

## Customer News and Updates

If your information has changed or you would like to be added to our mailings please fill in below and bring into the shop. If you would like to be removed please contact us on 0161 798 9932

Name: \_\_\_\_\_

Address: \_\_\_\_\_

### Inhaler Reviews and Advice

Research shows that many patients who use inhalers do so incorrectly, usually from not being taught properly initially and there is concern that some patients may not be on the best medication for their condition. With this in mind, over the next 3 months we are working with the local surgeries to review and improve inhaler technique and the health outcomes of our patients with Asthma and COPD. We want to ensure that each person is using the correct inhaler for their condition and that they are confident in using it to its full potential.

We are inviting all our Patients with inhalers to book an appointment with one of our pharmacists in order to review their medication and to check on technique, this will involve a 15-20 minute review in a private consultation room where they can discuss their medication and technique.

**It is really important that you use this opportunity to get some good advice and help from qualified staff.**

**Call the Pharmacy on 0161 798 9932 to book your appointment.**

In addition to this service we will be holding a talk in our conference room upstairs on 3 separate days to address the use of inhalers and give advice for those diagnosed with respiratory problems. Please book in to your preferred date and time slot as limited spaces

#### Talk dates:

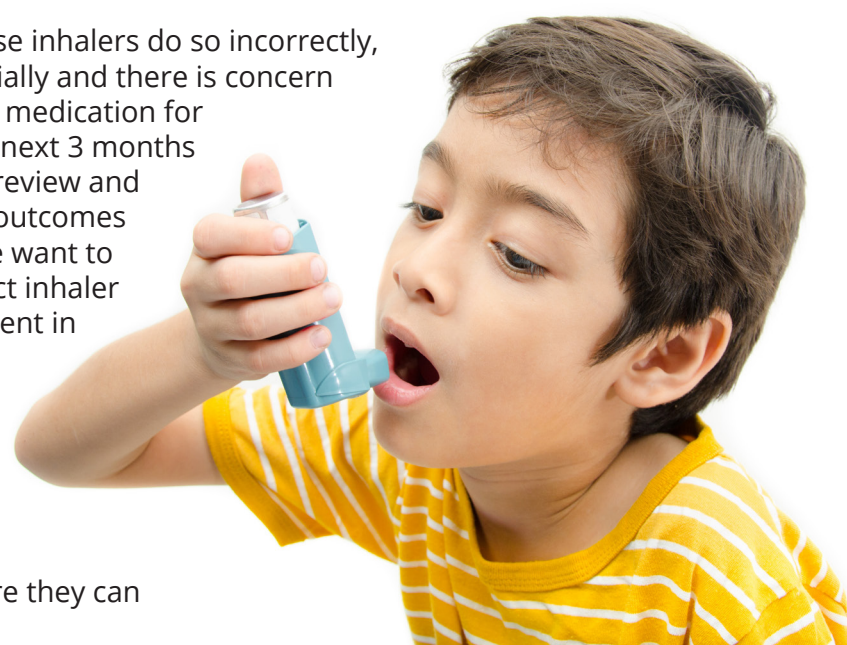
**Wednesday 13th September 6pm-7pm**

**Wednesday 20th September 12pm-1pm**

**Thursday 21st September 12pm-1pm or 6pm-7pm**

#### ANSWERS TO ANAGRAM QUIZ:

1. maths 2. science 3. headteacher 4. playtime 5. times tables 6. literacy 7. miss 8. playground 9. history 10. geography



# THE SCRIPT

PRESTWICH PHARMACY NEWSLETTER

SEPTEMBER 2017

40, Longfield Centre, Prestwich, Manchester M25 1AY  
Tel. 0161 798 9932

#### This issue:

- Flu vaccinations and what to do
- Prescription service and text reminders
- Back to school, be armed and ready!

Register with us today for your NHS Prescription service, we can arrange, dispense and deliver if need be, **sign up form inside this issue**



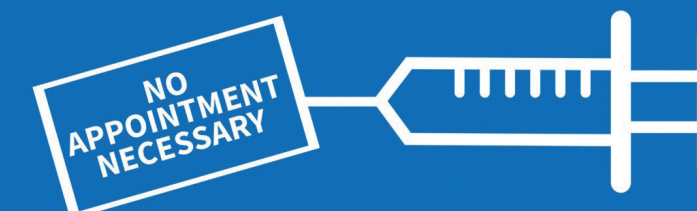
## Is It That Time Already?

**We hope you had a fantastic summer and made some great memories with friends and family.**

It doesn't seem two minutes since we were planning holidays, buying sun cream and finishing school for the summer, so it feels really odd to be sitting writing to you about going back to school and the flu season ahead of us! In reality autumn will be upon us shortly and summer will be just a distant memory. If you have a family with school age children you will be all ready to start the new term with new back packs, stationary and lunch boxes and planning ahead is good. That's why, come September, it is important to us as a Pharmacy to plan for the flu season and this year we want to protect as many of you as possible. Vaccinations will arrive in the Pharmacy on the 11th September; we will begin our flu programme from that date. Those of you who had the vaccination last year should have had an invitation letter from us also. If you missed out last year don't risk it, get vaccinated early. See our ad campaign opposite and in store for eligibility.

The best way to avoid catching and spreading flu is by having the vaccination before the flu season starts.

