



Community Pharmacy Leicestershire & Rutland

REGIONAL & LOCAL NEWS

Raring2go! PHARMACY FIRST




When Your Child Is Unwell, Think Pharmacy First

As a parent, it can be worrying when your child becomes unwell, especially when you're trying to balance work, school, and family life. The good news is that your local community pharmacy can now help with a range of common conditions through the NHS Pharmacy First service, often without the need for a GP appointment.

Across Leicester, Leicestershire and Rutland, community pharmacies are playing an increasingly important role in supporting children and families to access timely NHS care close to home. Pharmacy First provides quick and convenient access to expert healthcare, helping children recover sooner and get back to school, learning, sports clubs and the activities they enjoy.

Can Pharmacy First Help?

Condition	Eligible Age Range
Earache (Acute Otitis Media)	1-17 years
Impetigo	1 year and over
Infected Insect Bite	1 year and over
Sore Throat	5 years and over
Sinusitis	12 years and over
Urinary Tract Infection (UTI)*	Women aged 16-64 years
Shingles	18 years and over

*UTI consultations are available for women aged 16-64 years only.

Community pharmacists are highly trained healthcare professionals who can assess symptoms, provide expert clinical advice and, where appropriate, supply NHS medicines, including some prescription-only treatments. For parents, Pharmacy First offers a fast and convenient way to access healthcare when a child develops an earache, sore throat, impetigo or an infected insect bite. Most pharmacies offer walk-in consultations, meaning you can often get help on the same day without waiting for a GP appointment.

How Do I Access the Service?

Accessing Pharmacy First is simple. You can:

- Walk into a participating community pharmacy and ask for a Pharmacy First consultation
- Be referred by NHS 111
- Be referred by your GP practice or another healthcare professional


Pharmacy First consultations are provided through the NHS and are free of charge. If treatment is required, standard NHS prescription charges may apply for people who normally pay for prescriptions. Many pharmacies are open during evenings, weekends and school holidays, making healthcare more accessible around busy family schedules.

When Should I Seek Other Medical Help?

Pharmacy First is designed for common conditions that can be safely managed by a pharmacist. However, if your child is seriously unwell, has difficulty breathing, develops a high fever that is not improving, becomes unusually drowsy, has signs of sepsis, or you are concerned that they need urgent medical attention, please contact NHS 111, your GP practice, or call 999 in an emergency.

SKIP THE GP

You don't have to wait for a GP if you have




Your Community Pharmacy Can Help With More Than You Think

In addition to Pharmacy First, community pharmacies can provide advice and support for minor illnesses, medicines, vaccinations, contraception, blood pressure checks and healthy living.

The next time your child develops a common illness, think Pharmacy First. Your local pharmacist can provide expert NHS care quickly and conveniently, helping your child get back to school, learning and enjoying everyday life sooner.

Save yourself a trip and check with your local pharmacy first – the right care, at the right time, in the right place.



Scan the QR code to find your nearest pharmacy or visit www.nhs.uk/service-search/pharmacy/find-a-pharmacy

Promoting Pharmacy First Across Leicester, Leicestershire and Rutland

We're continuing to invest in raising public awareness of the **Pharmacy First** service across Leicester, Leicestershire and Rutland.

Over the coming weeks, we'll be running a targeted promotional campaign across **social media** and **local magazines** to encourage patients to think *Pharmacy First* for common conditions and to help drive awareness and footfall into community pharmacies.

To support contractors locally, we've also developed a series of **Pharmacy First promotional videos** that can be used to promote the service within your

pharmacy and across your own digital channels. These resources are available to download and share via our website.

By working together to deliver consistent messaging, we can help more patients access timely care through their local community pharmacy while increasing awareness of the valuable clinical services pharmacies provide.

[Access HERE](#)



Curry Night 2026

A huge thank you to everyone who attended our Curry Night. It was a fantastic evening of networking, collaboration and great conversation, and we look forward to seeing you at our future events.

[Upcoming Events](#)



Leicester, Leicestershire and Rutland Area Prescribing Committee (LLR APC) Newsletter.

