

NHSScotland roadshow encourages people in Edinburgh to be prepared for winter



People in Edinburgh are being encouraged to be prepared for winter as a major NHSScotland campaign rolls into town.

With Christmas only a few weeks away, NHSScotland's Be Ready for Winter campaign is visiting the town on December 13th to offer advice on some simple steps people can take to help themselves and their families enjoy a healthy festive period this year.

The NHSScotland campaign advises people that by re-stocking their medicine cabinet, ordering repeat prescriptions and knowing their GP surgery opening and closing times over the festive holidays, they can ensure they well prepared to cope with winter health.

NHS 24 Medical Director Professor George Crooks said: "I would urge people in Edinburgh to take some time out from their Christmas shopping to visit the roadshow to get some important information about their health this winter.

"By preparing ahead, people can ensure they make the most of the festive period, by not allowing winter coughs and colds to spoil their holiday. I would advise people to take the time now to re-stock their medicine cabinet with items such as paracetamol, cough mixture, throat lozenges and cold and flu treatments, to deal with any winter ailments that may inevitably strike this winter.

“Your local pharmacist is also a good source of information and advice on re-stocking your medicine cabinet. If you need to visit your GP, try to schedule an appointment before the festive period and submit your repeat prescription request by December 19th.”

Staff from Scotland’s national telehealth service, NHS 24, will be on hand at the event to offer advice on how to stay well this winter and answer questions about winter health issues.

In partnership with The Co-operative Pharmacy, they will also be giving away winter health packs, containing an information leaflet, voucher and tissues, to members of the public.

The Co-operative Pharmacy is supporting the campaign. Nisith Nathwani, Regional Development Manager for The Co-operative Pharmacy and General Council Member for Community Pharmacy Scotland, said: “We are very pleased to support NHS Scotland’s Be Ready for Winter campaign and our Co-operative Pharmacy branches up and down the country will be on hand to offer health advice and winter remedies to our local communities throughout the winter.

“Our pharmacists are trained to offer health and medication advice and should be the first port of call throughout the winter months.”

This year, GP surgeries will be closed for two days at Christmas (Wednesday 25th and Thursday 26th December) and again for two days at New Year (Wednesday 1st and Thursday 2nd January).

The national Be Ready for Winter campaign is supported by NHSScotland in partnership with NHS 24, the Scottish Ambulance Service and all 14 Scottish Health Boards.

General advice and information on how to stay healthy this winter can be found at www.nhsinform.co.uk or contact NHS

inform on 0800 22 44 88.

The roadshow is being held at the Wester Hailes Healthy Living Centre from 9am until 5pm.

The four key steps that Be Ready for Winter is recommending everyone take in preparation for their health this winter are:

Restock your winter medicine cabinet

Many children and adults pick up common winter ailments such as a cold or flu-like illness. These can often be effectively treated at home with readily available medicine. Parents are reminded to restock their medicine cabinet with remedies suitable for children.

Use your local pharmacy

Your local pharmacy is an accessible resource for you and your family. Your pharmacist can offer advice or help if you have run out of any prescribed medication. You can also collect medicine for minor ailments or illnesses.

Make sure you have repeat prescriptions.

If you or someone you care for requires medicines regularly, make sure you order and collect repeat prescriptions in good time to ensure you or your family have enough medicine to last over the Christmas holiday period.

Know when your GP surgery will be open

Your local doctor's surgery will be open on Tuesday December 24th and will then reopen on Friday 27th December. This means there are two days when it is closed – Christmas Day and Boxing Day.

Doctors Surgeries will follow normal opening hours on Tuesday 31st December and will then reopen on Friday 3rd January.