

Community Pharmacy Newsletter

September 2018

Here is the monthly Public Health update within the community pharmacy newsletter. This month we cover the latest update on Patient Group Direction (PGD) for Emergency Hormonal Contraception, The Heart Age Campaign, Stoptober 2018 resources, World Mental Health Day and Carer Friendly Communities. We introduce Holly Yandall, the Alcohol and Drugs Lead for West Sussex County Councils Public Health team, and say thank you to pharmacies for supporting this newsletter. We also say thank you to Samantha Rogers, this is her last edition as editor and introduce the new editor, Laura Lewis.

Patient Group Direction (PGD) for Emergency Hormonal Contraception - a reminder to pharmacists about the Patient Group Direction for Emergency Hormonal Contraception

The deadline for receiving signed hard copies of the PGD is Friday 21 September. All details on the scheme can be accessed through the [Community Pharmacy Surrey and Sussex \(CPSS\) website](#). Signed hard copies should be returned to Christine Bremner, Public Health, First Floor, The Grange, County Hall, West Street, Chichester, West Sussex, PO19 1RQ.

For further information

If you have any questions on this please contact Paul Woodcock, Commissioner: Sexual Health; Paul.woodcock@westsussex.gov.uk – Tel: 0330 222 8701

Heart Age Campaign

The Heart Age campaign will re-launch on **Tuesday 4 September**. To increase awareness of heart health and reduce the risk of heart attack and stroke, the campaign is encouraging adults to complete the [One You Heart Age Test](#). The test reveals your heart age compared to your real age and gives advice on how to lower it.

To find out more about the campaign and how you and your audience can get involved, please download the [Heart Age Campaign Partner Toolkit 2018](#).

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New this year - The Heart Age Test can be embedded in your own website. Instructions explaining how to do this are included in the [Campaign Partner Toolkit](#).

Resources for pharmacies: posters, leaflets and digital banners can be ordered via the [Public Health England resource](#) page. Please also visit the [Wellbeing Website](#) where you can request to borrow various items to support the campaign. For more information on items available, please contact Nicky Gale at Nicky.Gale@westsussex.gov.uk who can assist you further.

Stoptober 2018 Resources

Stoptober is back for its **seventh year**, launching on **Thursday 20 September**. This year, Stoptober will encourage smokers to find the most suitable support for them with the help of the new **Personal Quit Plan**.

New for 2018

A brand new web tool, based on the Fagerstom test for nicotine dependence, will help smokers to boost their chances of quitting by getting prepared with the best support tools for them.

Smokers will answer three questions to get a tailored recommendation on smoking cessation support. As talking to a trained advisor gives smokers the best chance of quitting successfully, local Stop Smoking Services and pharmacy services will be prominently signposted when smokers receive their test results.

The tool is not intended to replace professional advice.

Pharmacy resources can be ordered via the PHE Campaign Resource Centre. For further information on campaigns, please visit the [PHE resource center](#), where you can order various toolkits for your pharmacy and get involved with the campaigns.

Please note, the Public Health team will be promoting Stoptober and advising people to visit the Wellbeing Website for the list of providers delivering stop smoking services. Please ensure you are equipped for increased footfall *OR* if you feel you can't deliver smoking cessation services during October-December, please ensure you inform Roddy at Roddy.Crockett@Westsussex.gov.uk. He will advise you of nearby locations to signpost your patients to and if necessary will temporarily remove you from the list. If you have any questions, please feel free to contact Roddy on the e-mail provided above.



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World Mental Health Day - 10 October

World Mental Health Day is being held on Wednesday 10 October with [free online training](#) for frontline staff.

Reaching out to people who are going through a difficult time can be a game-changer. People who are feeling low or suicidal often feel worthless and think that no-one cares. Small things like hearing from friends or family, feeling listened to or just being told that it's ok to talk can make a huge difference. We would like to take this opportunity to promote the **Zero Suicide Alliance free online training** that will give you the skills to identify the warning signs and how to safeguard someone that could be contemplating suicide.

If your pharmacy is interested in supporting the campaign, the training and resources are available [here](#).

Working together to create 'Carer Friendly Communities' – A call to action

There are approximately 84,400 family and friend carers in West Sussex; based on 2011 Census data. This is expected to increase by 2023 to 97,000. A recent national survey completed by Carers UK showed that 72% of respondents said they had suffered mental ill health as a result of caring, and 61% reported that their physical health had worsened as a result of their caring role.

In West Sussex there are a range of services that can provide support, promote wellbeing and resilience and minimise the risk of breakdown. Many people are not aware that this help is available.

We are therefore asking Pharmacies to:

- Watch a [five-minute clip about carers](#)
- Make sure that everyone knows how to refer a family and friend carer to 'Carers Support West Sussex' (CSWS).
- Provide resources for carers within your pharmacy and point them in the direction of the [CSWS webpage](#).



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Meet the team

This month we introduce Holly Yandall, Drugs and Alcohol Lead for the Healthy Lifestyles Team in Public Health, based at County Hall in Chichester.

My name is Holly Yandall and I am the Public Health Lead for Alcohol and Drugs. I am also the WSCC public health officer for Arun District. I have a Masters in European Drug and Alcohol Studies and have worked in the field since 2006; previously as the Public Health programme manager for alcohol, and prior to that as the violent crime reduction officer for Sussex Police, with a focus on reducing alcohol-related violence.

For details of a wide range of services and support options available for people in West Sussex, visit www.WestSussexWellbeing.org.uk and click on the alcohol or drugs headings.

For any additional queries your pharmacies may have about alcohol or drugs, please contact me at holly.yandall@westsussex.gov.uk.

Community Experiences

West Sussex Public Health, Healthy Lifestyles team would like to celebrate success stories and discuss challenges faced by NHS Health Check and Smoking Cessation providers to enable you to share your experiences.

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, as well as highlight challenges and how these can be overcome.

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



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THANK YOU

The Public Health team here at West Sussex County Council would like to take this opportunity to thank you for supporting this newsletter; which has received wonderful feedback. Laura Lewis, the Program Support Officer returning from maternity leave will be taking over as editor of future editions. Thank you to Samantha Rogers for providing all previous editions. Laura can be contacted at laura.lewis@westsussex.gov.uk.

Useful links:

- <https://www.westsussexwellbeing.org.uk/>
- www.westsussex.gov.uk/healthpromotion
- <https://campaignresources.phe.gov.uk/resources/>
- <https://www.zerosuicidealliance.com/>
- <https://www.nhs.uk/oneyou/be-healthier/check-your-health/heart-age-test/>
- <https://campaignresources.phe.gov.uk/resources/campaigns/78/resources/4004>
- <https://www.carerssupport.org.uk/>



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