

Quick Guide for Community Pharmacies on where to access Patient Resources

- Many free, high-quality resources (leaflets, cards, audio, wheels, etc.) are available for Community Pharmacies to help support patients in delivering the Public Health Service element of their NHS contract.
- This guide is intended to enable pharmacies to best equip patients with up-to-date resources. Free leaflet dispensers of varying sizes can be ordered according to details below.

For queries regarding the below or any suggestions on how the guide can be improved, please e-mail: ggc.pharmacyhit@nhs.scot

| Topic | Contact | Further details | Costs | P & P Costs |
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| Active Health | NHSGGC's Public Health Resources Directory - PHRD www.phrd.scot.nhs.uk | Physical activity resources signposting patients to information on physical activity opportunities within GGC, including 'Are you looking to become more active?' leaflet. 'Get active your way every day' booklets, cards, posters & wheels aimed at patients of all ages & stages to help encourage physical activity. | Free | For NHS site: Free Non-NHS site: You will be contacted by the stores team when your order is ready for collection. |
| Alcohol | NHSGGC's Public Health Resources Directory - PHRD www.phrd.scot.nhs.uk | A wide variety of resources can be ordered online, including alcohol unit & calorie counter wheel, 'Being alcohol free is the best choice for me' alcohol and pregnancy flyer, 'Making a Change' booklet (helps provide positive steps to help consider drinking habit changes), etc. | Free | For NHS site: Free Non-NHS site: You will be contacted by the stores team when your order is ready for collection. |
| Alzheimer's (see also under Dementia) | Alzheimer's Society www.alzheimers.org.uk | A wide range of resources for patients and carers on Alzheimer's and dementia, including 'I have memory problems/dementia/Alzheimer' help cards, medication help sheets, booklets and leaflets. | Free up to a certain volume as per website. | Free up to a certain volume as per website. |
| Ankylosing Spondylitis | National Axial Spondyloarthritis Society www.nass.co.uk | Resources including leaflets & guides that can be ordered online. | Check website for details. | Check website for details. |
| Anticoagulant Therapy | NHS Stationery www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-greater-glasgow-clyde/stationery/ | Offering anticoagulant therapy record cards patient information booklets. | Free | Free |
| Arthritis, Musculoskeletal & Rheumatology | Versusarthritis www.versusarthritis.org | Offering an extensive range of leaflets on conditions, drugs, living with arthritis/rheumatology & biological therapy alert cards. | Free, but donations welcomed | Free, but donations welcomed |

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| Asthma | <p>Asthma + Lung UK www.blf.org.uk</p> <p>My lungs my life www.mylungsmylife.org</p> | <p>Booklets, leaflets, helpline card & DVD resources can be ordered online, including 'Your peak flow diary', advice on living with asthma, long Covid, COPD, bronchiectasis, lung cancer, pulmonary fibrosis, sarcoidosis & tuberculosis.</p> <p>A wide variety of downloadable resources (leaflets, factsheets, peak flow diary templates, self-management workbooks, etc.) available to access for asthma and COPD patients and their parents/carers. Local support group also listed.</p> | Free, but donations welcomed | Free, but donations welcomed. |
| Cancer | <p>Cancer Research UK https://publications.cancerresearchuk.org/</p> <p>MacMillan www.macmillan.org.uk</p> | <p>A wide variety of resources can be ordered online.</p> <p>A wide variety of hard copy and e-resources can be ordered or accessed online for patients & carers in many languages, Easy Read, British Sign Language, braille or large print. These include types of cancer, treatment & coping with cancer.</p> | Free, but donations welcomed | Free, but donations welcomed |
| Carers | <p>NHSGGC's Public Health Resources Directory - PHRD www.phrd.scot.nhs.uk</p> | Resource can be ordered online & include credit card sized NHSGGC 'Looking after someone?' card, poster and leaflet providing information on how to access carer support. | Free | For NHS site: Free Non-NHS site: You will be contacted by the stores team when your order is ready for collection. |
| Chronic Obstructive Pulmonary Disease (COPD) | <p>Asthma + Lung UK www.blf.org.uk</p> <p>Chest, Heart & Stroke Scotland www.chss.org.uk</p> <p>My lungs my life www.mylungsmylife.org</p> | A wide variety of resources can be ordered online or downloaded for printing. These include general info on living with COPD, long Covid, advice and strategies to cope with breathlessness & are available in varying formats: wallets, booklets, postcards, and factsheets. Local support group also listed. | Most items free, but donations welcomed | Free, but donations welcomed |

