



The St Paul's Post

Spring 1 – January 2026



[www://www.stpaulscofeprimaryschool.co.uk](http://www.stpaulscofeprimaryschool.co.uk)



01902 558621



St Paul's CofE Primary
School – Pendeford



stpaulsprimaryschool@wolverhampton.gov.uk



@StPauls_CofE

Welcome back to school – Spring term 2026!



Happy New Year to all our children and their families. I hope you all shared some special times with loved ones over the Christmas break.

We are looking forward to welcoming the children back to school, raring to go for the excitement of the term ahead! Curriculum newsletters will be uploaded to our [Class Pages](#) on the website next week, providing useful information about your child's class and their learning for this half term. Paper copies will also be sent home from classes. This term we look forward to welcoming Miss Westwood back into the school office after her maternity leave. 😊

Here's to a happy, healthy and successful 2026 for all who are part of the St Paul's community.

Best wishes

Mrs J Ferretti (Headteacher)

As always, if you have any questions, concerns or queries, please speak to your child's class teacher in the first instance. I am available on the gate most days to answer informal queries and questions. Please also contact the school office if you have further queries or, if you would like to arrange to speak to a member of staff more formally.



Adverse Weather

We've already had our first snowfall of the year! If we experience any severe snowfall in the coming term, we will endeavour to operate normally wherever possible.

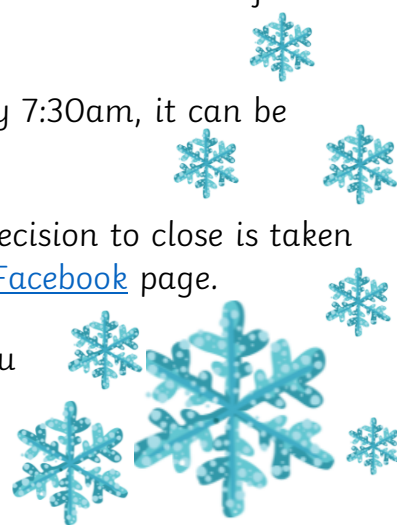
A school closure could be directed by the Local Authority, which would mean that all maintained schools in the city must close. Alternatively, a local school closure may be necessary due to conditions specifically around our school. Any closures will be in exceptional circumstances, and will always be made in the interests of health and safety. Consideration must be given not only to the safety of the school site, but also the safety of children and staff getting to school; particularly those who may travel to work from areas which may be more severely affected than Pendeford. We have to ensure that we have adequate staffing capacity in school to support the children.

Should a decision to close be made across all schools, information will be shared on the "Wolverhampton Today" Facebook page, the City of Wolverhampton Council's Twitter feed and on the City of Wolverhampton Council's Website.

If there is no definite announcement about Wolverhampton schools by 7:30am, it can be assumed that there has not been a general closure.

As a school, we will send a text message to all parents as soon as a decision to close is taken (either by the LA or by school.). We will also post the closure on our [Facebook](#) page.

Where possible, we will give as much notice as possible. I am sure you can appreciate however, that forecasts can be uncertain and there are times when the weather can take us somewhat by surprise!



Mobile Phones

A polite reminder that mobile phones should not be used in school by children or adults. We are also a no smoking site – this includes vapes – please do not vape or smoke on the school grounds or immediately outside our gates. Thank you.



Class Led Worship

Well done to Years 6 and 3 who led the school and their parents in worship last half term, marking Remembrance Day and celebrating the theme of Light. Thank you to the class teams who supported the children in putting their worships together.

This half term, we look forward to Class Led Worships from **Year 4** – Thursday 22nd January, and **Year 1** – Thursday 12th February – both at **9am**. Parents are welcome to attend.

Parent opportunities



We are extremely proud of our positive relationships with parents and value this very much. Thank you to all parents and extended family members who attended our Christmas events last term. We hope you all enjoyed the opportunity to come into school and join in with the festivities. It was a pleasure welcoming you in.

This term we have some parent workshops and coffee mornings planned to support you in helping your child with their learning and wellbeing. We hope to see many parents taking the opportunity to access these sessions. Please see diary dates below. Further information about individual workshops etc will be sent out in due course.

