



**Aberlour**  
PHARMACY

Newsletter June 2016

## Free NHS services available from Aberlour Pharmacy:

**Urinary Tract Infection (UTI) treatment** The pharmacist can test a urine sample and prescribe an antibiotic, if required, for most female patients aged 16 to 65 years old. (We will supply a free sample bottle and refer to your usual doctor / make an appointment with NHS 24 for other patients.)

**Help to Stop Smoking** This is a free, no-appointment needed service. The pharmacist will work with you, giving you advice and support, and free Nicotine Replacement or Champix (Varenicline) if suitable. No nagging. Just more money in your pocket, happier friends and family and healthier lungs.

**Stoma** If you have a ileostomy, colostomy or urostomy we can supply the products you need quickly and discretely. You can ask for advice about problems, perhaps with products or your skin, in the private consultation room. The pharmacist can then work with your doctor and stoma nurse to get the best products and treatment for you, quickly. (Some things just can't be sorted out over the phone.) We also get products customised to fit your stoma, free of charge, cut by experts, by hand.

**CMS – For patients who take prescription medicines every day** Wouldn't it be lovely to collect all your regular\* medicines in one bag, once every 8 weeks? No phone calls or repeat slips, just check your diary and visit the pharmacy in the highlighted week. If you would like us to register you for this service, so your Doctor can issue a CMS prescription if they think it is right for you, please pop into the pharmacy. (\* Medicines like when-required-painkillers and when-required-inhalers stay on the usual repeat slip system.)

**Please see the pharmacy website for more information about the wide range of services available from Aberlour Pharmacy. [www.aberlourpharmacy.co.uk](http://www.aberlourpharmacy.co.uk)**

### Contact us:

**Phone us** on 01340 871 279 (2 lines)

**Fax:** 01340 871279

**Email:** [nhsg.aberlourcp@nhs.net](mailto:nhsg.aberlourcp@nhs.net)

**Pop a note** through the letter box if you are passing before / after we are open, 112 High Street, Aberlour AB38 9NX

**Opening Hours:** Monday to Friday: 9am to 1pm, 2pm to 6pm, Saturday: 9am to 1pm

**Minor Ailment Service** The pharmacist can prescribe treatment free of charge for:

- persons who are under 16 years of age or under 19 years of age and in full-time education;
- persons who are aged 60 years or over;
- persons who have a valid maternity exemption certificate, medical exemption certificate, or war pension exemption certificate;
- persons who get Income Support, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, or Pension Credit Guarantee Credit; and
- persons who are named on, or are entitled to, an NHS tax credit exemption certificate or a valid HC2 certificate.

"Minor Ailments" include teething, hay fever, head lice, colds, sore throat, fungal infections, many skin problems, constipation, piles, conjunctivitis (over 2 yrs old), warts & verrucas, toothache, ear wax, etc.

**Continence** We can get a wide range of catheters, legs bags and night bags within 24 hours of receiving a prescription. If you have any questions or problems with your continence products, do ask to speak to the pharmacist in the private consultation room. We can also give you the contact details for the NHS Continence Service that supplies pads and pants, or we can show you our huge Tena Sample Pack, where you can see and feel which products are thicker, thinner, stretchier, etc.

**Help "Out of Hours", when the medical centre is closed, or when you run out of medication.** Please contact the pharmacy if you have run out of prescription medication, or you forgot to pack them, etc. We will either make an urgent supply or help you get a supply. If you think you need a Doctor when the medical centre is closed (Saturday / Bank Holiday) please come to the pharmacy. The pharmacist will make an appointment for you with NHS 24 in Elgin if appropriate (or recommend a pharmacy treatment or seeing your own GP when they re-open.)

# SPRING FAIR

7-11 FEBRUARY 2016  
NEC BIRMINGHAM UK

Karen and Yvonne went to the Spring Fair in Birmingham earlier this year and browsed over 2000 suppliers. The lovely new stock is now on the pharmacy shelves, with more ranges coming in Summer and Autumn.

## Heathcote & Ivory

This is a beautiful range of hand creams, lip balms, bath products, etc. The packaging is really stylish, tins that you will want to keep and reuse and tubes of cream that will look lovely in your handbag or on the bathroom shelf. The fragrances are so good, complex blends of Orange Blossom, Sweet Birch and Gardenia blended with Jasmine, Cyclamen, Rose and Lilac on a fruity, sultry base of Coconut, Peach, Amber and Vanilla. And then best part is that they aren't expensive - a pack of three hand creams is £5 for example. (Paraben & Sulphate free.)



## Gorjuss by Santoro

Gorjuss designs include "Little Friend" in blue and yellow with her pet mouse, and "Ladybird" with her lovely red dress. There are note books, pens, purses and handbags available in each design. We have a small range in stock just now, but once we know what you all like we will place a larger order.

Do come and have a look, the quality of the manicure set is excellent, and the detail on the purse is so well thought out, with a heart zip-pull, lovely lining fabric, etc.



## Fashy Hot Water Bottles and Heat Packs

Fashy is a German brand. They make the most beautiful heat-packs, with removable inserts that go in the microwave. The fabrics are so soft, with embroidery and appliqué. The designs for adults are stylish and elegant, and the designs for children are just adorable. The photos just don't show how lovely these products are, do pop in to the pharmacy and hug a heat pack! You can read about how Fashy support the charity "World Vision" here: [www.fashy.de/en/world-vision-spezial/help-for-sierra-leone/](http://www.fashy.de/en/world-vision-spezial/help-for-sierra-leone/)



## Vagabond British-made Toilet and Cosmetic Bags

There were many companies selling toilet bags at the fair, but Vagabond stood out because of the quality of their bags, the beautiful fabrics and the practical shapes and styles of their bags. And because this adorable penguin design is called "Pick up a". Well, they just had to be ordered!

The pharmacy stocks a wide range of essential oils from **Amphora Aromatherapy** in Bristol. The "ready to use products, including Lavender Gel and Frankincense & Rose Cream are very popular. We stock over 100 essential oil products, but we can order in any product / pack size you would like if we don't have it in stock.



The **Paul Murray** range of nail care, facecloths, non-slip shower mats and so many more essentials is always in stock. Do ask if you can't see what you need, we just can't fit all the stock on the shelves.