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| Coeliac Disease (CD) & Dermatitis Herpetiformis | Coeliac UK www.coeliac.org.uk | Offering a wide variety of resources accessible online or via Helpline. Including Guide to common symptoms & how to get diagnosis, GF diet information for adults/parents/carers of young children & how to avoid osteoporosis/iron deficiency, etc. | Free, but donations welcomed | Free, but donations welcomed |
| (Free) Condom Service | www.freecondoms.scot.nhs.uk e: sandyford@ggc.scot.nhs.uk | Offering resources that can be ordered online. | Free | Free |
| Dehydration | NHSGGC's Public Health Resources Directory - PHRD www.phrd.scot.nhs.uk | Offering leaflets to spot signs of dehydration and urine colour chart. | Free | For NHS site: Free Non-NHS site: You will be contacted by the stores team when your order is ready for collection. |
| Dementia (see also under Alzheimer's) | Dementia UK www.dementiauk.org | A wide range of resources for patients and carers on Alzheimer's and dementia, including in multiple languages. | Free up to a certain volume as per website. | Free up to a certain volume as per website. |
| Diabetes | Diabetes UK www.diabetes.org.uk | A variety of resources for various ages & types of diabetes (Type 1, 2, Gestational, etc.) can be ordered online. | Free, but donation welcomed | Variable according to order |
| Direct Oral Anticoagulant (DOAC) Therapy | NHS Stationery www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-greater-glasgow-clyde/stationery/ | Offering Direct Oral Anticoagulant (DOAC) patient information booklets and alert cards. | Free | Free |
| Emergency Hormonal Contraception (EHC) | NHS Stationery www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-greater-glasgow-clyde/stationery/ | Offering NHS GGC EHC information leaflets, which include contact details via phone, text & online to local sexual health clinics. | Free | Free |
| Epilepsy | Epilepsy Connections www.epilepsyconnections.org.uk | Offering various publications, including A5 card 'Invitations from Epilepsy Connections' to help patients access a wide range of support for patients & their families. | Free | Free |

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| Epilepsy (cont.) | <p>Epilepsy Scotland www.epilepsyscotland.org.uk</p> <p>Valproate Cards & Booklets Sanofi Medical Information Direct Line +44 (0)800 035 2525 E: UK-Medicalinformation@sanofi.com</p> <p>NHS Stationery www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-greater-glasgow-clyde/stationery/</p> | <p>Offering a wide range of definitive resources for those with epilepsy in Scotland that can be viewed electronically and ordered in hardcopy formats.</p> <p>Offering patient 'white box' warning labels, posters, cards & booklets for women of childbearing potential when dispensing valproate.</p> <p>'I have epilepsy' cards, depending on HSCP.</p> | <p>Free, but donation welcomed</p> <p>Free</p> <p>Free</p> | <p>Free, but donation welcomed</p> <p>Free</p> <p>Free</p> |
| Head Lice | <p>NHS GGC PPH Support Team E: ggc.pharmacyhit@nhs.scot</p> <p>T:0141 201 4945</p> | Offering head lice leaflets and nit combs. | Free | Free |
| Heart | <p>British Heart Foundation www.bhf.org.uk</p> <p>Chest Heart & Stroke Scotland www.chss.org.uk</p> | <p>DVD and leaflet resources can be ordered online for patients & carers on all aspects of heart failure, heart health & medicines to treat heart conditions.</p> <p>Booklets and factsheets for angina, heart disease, AF, high blood pressure, heart failure, heart attacks & more can be ordered online.</p> | Free, but donations welcomed | Free, but donations welcomed |
| Immunisation & related Health Topics | <p>For Hardcopy Resources see: NHSGGC's Public Health Resources Directory - PHRD www.phrd.scot.nhs.uk</p> | Offering Public Health Scotland and other hardcopy versions of resources in leaflet, flyer & poster format & available in various languages. | Free | <p>For NHS sites: Free</p> <p>Non-NHS site: You will be contacted by the stores team when your order is ready for collection.</p> |

