



# Media Release

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**Embargoed Until Friday 5<sup>th</sup> December 2014**

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## **Government Encourages More People to Use Their Local Pharmacy In Relation to Minor Ailments, Instead of Visiting Their GP or A&E**

Julian Sturdy, MP for Outer York, will be visiting the Haxby Group Pharmacy, Haxby and Wigginton Health Centre, The Village, Wigginton, York, YO32 2LL at 12pm (noon) on Friday 5<sup>th</sup> December 2014. The purpose of his visit is to encourage people to use their local pharmacies to their fullest extent. This is because they are a convenient alternative to GPs and A&E when it comes to minor ailments such as, coughing, respiratory problems, colds and sore throats.

As age begins to become a factor to your health, it is possible for your minor winter ailments to become serious and lead to hospitalization for treatment. By making the most of your local pharmacy and seeking pharmaceutical advice in the early stages of illness, you may improve your chances of avoiding a serious issue and hospital admittance.

It is not easy for everyone to ask for help. Many feel like seeking the aid of a pharmacist due to minor ailments, such as colds and sore throats, is a potential waste of their time. Those few people could not be more wrong - they want to help! Your local pharmacist has your best interest at heart and would not turn you away. The sooner you seek pharmaceutical advice, the sooner you will recover and get back on your feet.

An ever-increasing amount of people are visiting their local pharmacists for help and advice. This is because pharmacists are a trusted, highly trained and convenient source of health advice. As soon as symptoms begin to occur, talk to your pharmacist. They are the heart of the community.

Local community pharmacists can:

- Give you expert advice to help prevent and relieve common conditions such as coughing, respiratory problems, colds and sore throats.
- Help you manage a long term condition.
- Offer longer opening hours than many GP surgeries without the requirement of an appointment.
- Provide private consultations.
- Tell you if you need to see your GP.

**Julian Sturdy**, MP for Outer York said, “We need to encourage more people to make better use of their local pharmacies; especially when people are suffering from colds and sore throats. Pharmacists are highly trained and are a more convenient option than visiting your local GP or A&E.

It is clear that pharmacists can provide helpful advice to help prevent minor ailments from becoming more serious matters. I am pleased that the Haxby Group has a proactive pharmacy that plays an important role in the local community“.

**End**

## **Editor Notes**

For further information or you wish to cover the story and send a photographer

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