## Get Your Free NHS Flu Jab At Prestwich Pharmacy



You are eligible to receive an NHS flu jab if you:

- are 65 years of age or over
  - are pregnant\*
  - are a carer\*
  - have certain medical conditions\* including: Asthma, COPD, Heart disease, Kidney disease, Liver disease, Neurological disease and Diabetes
- \*patients must be 18 years of age or over  
If you do not meet the eligibility criteria you may be entitled to a flu jab for £9.99



Call us on 0161 798 9932 or pay us a visit at 40 Longfield Centre, Prestwich, Manchester, M25 1AY

[f /PrestwichPharmacy](#) [@PrestwichPharm](#)

[www.prestwichpharmacy.co.uk](http://www.prestwichpharmacy.co.uk)

**In addition to those mentioned, all frontline health and social workers and those who are morbidly Obese (BMI of over 40) are also entitled.**

**It is best to have the flu vaccination in the autumn before any outbreaks of flu.**

**Remember that you need it every year, so don't assume you are protected because you had one last year.**





## Let's get 'Healthy' ready for the new term too...

September arrives as quickly as summer started and a new term begins, we may have all our stationary and lunch boxes sorted but are we ready and equipped for what the new term will bring in terms of our Children's health?

**Some practical help, facts and advice about head lice, verrucas and cold and flu viruses.**



## Word Search

T	E	S	T	S	A	B	M	E	E
Y	E	C	D	I	E	I	A	C	M
R	N	A	S	R	S	S	T	N	I
O	G	F	C	S	G	E	H	E	T
T	L	I	H	H	J	L	S	I	Y
S	I	K	O	L	E	U	M	C	A
I	S	P	O	R	T	R	N	S	L
H	H	O	L	U	N	C	H	Q	P

Maths

Rules

Lunch

Sir

Playtime

Teacher

Tests

Miss

English

School

History

Sport

Science

IT

## Busting the Myths about Head Lice...

**Lice can jump:** Lice do not have wings. They cannot fly and they cannot jump, they move by crawling. That is why direct head to head contact, such as children putting their heads together whilst playing is the most common way for head lice to spread from one person to another.

**You are more likely to get head lice if your hair is dirty:** Getting head lice is nothing to do with personal hygiene or cleanliness in your home, washing your hair will not get rid of lice, which cling to hair follicles, nor nits (lice eggs), which are extremely sticky and cling to hair.

**An itchy head means a child has head lice:** An itchy scalp is one symptom of head lice but there can also be other causes of itchy scalp, such as dandruff or dry skin.

**Head lice prefer long hair:** Lice do not care what length of hair they nest in or whether it is clean or dirty!

**You can get lice from pets:** Lice cannot be transmitted from Pets or from Pets to people.

## Verruca treatments

With many schools now taking children swimming as part of their curriculum the risk of your child catching a verruca becomes more apparent

Verrucas don't spread easily, but they can be passed on from person to person through close skin contact or contact with contaminated objects or surfaces, such as:

- towels
- shoes and socks
- areas surrounding swimming pools
- floors of communal changing areas

You're more likely to get infected if your skin is wet or damaged. After becoming infected, it can take weeks or even months for a wart or verruca to appear.

**Pharmacy treatments include:**

- creams, gels, skin paints and medicated plasters containing salicylic acid – these burn the top layer of affected skin
- cold sprays containing dimethyl ether propane – these freeze the wart.



**WAS £12.99  
SPECIAL OFFER  
£9.99**




## Did you know?

- Teachers are in the top 5 trusted professions alongside Nurses, Doctors, and Pharmacists.'
- According to government figures, there are 8.5 million pupils attending 24,288 schools in England.

## School Anagrams

1. st ham

2. nice sec

3. date he reach

4. may plite

5. blame is tests

6. crate ily

7. sims

8. grand loup

9. roy hits

10. grape hoky

(answers on the bottom of back page)

## How to get rid of Head Lice

You can treat head lice without seeing your GP, call into Prestwich Pharmacy and we can give you the most effective treatments for them. It's a good idea to have a stock in just in case. Remember you must treat everyone in the house on the same day. The lice should die within a day. Lotions and sprays come with a comb to remove dead lice and eggs

There is no 100% prevention but reduce the risk by avoiding head to head contact. Check your children's hair regularly and treat whenever you find lice or eggs. Pureessential Anti Lice lotion is 100% natural and kind to hair, it offers proven 24 hour repellent against lice. We have it on special offer, see above.

Children do not need to be kept off school!

## Cold and Flu

There is a new flu campaign this year that will be immunising Reception, Year 1,2,3 & 4 children in primary school this year in the hope of reducing the amount of cases. This will be done in school by the school nurse.

For colds, always have a supply of paracetamol and ibuprofen in for your children to help ease any symptoms.



## COMPETITION TIME

**Next month we are focusing on our Stop Smoking Campaign.**

We are asking for school aged children to enter our competition to design a poster to help with our message.

Simply **design your poster on A4 paper** and drop into the shop. Don't forget to put your child's name, age and your contact name and number on the back so that we can get in touch with you if you are a winner!

**The winner will receive a great 'Back to School' goody bag worth over £30!**

**We will feature the winning design in Our October newsletter and in the shop to help promote awareness.**

Closing date will be Monday 25th September 2017.