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| Mental Health | Online Details of Living Life CBT Telephone Service: https://www.nhs24.scot/our-services/living-life/?lang=en | Living Life offer free Cognitive Behavioural Therapy (CBT) telephone service via NHS24 to those over 16 years old suffering from low mood, mild/moderate depression and/or anxiety. | Free | Free |
| | Hardcopy Resources of Living Life CBT Telephone Service: Breathing Space/NHS Living Life E: breathingspaceresources@nhs24.scot.nhs.uk | Offering posters, leaflets, pocket cards & card holders about Living Life CBT Telephone services for patients. | Free | Free |
| | NHSGGC's Public Health Resources Directory - PHRD www.phrd.scot.nhs.uk | Resources can be ordered online for: Mental Health including Steps to deal with Stress: simple guide to stressing less & enjoying life more in booklet, CD & card formats. | Free | For NHS site: Free Non-NHS site: You will be contacted by the stores team when your order is ready for collection. |
| Methotrexate | NHS Stationery www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-greater-glasgow-clyde/stationery/ | Offering methotrexate treatment booklets. | Free | Free |
| Nutrition | NHSGGC's Public Health Resources Directory - PHRD www.phrd.scot.nhs.uk | Resources include eat well plate leaflet, showing how much of what you eat should come from each food group | Free | For NHS sites: Free Non-NHS site: You will be contacted by the stores team when your order is ready for collection. |
| Osteoporosis | Royal Osteoporosis Society www.theros.org.uk | Offering a wide variety of online, downloadable and hardcopy resources relating to osteoporosis including local support groups, healthy eating, medication, 'here to help' wallet-sized Osteoporosis Helpline cards, exercise, etc. | Free, but donations welcomed | Free, but donations welcomed |

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| NSAID Resources | NHS Stationery www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-greater-glasgow-clyde/stationery/ | NSAID safety information cards | Free | Free |
| Peak Flow Charts | NHS Stationery www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-greater-glasgow-clyde/stationery/ | Offering peak flow meter charts for relevant patients, depending on area. | Free | Free |
| Pharmacy First | NHS Stationery www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-greater-glasgow-clyde/stationery/ | Offering CPUS, CP4/3 prescriptions, patient leaflets and posters for the Pharmacy First Service. | Free | Free |
| Resource Dispensers (e.g. leaflet holders) | NHSGGC's Public Health Resources Directory - PHRD www.phrd.scot.nhs.uk | Acrylic dispensers for A6 and credit card sized resources can be ordered by searching for 'dispenser' under 'search HPAC'. | Free | For NHS site: Free Non-NHS site: You will be contacted by the stores team when your order is ready for collection. |
| Sleep | NHSGGC's Public Health Resources Directory - PHRD www.phrd.scot.nhs.uk | Resources include 'Sleep Hygiene' leaflet, providing patients with suggestions on sleep pattern, sleep environment & establishing routines to aid relaxation before going to bed. | Free | For NHS site: Free Non-NHS site: You will be contacted by the stores team when your order is ready for collection. |
| Smoking Cessation | NHSGGC PPH Support Team E: ggc.pharmacyhit@nhs.scot T:0141 201 4945 | Offering a variety of patient support resources (e.g. leaflets, posters, Quit Your Way window stickers, business cards, patient certificates and various other resources). | Free | Free |
| Steroids | NHS Stationery www.communitypharmacy.scot.nhs.uk/nhs-boards/nhs-greater-glasgow-clyde/stationery/ | Offering steroid warning cards. | Free | Free |

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| Stroke | Chest Heart & Stroke Scotland www.chss.org.uk | Order from a wide variety of leaflets/factsheets online and signpost patients to support grants, Community Stroke Groups & free Advice Line Nurses. | Free, but donations welcomed | Free, but donations welcomed |
| | Different Strokes www.differentstrokes.co.uk | For younger stroke survivors. Offering information packs, information line & support groups. | Free | Variable according to order. |
| | Stroke Association (Scotland) www.stroke.org.uk | Order leaflets, factsheets & communication aids online suitable for patients & carers including details of how to obtain <i>Life after stroke</i> grants, tailored advice, medication advice, helplines & FAST message resources. Accessible formats (audio, translations, large print, etc.) available according to resource. | Small charge | Standard shipping cost |
| Vitamin D Supplement Service | NHSGGC's Public Health Resources Directory (PHRD) www.phrd.scot.nhs.uk | Order information booklets, poster and leaflet resources in English and multiple languages. | Free | For NHS site: Free Non-NHS site: You will be contacted by the stores |

Information Correct as of: October 2024

All organisations listed are not necessarily affiliated with NHSGGC.

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