

How we can help

Making your life easier

Pharmacy To My Door is a Shipston-based pharmacy run by fully qualified pharmacists, with the added benefit that we deliver to local homes free of charge.

Our iconic van has been fully kitted out for the worst weather conditions so we can deliver your prescription and over the counter medicines, at your convenience. Most items can be delivered within a few hours of ordering.

All medications are sourced in the UK from trusted suppliers. We also provide a full advice service, either over the phone or via email.

OUR CUSTOMERS SAY:

"What a wonderful service, and so easy to use! The staff and drivers are helpful and friendly"

"I don't even have to think about my prescriptions, they just arrive at my door when I need them"



Nikki Simmonds



Amit Patel

Our team

Pharmacy To My Door is run by Superintendent Pharmacist, Amit Patel, supported by Nikki Simmonds.

We currently work with a number of local GP surgeries and are delivering to customers in the Shipston, Moreton-in-Marsh, Chipping Norton, Bloxham and Banbury areas. Deliveries outside these areas are currently made via Royal Mail and incur a small charge.

Give us a try

Pharmacy To My Door is a Shipston-based pharmacy run by Superintendent Pharmacist, Amit Patel, and qualified dispenser, Nikki Simmonds.

To start using our pharmacy services, including free delivery, all it takes is a phone call or email. This is how it works:

Prescriptions

We collect prescriptions from your GP and deliver your medication to your home. We'll also give you a call to explain your medication and ensure you're happy with everything. Repeat prescriptions are delivered in good time to ensure you never run out.

Over the counter medicines

We keep a number of regular items in stock and others can be ordered on request.

Payment

Payments, where applicable, can be made in cash or cheque via the delivery driver, or card payment over the phone or internet.

Delivery

Our drivers are fully vetted and carry identification. All deliveries have to be signed for. If you're not in when we deliver, we'll try again or drop a card off asking you to call to rearrange a convenient time.

Contact us on

01608 666017 or at
www.pharmacytomydoor.co.uk

Sources of information and advice

For health advice over the phone, contact Amit or Nikki at Pharmacy To My Door on 01608 666017 or call NHS Direct on 0845 4647.

For details of health and wellbeing services provided in your area, speak to your doctor's surgery or local library.

If you have any queries about our service, please drop us a line or give us a call:

Pharmacy To My Door

16 Watery Lane,
Shipston on Stour, CV36 4BE

T: 01608 666017
info@pharmacytomydoor.co.uk
www.pharmacytomydoor.co.uk

A helping hand for a healthier winter

As the nights draw in and the temperatures drop, the team at Pharmacy To My Door has put together some quick tips and advice to help you stay fit and healthy over winter and minimise the impact of any colds or viruses.



Contact us on

01608 666017 or at
info@pharmacytomydoor.co.uk

Tips for a healthier winter

Be prepared

Check your medicine cupboard to make sure you can manage simple colds and viruses. We recommend you have the following:

- Paracetamol
- Ibuprofen
- Vapour rub or oil
- Antibacterial hand gel
- Tissues
- Chesty cough syrup
- Dry cough syrup

Make sure your medicines are all in date – if not, they may not be effective.

Keep moving

Regular exercise helps your body fight infection and stay healthy. Aim to do some exercise every day, even if it's just a brisk walk to the shops. Keeping active will also keep your blood circulating and prevent you getting too cold.

Don't forget

Be cautious when mixing paracetamol with other medicines. Check the contents of any cold remedies before taking them to see whether they already contain paracetamol. If you are unsure, please contact Amit or Nikki.

Get the flu jab

If you are pregnant, over 65 or suffer from certain medical conditions, you are eligible for a free flu jab, which can usually be provided at your local surgery.

For advice on whether you are eligible, call us on **01608 666017**.

At the first sign of a sniffle

If you think you're coming down with a cold, the following steps should help minimise your symptoms:

- Wash your hands frequently and thoroughly to minimise the spread of infection
- Try and stay in places where the temperature is relatively even
- Drink lots of fluids, particularly warm drinks if your throat is sore
- Take regular doses of paracetamol, as indicated on the packet, to keep your temperature under control
- Use a fresh tissue every time you blow your nose and throw it straight in the bin
- Cover your mouth when you cough or sneeze
- Take a zinc supplement within the first 24 hours of symptoms appearing to help reduce the severity of the cold

If your symptoms persist or get worse, call Amit or Nikki on 01608 666017 or consult your GP

New advice for under 6s

Latest research suggests cold and flu remedies are not effective in children under six and may cause side effects. Paracetamol and ibuprofen solutions such as Calpol® and Brufen® can be used to keep temperature under control and saline drops can help clear a blocked nose. If in doubt, give Amit or Nikki a call or contact your GP.

Maximise your vitamins

We all know the benefits of eating healthily, and getting lots of vitamins – particularly Vitamin C – is even more important in the winter months to help stave off colds and flu.

Fresh fruit and vegetables are a good source of vitamins, but it's worth stocking up on some tinned and frozen varieties for those days when the weather really puts you off venturing outside.

For an easy way to add fruit to your diet, try making fruit compote to add to your porridge, cereal or yoghurt. Simply heat some fresh, frozen or tinned fruit (plums, pears, berries etc), add a little water and brown sugar to taste before blitzing in a blender.

Suffering with a sore throat?

Try a natural warming drink. A warm honey and lemon drink can soothe sore throats and loosen congestion while providing a vitamin boost. Simply combine the juice of half a lemon with one to two teaspoons of honey (according to taste) in a mug and top with hot water.

Feeling stuffy?

If your nose is blocked, try steam inhalation. Carefully put your head over a bowl of hot water and cover your head with a towel. Add a few drops of decongestant oil and breathe deeply to inhale the steam, taking care not to put your face too close to the water.

Hot water makes this unsuitable for children but special vapour rubs are available, which can be used for children over six months.

If you're still suffering with a blocked nose, give Amit or Nikki a call for advice.

Did you know?

Mushrooms, garlic and cabbage are believed to boost the immune system and may help stop infections developing

Did you know?

It's better for your health to manage a temperature by taking regular doses of paracetamol than to let your temperature yoyo between high and low

Did you know?

Kiwis contain even more Vitamin C than oranges