

Chief Medical Officer
NHS Hampshire and Isle of Wight Integrated Care Board

Director of Public Health
Hampshire County Council

4th November 2024

Dear Headteacher,

As winter approaches, we are asking all headteachers across Hampshire and the Isle of Wight to help us highlight the NHS services available for parents and carers to ensure their children have access to the right service at the right time.

Pharmacy First

Please can we take this opportunity to introduce Pharmacy First. This service enables patients to be referred to, or walk into, a community pharmacy for a minor illness or an urgent medicine supply.

The new service was launched in January 2024 and enables community pharmacies to provide treatment for common medical conditions. There are five conditions that commonly affect children that are included in the service.

This Think Pharmacy First poster can be used by education settings to promote and signpost parents to the Pharmacy First service. It could also be uploaded on to your website or sent to parents to raise awareness that they can access this service for their child.

Vaccinations

We know schools support the childhood immunisation programme and offer the flu nasal spray to all pupils to help keep their immunity topped up against the winter illness. We'd like to remind parents that while children can build up some immunity to flu, the virus constantly changes and our body's immune system cannot keep up with this change, so immunity is only temporary. The best way for children to have maximum protection is by taking up the offer of the free vaccine, which for most children is offered as a painless nasal spray dose.

Healthier Together

We also want to promote the Healthier Together app which is a great source of information for parents and carers across Hampshire and the Isle of Wight. The app, which can be easily downloaded (see [Home :: Healthier Together \(what0-18.nhs.uk\)](https://www.nhs.uk/home/healthier-together-what0-18.nhs.uk)), provides parents and carers with information to help keep their child safe and healthy, as well as helping them decide what to do when their child is unwell. The Healthier Together poster can also be shared with parents to raise awareness of this online support resource.

Thank you for your continued support.

Yours sincerely

Lara Alloway
Chief Medical Officer
NHS Hampshire and Isle of Wight

Simon Bryant
Director of Public Health
Hampshire County Council