

PRESS RELEASE

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ASK YOUR PHARMACIST WEEK

Are you aware of the wide range of health information and advice you can get from your local pharmacy?

This week, it's 'Ask Your Pharmacist' Week (4-11 November), a national initiative to raise awareness of the services on offer in pharmacies to help people stay well during the winter months.

Pharmacists are trained to help people treat themselves for many common conditions, such as colds, flu, stomach bugs and aches and pains, which can be especially prevalent when the temperature drops.

Most minor conditions can be treated at home, and your local pharmacist can provide you with advice and support to help you get back on your feet without needing to book a GP appointment.

Benefits of using your local pharmacy can include medicines management reviews to ensure you're taking the right medication at the right time, the use of private consulting rooms, and healthy living advice clinics if you want to stop smoking or lose weight.

Some pharmacies can also offer additional services such as flu vaccinations, and testing for common conditions like high/low blood pressure, Diabetes and Chlamydia.

Many pharmacies offer seven-day opening, and late hours, meaning that they're the perfect place for busy people to get help and advice that could avoid a trip to the GP.

Jane Freeguard, Head of Medicines Commissioning for the three Worcestershire Clinical Commissioning Groups, said:

"People tend to think first of their GP when they have a minor illness, but many winter health problems don't require medical treatment.

"Pharmacists are qualified to provide health advice to help people with minor illnesses and injuries care for themselves.

"If you have a cold, flu, stomach bug, or a minor strain or sprain, often the best treatment is to rest at home. Treatments at your local pharmacist could help relieve the symptoms so you're back at your best as soon as possible."

You can find out more about 'Ask Your Pharmacist Week', by clicking [here](#).

The NHS Choices website lists all pharmacies. Find out your nearest by visiting www.nhs.uk, and entering your current postcode or town.

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Notes for Editors

- For more information about NHS Redditch and Bromsgrove Clinical Commissioning Group please visit www.redditchandbromsgroveccg.nhs.uk
- For more information about NHS South Worcestershire Clinical Commissioning please visit: www.southworcsccg.nhs.uk
- For more information about NHS Wyre Forest Clinical Commissioning Group please visit: www.wyreforestccg.nhs.uk

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