Access the latest LLR APC newsletter using the link below

[Call to action](#)



Thank You for Attending Our Menopause Event

Thank you to everyone who joined us for our Menopause Education Event. We hope you found the sessions informative and practical, and we look forward to supporting you as community pharmacy continues to expand its role in women's health.

JULY 2026 COMMUNITY PHARMACY DEADLINE TRACKER

To help keep LLR community pharmacy teams on track with monthly tasks, quality payments and to meet local and national deadlines. View the latest monthly Community Pharmacy Deadline Tracker.

[READ MORE](#)






Save the Date – Community Pharmacy LLR AGM 2026

Join us on **Sunday 27 September** for the **Community Pharmacy LLR AGM 2026 – *The Next Chapter: Prescribing, Prevention and Patient Care***. Hear the latest sector updates, celebrate contractor achievements, and be inspired by keynote speakers from across community pharmacy.

We are delighted to have confirmed the following special guests:

- **Henry Gregg**, Chief Executive Officer, National Pharmacy Association (NPA)
- **Amandeep Doll**, Director for England, Royal Pharmaceutical Society (RPS)

To reserve your spot, click below !!!

 Sunday 27th September 2026
 9:00am – 1:30pm
 Holiday Inn Wigston, LE18 1JW

Reserve You Spot
Now!



PHYSICAL ACTIVITY & WELLBEING RESIDENTS' SURVEY

WE'RE INTERESTED IN HONEST EXPERIENCES, NOT FITNESS LEVELS

Win a £20 EVERYWISH Gift Card

ACTIVE TOGETHER

Physical Activity and Wellbeing Residents' Survey 2026

Active Together, with Local Authority Physical Activity Teams and wider physical activity, sport and wellbeing partners want to better understand how residents feel about being active.

They're keen to understand people's experiences, including current activity levels and future intentions. All voices are important, especially those who are not currently taking part in sport or regular physical activity. Participants must be aged

18 or over and live in Leicestershire,
Leicester or Rutland. Closing date:
Friday 10th July 2026.

Complete NOW

National News



Calling all Local Pharmacy Owners
Participate in Community Pharmacy England's Opinion Polling by scanning the QR code below.



NOTE: This QR code is for independents and non-CCA multiples only as the survey is being sent directly to CCA multiples' head offices

Survey closes on Sunday 12th July at 11.59pm

Will the new CPCF agreement make a difference? Have your say!

Has the new CPCF settlement changed your business outlook for the year ahead?
Community Pharmacy England's Committee wants to hear from pharmacy owners across LLR about their views on the 2026/27 arrangements in its latest sector poll.
The poll closes at 11.59pm on Sunday, 12th July.

Complete Poll NOW



MenB Vac Service: further details published

The service specification for the Meningococcal B (MenB) Vaccination Service has now been published by NHS England.
The service is due to commence on **20th July 2026**.
Pharmacy owners who decide to provide the service must first complete an [electronic registration declaration](#).

Service Spec



Flu & Childhood flu vac PGD and VGD published

NHS England has authorised and the UK Health Security Agency (UKHSA) has published the Patient Group Direction (PGD) and Vaccine Group Direction (VGD) for use in the autumn/winter 2026/27 NHS Flu vaccination campaign.

Access PGD & VGD

The simplest way to record vaccinations

Record COVID-19, flu, RSV and pertussis vaccinations.

Used by community pharmacies, NHS trusts and GPs.

[Sign up for free](#) or [log in](#)



Pharmacies must use Record a vaccination (RAVS) for all NHS vaccinations from autumn 2026

The way pharmacies must record NHS vaccinations is changing

From 1 September 2026, community pharmacies in England must record all NHS vaccinations in the Record a vaccination service (RAVS), either accessing the service directly or via an approved pharmacy IT system.

We are currently working with pharmacy IT suppliers to make it easier to access RAVS from their systems. However, you will still need to sign up for a RAVS account if you do not already have one.

How to sign up to RAVS

- You need to sign up for a RAVS account before the start of autumn vaccinations.
- You can sign up any time from now by going to the [Record a vaccination website](#).
- There will be a bulk onboarding option for chains with 50 or more branches. For more details, email the onboarding support team: england.vdscentralonboardingsupportteam@nhs.net

Pharmacies already using RAVS

- If you are already using RAVS for all NHS vaccinations, you do not need to do anything.
- If you are using RAVS for some but not all NHS vaccinations, an administrator or lead administrator can add other national NHS vaccinations, including flu and COVID-19, by going to the Vaccines section of RAVS.

