!
		Help #makeHIVhistory for #WorldAIDSDay
	Lung Health	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	NHS Every Mind Matters - promoting self-care actions to encourage everyone to look after their mental health and wellbeing
		What is bipolar disorder
		What is borderline personality disorder (BPD)
		What is the Mental Health Act
		Every Mind Matters & Covid-19 - Change and Uncertainty
		Every Mind Matters - Getting back to normal
		Anxiety and unhelpful thoughts
		Samaritans - breathing portraits to show we listen
		Before you say anything - advice from the Samaritans charity
		Sleep and screen time
		Anxiety - take a short walk
		Every Mind Matters & Covid-19 - Working From Home
		How to support someone with depression - advice from the Samaritans charity
		Listen with your eyes - it's what a Samaritan does
Talk To Us - we're the Samaritans and we're here for you		
	Migraine	Migraine - An NHS advisory film
		What Causes A Migraine
	Mother & Baby	How do I deal with burns and scalds?
		How do I treat my child's cold?
	NHS Services	NHS 24 When should you call 111S
		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		



	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?		
		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 - 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 - thousands 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			

