

you require pharmacy managed prescriptions.

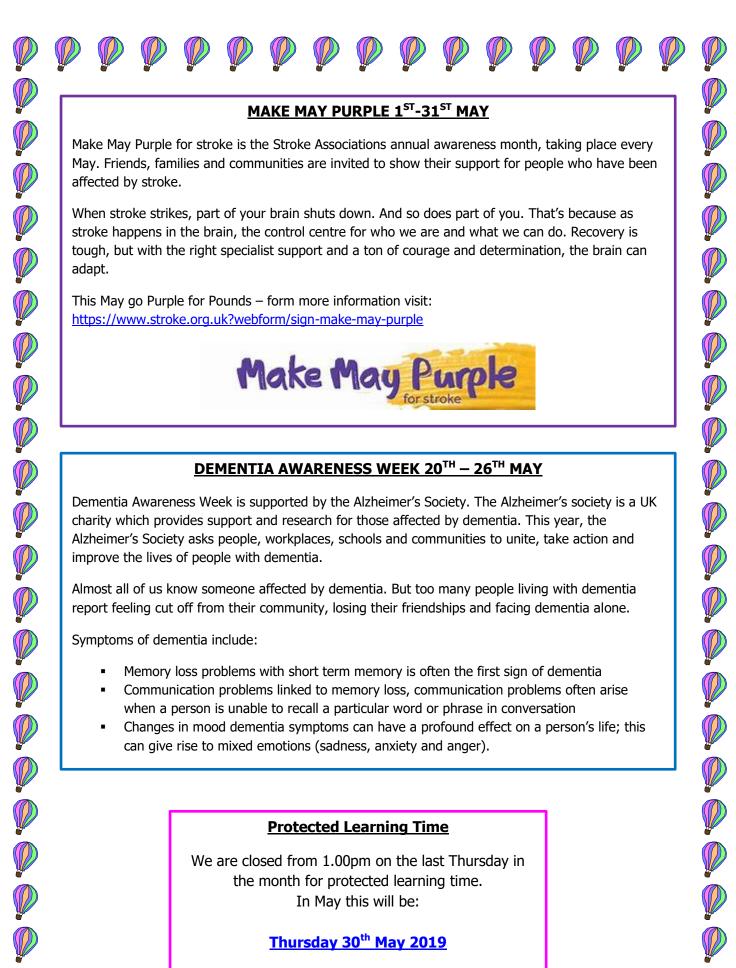
We understand that change can bring challenges. Change is something that may be daunting, but it is necessary to ensure that we monitor and control medicines more closely for the benefit of patient safety. We also have a duty to obtain good quality, safe and cost-effective services for people of Warrington. Unused prescription medicines cost the NHS across the UK over £300 million every year. You can help reduce this cost by taking responsibility for managing your own medicines effectively by:

- Having a regular medicine review with your GP or clinical Pharmacist
- Not ordering medication just because it's on your repeat prescription list. If you don't need the medicine, please don't order it. If you need the medication again in the future you can still request it

We ask you only order medicine when needed. Please check how many days medicine you have left before ordering a new prescription. Please don't order until you have 7-10 days left. All prescriptions are processed within 48 working hours.

## MENTAL HEALTH AWARENESS WEEK 13<sup>TH</sup>-19<sup>TH</sup> MAY

Mental Health Awareness Week is a time to ask big questions and aims to raise awareness of the importance of talking about our mental health. Mental Health Foundations theme for this year is body image - how we think and feel about our bodies. Body image can affect all of us at any age.



## **Protected Learning Time**

We are closed from 1.00pm on the last Thursday in the month for protected learning time. In May this will be:

Thursday 30<sup>th</sup> May 2019