Headlice

From time to time, we have parents reporting that their child has required treatment for headlice. Headlice are a very common condition, especially in schools. They are not something to be embarrassed about and certainly do not suggest that a child or home is not clean. However, repeated cases of headlice, or headlice that go untreated, are a cause for concern. It is recommended that **all** parents routinely check their child's hair and, should headlice be found, the child and all family members should be treated. To prevent the spread of headlice within school, we are asking that all long hair is tied back for school, as loose, long hair is more prone to spread or pick up any lice. Therefore, if a member of staff speaks to you or your child about tying their hair up – please do not be offended, they are simply following school policy. For more information follow this link [Head lice and nits - NHS](#)

Payments

A polite request to all parents to please ensure that payments - for **school dinners** (Years 3 to 6 unless eligible for benefit related Free School Meals) and **before and after school childcare (Alpha and Omega Club)** - are made promptly. Where arrears are not paid, a referral will be made to the local authority who will take action to recoup these costs and ensure our provision remains financially viable. Please also ensure your child is booked into club by 6pm the day before provision is needed. In emergencies, on the day bookings can be accepted at an additional charge. Please refer to our [Breakfast & Afterschool Club information booklet / policy](#) for information on booking procedures, charges and payments. Many thanks.

Uniform



We are very proud of our school and the high standards we promote. This includes our expectations for uniform. Please ensure your child wears the correct items of uniform **every day**. Information about our uniform expectations can be found on our website. [Uniform | St Paul's C of E Pri](#)

We ask that children do not wear make-up, nail varnish or false nails to school and that no jewellery is worn, other than a small pair of stud earrings (removed on PE days) or an item of jewellery worn for religious purposes.

Where children are wearing incorrect items, a telephone call or text message will be sent.

We have a very well stocked pre-loved uniform rail that parents are welcome to access which includes all uniform items, shoes, coats and some bags/lunchboxes which is open to all parents. If parents are struggling with the cost of any items, we encourage them to access the rail and also speak with us in confidence to discuss if any further support can be given.

Toddler and Baby Group

Little Lights - our Stay and Play sessions for parents / carers and their babies and toddlers returns on Monday 12th January! Sessions are each Monday starting at 9.15am- 10.30am. We hope to see many of you there. Please spread the word – everyone is welcome!

Starting Monday 12th Jan.

Last session – Monday 23rd March.

No sessions on 16th February due to half term and 23rd February due to INSET.

Little Lights Stay & Play

Stay & Play session @ St Paul's

Parents, carers and childminders are invited to join us for our baby and toddler group
Every Monday during term time 09.15am until 10.45am
Please come to the main entrance of our school, where you will be welcomed to our stay and play session held within our school hall.

Providing:
A range of **play** and **creative activities**, a **valuable opportunity** for adults and their children to **meet others**, **access support, advice and information** and **get to know our school community**.

Refreshments are provided
Donations of £1 per child and 50p per additional child are invited but not compulsory. Any funds received are used to fund future resources, activities and refreshments.

breastfeeding welcome here

Stay & Play Registration Form Available via Website

St Paul's C.E. Primary School
Building each other up - with God as our firm foundation (Psalmist 127:1)
Emsworth Crescent, Pendeford, Wolverhampton, WV9 5NR
01902 558621
stpaulsprimaryschool@wolverhampton.gov.uk

NHS Pharmacy First Service

Did you know that the NHS Pharmacy First Service enables children and adults to get convenient access to healthcare advice and treatment where appropriate, for seven common conditions without the potential delay of having to wait for a GP appointment? Accessing service may mean that we can help children feel better and get back to school as quickly possible, as well as supporting parents/carers to also get better if they are unwell with of the conditions covered under the service.



There is no need to make an appointment; parents or carers can pop into their local Boots pharmacy with their child and ask for help under the service.

Support for the following conditions can be accessed under the service, free of charge (unless NHS prescription charges apply):

<u>Common condition</u>	<u>Patient eligibility</u>
Earache	1 to 17 years
Impetigo	1 year and over
Infected insect bites and stings	1 year and over
Sore throats	5 years and over
Sinusitis	12 years and over
Uncomplicated urinary tract	Women 16 to 64 years
Shingles	18 years and over

A summary of the service is available as an [animation](#) and more information can also be found at nhs.uk/thinkpharmacyfirst as well as at <https://www.boots.com/healthhub/a-z-services/pharmacy-first>.

