

# Press Release

Tuesday 21 January 2020

## **Need help with a minor health concern? Visit your local pharmacy**

Worcestershire residents are being encouraged to talk to their pharmacist if they need help and advice managing minor health conditions, avoiding a trip to the GP.

The three Worcestershire Clinical Commissioning Groups (NHS Redditch and Bromsgrove, NHS South Worcestershire and NHS Wyre Forest) are supporting the 'Help Us Help You' Pharmacy Advice campaign, which launched on Monday 20 January to promote the services on offer at local pharmacies and urging people to pay them a visit with common health concerns.

Pharmacists are qualified healthcare professionals, who are the right people to see if you need advice and over the counter treatments for a wide range of health issues.

Most minor conditions, such as colds, coughs, flu and stomach bugs can be treated at home, and your local pharmacist can provide you with help and support to get you back on your feet as soon as possible.

With most people living within easy reach of a pharmacy and with many pharmacies offering extended opening hours in the evenings and at weekends, pharmacy teams offer fast and convenient support with no appointment needed.

Also, most community pharmacies now offer a private consultation room, suitable for a confidential conversation, should it be requested.

**Jane Freeguard, Associate Director of Medicines Commissioning for the three Worcestershire Clinical Commissioning Groups, said:**

“If you need help to manage a minor condition, your local pharmacy is the best place to go.

“They offer free expert advice on a wide range of health issues, support for self-care and medicines to treat common complaints.

“Pharmacists are highly trained to offer help and support to patients and they're available without the need to book an appointment.”

Search <https://www.nhs.uk/using-the-nhs/nhs-services/pharmacies/> for more information and to help you find your nearest NHS pharmacy services and opening hours.

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**Sent on behalf of:**

NHS Redditch and Bromsgrove CCG, NHS South Worcestershire CCG and NHS Wyre Forest CCG

### Notes to editors:

- For more information about NHS Redditch and Bromsgrove CCG Clinical Commissioning Group please visit: [www.redditchandbromsgroveccg.nhs.uk](http://www.redditchandbromsgroveccg.nhs.uk)
- For more information about NHS South Worcestershire Clinical Commissioning Group please visit: [www.southworcsccg.nhs.uk](http://www.southworcsccg.nhs.uk)
- For more information about NHS Wyre Forest Clinical Commissioning Group please visit: [www.wyreforestccg.nhs.uk](http://www.wyreforestccg.nhs.uk)

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NHS Redditch and Bromsgrove CCG, NHS South Worcestershire CCG and NHS Wyre Forest CCG