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To our Community Pharmacy teams,

As we move into our second year of managing the COVID-19 pandemic, we at Community Pharmacy North Yorkshire (CPNY) wanted to express our sincere thanks to you all for your fantastic effort and amazing response. Your hard work and dedication has shown community pharmacy at its best. You have remained open, maintained services, supported communities and helped patients across North Yorkshire during an extremely challenging time for them and for you. Thank you.

Amid the upheaval please do not forget to look after yourselves and take good care of each other in the pharmacy team; your health and wellbeing is of the upmost importance. We have outlined the wellbeing support that is available locally and free for community pharmacy teams within our Weekly Update but here is a reminder.....



Working to improve  
access to wellbeing  
support for pharmacy  
staff and their families



CPNY is here to support you, provide advice and information, as well as working hard to ensure you have access to any health and wellbeing support you may need. As part of that support, we have recently introduced the **Pharmacy Wellbeing Service (PWS)**, which is already seeing referrals into the service from both pharmacy staff and their family members. The service provides holistic 1-1 online

support in relation to both mental and physical issues such as stress, anxiety, weight management, physical activity, stop smoking, alcohol consumption, long-covid and much much more!

To sum up, your response during the pandemic has been outstanding and we know that you have worked tirelessly to ensure patients can continue to easily access medicines and healthcare advice. The hard work and dedication that pharmacy teams have delivered during the pandemic has clearly demonstrated your value to patients and customers. You have been the easily accessible front door to NHS services for many of them and a saviour for many others.

Thank you: You are amazing!

All of us at CPNY, the committee and the team, are proud to represent you.

Take care and best wishes,

Ian Dean

CEO CPNY



James Usmar

CPNY Chair