Payments for flu and COVID-19

Pharmacies are paid automatically for national flu and COVID-19 vaccinations recorded in RAVS, by the NHS Business Services Authority (NHSBSA) through Manage Your Service (MYS).

Reporting

All pharmacies can create and download reports from RAVS. Pharmacy chains will be able to create reports for the parent company as well as for individual branches.

Private vaccinations

RAVS cannot be used for private vaccinations.

Further information about RAVS

For general information about RAVS, go to the:

- [Record a vaccination website](#)
- [Record a vaccination user guide](#) (includes short training videos)

For questions about signing up to RAVS, [join a drop-in session with the onboarding team](#).



How to have sensitive conversations: talking about mental health.

Most of us will experience some sort of mental health difficulty at some stage in our lives. With appropriate support and treatment, the majority will be able to continue to work within pharmacy roles, and the mental health difficulties they are facing are likely to be resolved.

However, some people may be afraid of stigma, lack the know-how, or otherwise be afraid to seek help when they are suffering. They may push themselves to try and work through their mental health difficulties, inadvertently making things more difficult for themselves.

This resource aims to help you notice the signs of someone who is suffering and give you the

Be proactive.

It's important to foster a safe environment where team members know they can speak openly and expect to be treated without stigma or discrimination if they need mental health support.

This could be through regularly demonstrating positive and open behaviours and attitudes to mental health and dedicating time for team mental health training and workshops, such as the workshops available through our [Wardley Wellbeing Service](#).

Within this training, you may want to come up with a team commitment on how to approach and support colleagues who may show signs that they are suffering. You could also schedule routine catch ups to allow time for finding out how colleagues are doing in general, including those you line manage.

If you're in a leadership position, you may consider developing clear strategies and policies to make sure team members who are experiencing poor mental health get the support they need in an appropriate and timely manner.

Know their signs.

It is worth getting to know your colleagues so that you can spot what may be a change from their regular behaviour at work. It's important not to jump to conclusions about people's mental health, however, certain behaviours could indicate that a colleague may be struggling.

These could be changes in their regular habits and routines; a drop in their productivity, focus and motivation levels; changes in how they interact with their colleagues and patients; finding it difficult to organise their workload, make decisions or problem solve; or appearing down, withdrawn, detached, tired, anxious or displaying other unusual or unpredictable behaviours.



How to have sensitive conversations: talking about mental health

Embracing a Workplace Wellbeing Culture course details

Designed for pharmacy managers, supervisors and leaders, this online six-module course covers key topics such as understanding mental health and wellbeing, the role of the manager in creating a positive workplace culture and practical tools to support team wellbeing. If you're ready to take action for mental health, get in touch to see how our Embracing a Workplace Wellbeing Culture course can support your training needs.

Find out more - [Embracing a Workplace Wellbeing Culture - Pharmacist Support](#)

Pharmacist Support Listening Friends service

This service allows pharmacists to speak in confidence and anonymously to one of Pharmacist Support's trained volunteer pharmacists – a Listening Friend. It can be helpful to discuss any issues with people who understand the context of the pharmacy experience.

Listening Friends are all pharmacists or retired pharmacists, they do not provide advice but are trained to listen with empathy and will offer you a listening ear and a safe, non-judgemental space to talk through your concerns to help you find clarity and perspective.

They can also signpost you to other organisations who can provide further specialised help and support via [the Pharmacist Support website](#) or [Information and Enquiries Team](#).

Listening Friends' support is intended to be over a short term. If you feel you need longer-term help or help for more complex issues to do with your mental health, please have a look at Pharmacist Support's [counselling service](#).

To request a Listening Friend, please visit Pharmacist Support's [Listening Friends webpage](#) and complete the form towards the bottom of the page. A member of their team will get in touch shortly.



**Community Pharmacy
Leicestershire & Rutland
(CPL&R)**

Formerly known as the Local Pharmaceutical Committee (LPC)

admin@leics-lpc.co.uk

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