

Newsletter Jan 2025

Repeat Prescription - Only order what you need

Approximately 2.5 million medicine items are wasted unnecessarily across Hampshire and the Isle of Wight each year. We need your help to reduce this.

Why is this important?

- **Stay Well**
Unused medicines expire and might not work as intended, meaning your care might be compromised. Stockpiling medicines worsens drug shortages.
- **Stay Safe**
Stockpiles of medicines kept at home can be dangerous for children and pets. Medicines are only prescribed for you and for safety's sake should not be shared with anyone else.
- **Stay Green**
When you dispose of medicines properly please hand them in to your pharmacy, you are helping to make sure that waste medicines do not pollute our rivers and seas. Only ordering what you need means that you are helping the environment because once medicines have left the pharmacy, they cannot be recycled or used by anyone else.

Only order what you need to tackle medicines waste

Check what medicines you have at home before you order your repeat prescriptions. If you have enough, only request the medicines you need this time. You will still be able to order others when you need them in the future. Speak to your pharmacy team if you have any questions about how to change your prescription request.



NHS
Hampshire and Isle of Wight

Repeat prescription?

Only order what you need

If you have enough medicine at home, there's no need to order now - you can request more in future.

Only ordering what you need helps you:

- »» Stay well ✓
- »» Stay safe ✓
- »» Stay green ✓

Only ordering what you need can make a big difference to your local NHS and community. **Speak to your pharmacist if you have questions.**

Further advice can be found here 



NHS Pneumonia Vaccine Leaflet

Please find the link to a leaflet for patients regarding the NHS Pneumonia Vaccine:
https://www.watershipdownhealth.com/news_archive/

New winter lung health guide to support patients from Asthma & Lung UK

For people living with a lung condition, the risk of ending up in A&E doubles in the winter. This is because things like cold weather, winter viruses, damp and mould can make symptoms worse. This means winter can be a scary and dangerous time for people with lung conditions.

To support everyone with a lung condition, Asthma + Lung UK have created a **free winter guide** to help people protect themselves and stay well this winter. To get the guide, patients just need to answer a short survey about their lung condition, symptoms and how winter affects them. They will then receive a series of emails with free, personalised health advice from Asthma + Lung UK's in-house GP, Dr Andy Whittamore. The guide will help people to understand what might set off their symptoms during the winter and provide personalised tips to reduce their risk of becoming seriously unwell.

Please find a link to help people look after their lung health over the coming months and enjoy the winter season. <https://www.asthmaandlung.org.uk/notjustaseason>

Don't forget the Asthma and Lung UK Helpline – (<https://www.asthmaandlung.org.uk/helpline>) - 0300 222 5800) are always on hand to support people to stay well over the winter too.