

Community Pharmacy Newsletter

April 2018

Here is the third regular Public Health update within the community pharmacy newsletter. This month we cover the latest advice on Lyme Disease – Tick awareness, how MECC can help you sustain Healthy Living Pharmacy status, introduce Dan Barritt the programme manager for Workplace Health & Emotional Wellbeing and the lead on MECC and showcase April's community provider of the month, Kamsons Chichester.

Lyme Disease - Tick Awareness

West Sussex County Council are promoting tick awareness for when residents are out and about enjoying the countryside.

The following information and signposting residents to PHE and NHS Choices website for advice (links below) will appear in the June publication of West Sussex Connections, which goes to all households in West Sussex. Links can also be found in the West Sussex Wellbeing website.

'Ticks can transmit bacteria that cause diseases such as Lyme disease. Although not all tick bites result in disease, it is important you know how to avoid tick bites and to take action if you or your family get bitten.

Public Health England has produced a factsheet on [tick bites and your health](#). This gives important details on:

- the health risks of tick bites
- how to check your skin for ticks
- how to remove a tick
- how to prevent tick bites

For more information about how to avoid ticks, or what to do if you find one, you can also visit the [NHS Choices website](#).

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How MECC can help you sustain Healthy Living Pharmacy status

Making Every Contact Count (MECC) is a person-centered approach using opportunities you already have through conversations, however brief, to talk about lifestyle behaviours. Offering basic advice and promoting other lifestyle support services in the community that are currently available with a particular focus on stopping smoking, drinking alcohol sensibly, increasing physical activity, maintaining a healthy weight, a healthy diet and mental wellbeing.

Dan Barrett, the Public Health program manager for workplace health, emotional wellbeing and MECC, introduced below will be sending **all** pharmacies a pack of resources to support the use of MECC within your pharmacy, please look out for yours.

If you require additional support or training on using MECC there are a series of e-learning modules that can be accessed [here](#). When accessing these modules please click on the Wessex, Thames Valley, Kent, Surrey, Sussex option. The online modules include:

- Introduction to Making Every Contact Count
- Introduction to Skills
- Introduction to Lifestyle Topics
- Signposting
- Your Organisation

Please click [here](#) for further information on MECC or contact Dan Barritt at dan.barritt@westsussex.gov.uk.

Meet the team

Each month we introduce another member of the West Sussex County Council, Public Health Directorate. This month we introduce Dan Barritt, the programme manager for Workplace Health & Emotional Wellbeing and the lead on Making Every Contact Count.



Dan has been with the team since October 2017. Previously Dan managed Horsham District Council's Health & Wellbeing Hub, which provides a range of healthy lifestyle interventions, such as healthy weight, physical activity, falls prevention programmes, wellbeing MOTs, and brief alcohol support. In addition, Dan has extensive experience of working within substance misuse services. Dan's



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particular interests include behaviour change interventions, workplace health, emotional wellbeing and resilience, and substance misuse.

Community provider of the month

West Sussex Public Health, Healthy Lifestyles team is celebrating a community provider of the month for NHS Health Check and Smoking Cessation services to enable you to share your success stories.

Roddy Crockett, the Primary Care Liaison Officer for the Public Health, Healthy Lifestyles team (introduced in the February newsletter), has visited pharmacies across West Sussex and would like to showcase some of the good work that is happening in community pharmacy. This month we are highlighting Kamsons Pharmacy in Chichester. Roddy was impressed to hear about their fantastic relationship with their local general practice, their brilliant efforts to achieve Healthy Living Pharmacy status and helping customers with their wider health needs.



Kamsons are a city-centre pharmacy in Chichester. William Lloyd, the Pharmacist Manager (pictured on the left) and Lisa Chatterton, the Pharmacy Technician ACT, kindly took the time to share their experiences with us.

Kamsons said "The local surgery sends out NHS Health Check invitations to patients. They inform the patients that they can go to their local pharmacy to have the Health Check done. This is partly due to the good relationship we have with them" (Lisa Chatterton).

Kamsons receive a steady stream of patients who take advantage of their walk-in NHS Health Check. "We make it relatively easy for people to get an appointment and offer a walk-in service" (William Lloyd). A responsive service for local people is something that is important to all the staff.

Kamsons linked their services to the needs of the local population. They had a revamp of their health promotion area and have put great energy into achieving Healthy Living Pharmacy status. Lisa said one challenge was helping customers with wider health needs, "I think a large proportion of our customers need a friendly ear and for you to listen to what is going on in their lives, then if you can direct people to what can help - then you do. We recently had a gentleman who was needle phobic so he came in for 10 minutes a week to discuss his fears till he was ready to go ahead".

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Kamsons provide three Public Health Services to the local population: Stop Smoking; NHS Health Checks and Emergency Hormonal Contraception. In addition, they also provide supervised consumption and needle and syringe programme services as part of the West Sussex Drug and Alcohol Wellbeing Network, led by Change, Grow, Live (CGL).

Please contact Roddy at roddy.crockett@westsussex.gov.uk if you have a success story you would like to share, or a challenge you have faced and would like Roddy to visit you. These success stories could include successful use of resources, challenges faced and how you overcame these, successful targeting of specific demographics and what works well.

Useful links:

<https://www.gov.uk/government/publications/tick-bite-risks-and-prevention-of-lyme-disease>

<https://www.nhs.uk/conditions/lyme-disease/>

<http://mecc.yas.nhs.uk/training/e-learning/>

