

## Resources – General Health and Medicines

### Better Health

[www.nhs.uk/better-health/](http://www.nhs.uk/better-health/)

This NHS website includes advice on losing weight, quitting smoking, getting active and cutting down on alcohol. The quit smoking app can send you daily email support for 28 days, helping you give up smoking. There is also a drink free days app, NHS weight loss plan, and a couch to 5k running programme or a step counter for helping you get more active.

### BMJ- British Medical Journal

[www.bmj.com](http://www.bmj.com)

This site contains the full text of all articles published in the weekly BMJ since January 1994. In addition, it contains material that is unique to the website. Access to the entire site is free.

### British National Formulary - A-Z of medicines for adults

[www.bnf.nice.org.uk](http://www.bnf.nice.org.uk)

This A-Z reference manual holds key information on the selection, prescribing, dispensing and administration of medicines. It is hosted on the National Institute for Health and Care Excellence website. The BNF is updated regularly and published jointly by the BMJ and the Royal Pharmaceutical Society and distributed to all NHS doctors and pharmacists to help them when they prescribe and dispense medicines. Includes usage, cautions, side effects, and dosage. The notes about groups of drugs are especially valuable. The technical language makes parts of it tough going for non-professionals.

### British National Formulary A-Z of medicines for children

[www.bnfc.nice.org.uk](http://www.bnfc.nice.org.uk)

As above, but an A-Z reference of medicines for children.

### Care Opinion

[www.careopinion.org.uk](http://www.careopinion.org.uk)

A site where you can share your experience of local health services, and see what others are saying.

### Care Quality Commission

[www.cqc.org.uk](http://www.cqc.org.uk)

The Care Quality Commission is the independent regulator of health and adult social care in England. They regulate care provided by the NHS, local authorities, private companies and voluntary organisations. They aim to make sure better care is provided for everyone - in hospitals, care homes and people's own homes. They also seek to protect the interests of people whose rights are restricted under the Mental Health Act.

### Carers Trust

[www.carers.org](http://www.carers.org)

Tel: 0844 800 4361

The Trust exists to make it easier for carers to cope by providing information, support and practical help to carers. The national network of over 100 independently managed Carers Centres across the UK currently reaches well over 100,000 carers a year.

### **Carers UK**

[www.carersuk.org](http://www.carersuk.org)

Tel: 020 7378 4999

Carers UK is the leading campaigning, policy and information organisation for carers.

### **Citizens Advice**

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Offers free, confidential, impartial and independent advice to the public about many things including health costs and services. Addresses and contact telephone numbers of local offices are listed on their website.

### **Cochrane Library**

[www.cochranelibrary.com](http://www.cochranelibrary.com)

The Cochrane Library is a collection of databases that contain high quality evidence-based information to inform healthcare decision making. The Cochrane Library is owned by Cochrane and published by Wiley, and is freely available to NHS staff, patients and the public.

### **Contact**

[www.contact.org.uk](http://www.contact.org.uk)

Freephone: 0808 808 3555 (Monday-Friday, 9.30am-5pm)

Contact is a UK charity for families with disabled children, providing support and advice to parents whatever the medical condition of their child.

### **Department of Health and Social Care**

[www.gov.uk/government/organisations/department-of-health-and-social-care](http://www.gov.uk/government/organisations/department-of-health-and-social-care)

The Department of Health and Social Care (DHSC) exists to support ministers in leading the nation's health and social care to help the people in England to live more independent, healthier lives for longer. Their website has information on policy, guidance and publications for NHS and social care professionals.

### **Electronic Medicines Compendium**

[www.medicines.org.uk/emc](http://www.medicines.org.uk/emc)

Access is free, but users must register. This website contains the texts of the officially approved Patient Information Leaflets for all the prescription medicines available in the UK. These leaflets are prepared by the individual manufacturers, and are intended to be up to date.

### **Food Standards Agency**

[www.food.gov.uk](http://www.food.gov.uk)

The Food Standards Agency is an independent food safety watchdog set up by an Act of Parliament in 2000 to protect the public's health and consumer interests in relation to food. It includes information pages on food safety and nutrition as well as food and allergy alerts.

**Gov.uk**

[www.gov.uk](http://www.gov.uk)

Public services all in one place.

**Health Information Resources**

[www.library.nhs.uk](http://www.library.nhs.uk)

The NHS Knowledge and Library hub gives health care professionals and the public knowledge and know-how to help support health care related decisions.

**I want great care**

[www.iwantgreatcare.org](http://www.iwantgreatcare.org)

Is an independent organisation that aims to help every patient get great care. It rates and reviews the performance of doctors, dentists, medicine, nursing homes and pharmacies from patient feedback.

**NHS (National Health Service)**

[www.nhs.uk](http://www.nhs.uk)

The NHS website for England is a comprehensive information service to help you make choices about your health, from things like smoking, drinking and exercise, through to the practical aspects of finding and using NHS services in England when you need them.

**NICE- National Institute for Health and Care Excellence**

[www.nice.org.uk](http://www.nice.org.uk)

NICE provides patients, health professionals and the public with reliable guidance on current 'best practice'. It covers; medicines, medical devices, diagnostic techniques, procedures and the clinical management of specific conditions. It also hosts the BNF reference A-Z of medicines for adults and children.

**Quit Smoking**

[www.nhs.uk/better-health/quit-smoking/](http://www.nhs.uk/better-health/quit-smoking/)

NHS advice, information and support on giving up smoking.

**Relate**

[www.relate.org.uk](http://www.relate.org.uk)

Relate offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face and by phone. Visit the website for contact details of your local centre.

**Samaritans**

[www.samaritans.org](http://www.samaritans.org)

Tel: 116 123

Is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

**Patient**

[www.patient.info](http://www.patient.info)

The aim of this site is to direct non-medical people in the UK to good quality information about health and disease. The site contains leaflets about many health and disease topics, lists of support groups and a web directory of UK health information sites.

**UK Screening Portal**

[www.screening.nhs.uk](http://www.screening.nhs.uk)

This is the website of the UK National Screening Committee (UK NSC), funded by the Health Departments in each of the UK countries. The UK NSC is responsible for providing advice on screening to each of the four countries.

Last updated March 2024