



Happy New Year! We hope everybody had a lovely holiday. We wish everyone a happy, healthy new year.

NHS Pharmacy First Service:

Did you know that the NHS Pharmacy First Service enables children and adults to get convenient access to healthcare advice and treatment where appropriate, for seven common conditions without the potential delay of having to wait for a GP appointment? Accessing the service may mean that we can help children feel better and get back to school as quickly as possible, as well as supporting parents/carers to also get better if they are unwell with one of the conditions covered under the service.

There is no need to make an appointment; parents or carers can pop into their local Boots pharmacy with their child and ask for help under the service.

Support for the following conditions can be accessed under the service, free of charge (unless NHS prescription charges apply):

Common condition	Patient eligibility
Earache	1 to 17 years
Impetigo	1 year and over
Infected insect bites and stings	1 year and over
Sore throats	5 years and over
Sinusitis	12 years and over
Uncomplicated urinary tract	Women 16 to 64 years
Shingles	18 years and over

Coming in January 2025!

GIRLS BOXING & SELF DEFENCE

Following on from the successful launch of our girls wrestling and gymnastics classes, we will be piloting a boxing/self defence class for girls and women this coming January!

SATURDAYS

FEMALE BOXING/SELF DEFENCE - £20/PM
FIRST MONTH HALF PRICE!

TIME	AGES
11:00 - 12:00	Ages 6-14
12:00 - 13:00	Ages 15+

SESSION COACH
Jenna is an elite boxer and has many honours, including winning the national championships. Other accolades she has won include the senior box cup championships, golden girl champion and North West champion. We are delighted she will lead our boxing and self defence offering.

VENUE
5 Kington Road, Lameshaye Industrial Estate, Nelson, BB9 5SP

STARTS SAT 11TH JAN 2025

Register online at bit.ly/activesisters
07802744074
activesisters@outlook.com

Are you interested in learning new skills in sailing, rowing or paddlesport? Would you like to learn about first aid, camping, cooking and our community? Meet new people and have fun? Burnley, Pendle and Rossendale Sea Cadets Junior Division (age 10-12) are looking for new cadets. We meet every Monday and Friday 6.30-8pm. Please contact BurnleySeaCadets59@gmail.com for more information or find us on facebook!

FREE

Thursday 23rd January Parent Webinar 6pm - 7pm
Understanding low mood Workshop



We would like to invite parents/carers of young people to a workshop which explores Low mood-

The Webinar explores :

- Learn more around possible signs and symptoms of low mood in children and young people.
- Consider way to support your child if they are experiencing low mood.
- Recognise when and how to request specialist support for your child.



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



Meeting ID: 391 710 904 606
Passcode: cy9NUC