*NHS Pharmacy First Service: In pharmacies in England only. Subject to availability. Treatment is subject to suitability assessment. Normal NHS prescription charge rules apply.

School Nursing Team

School Nurses offer a service to pupils who attend the 109 schools in Wolverhampton.

The Service has to be flexible and delivered in the most appropriate setting dependent on the needs of the child / young person including schools, homes, youth offending service, primary care and other community-based settings. The School Nursing Service exists to provide skilled, evidence-based care and support to all children and young people between 4.5 years and 19 years of age and their families who attend schools in Wolverhampton

Aims

- To maintain the physical, social and emotional health of all school aged children to enable them to reach and maintain their full potential and maximise on the educational opportunities available.
- To encourage healthier lifestyles in the school population.

More information can be found [here](#)



Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

Absence notification

If your child is absent from school for any reason, please call the office to inform us as soon as possible. We are legally required to ensure the attendance register accurately records reasons for absence. As well as this, we have a duty of care to all our children and must ensure we are aware of any reasons for them not being in school and check they are safe and well. Should your child be absent and no message received, the office will contact you.

If your child is absent for more than a few days, please phone regularly to keep us updated. In line with our safeguarding procedures, we may request a safe and well call with the child.

Packed lunches

During the Autumn term, staff noticed an unprecedented number of sweet and unhealthy snack options in children's lunchboxes. A healthy, balanced diet is essential for good growth and development, as well as ensuring your child has the necessary energy and fuel to focus and concentrate in school.

Children should not have sweets or fizzy drinks in their lunchboxes. We also advise that 'treat' items (e.g biscuit or cake and crisps) are kept to a minimum – one per day. The NHS provide helpful guidance on packing suitable lunchboxes and there are lots of ideas for fun, appetising food options online.

[Lunchbox ideas and recipes – Healthier Families - NHS](#)

[The Eatwell Guide - NHS](#)

If you require advice and support with your child's diet, please speak with their class teacher and we can help. The school nursing team can also offer advice.

Grapes

If sending your child with grapes for a snack or as part of their lunch, please ensure they are cut lengthways for their safety. Whole, uncut grapes present a significant choking hazard for children.

[Why are grapes so dangerous? | Child Accident Prevention Trust](#)

Snack items

When sending in snacks for KS2 children to enjoy at playtime, please ensure it is a healthy item – fruit or a cereal bar for example - **no crisps or chocolate bars. Sweets should not be brought into school.**

We also ask that parents ensure that any grapes sent into school for snack or packed lunches are **cut in half**, as whole grapes present a [choking hazard](#).

No nuts please!

Also, another polite reminder to all parents that we are a 'No Nut School' and ask that parents refrain from sending children into school with nuts or items obviously containing nuts (peanut butter and Nutella for example). We do have a number of children in school who have severe nut allergies and whilst we can never guarantee that children won't come into contact with nuts, these measures will help reduce risk. We also have a number of other, wider measures in school to manage food intolerances and ensure our children remain safe.

We acknowledge the health benefits of nuts but recommend that these are enjoyed outside of school. We are aware that some chocolate spreads do NOT contain chocolate. However, children should not bring items containing this into school either. Staff are unable to tell the difference between no nut spread and spread containing nuts and potentially endangering a child's life. Chocolate spread is an item best enjoyed as an occasional treat at home rather than a healthy lunchbox option.



Birthday sweets

If your child is celebrating a birthday, we do allow birthday sweets to be given out. They should be handed to the class teacher in the morning to be shared out at the end of the day. Sweets must be individually wrapped, and no sweets or chocolates containing nuts please. To ensure that all children can be included in the treat, please also consider that we have some children in school who are not allowed products containing gelatine which is in a lot of sweets. Thank you.

Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



Plan to Eatwell

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.

[The Eatwell Guide](#)

Parking

It seems a shame to be having to mention parking again, but in the weeks leading up to Christmas, we continue to experience a number of cars coming unnecessarily into the cul-de-sac off Emsworth Crescent and a number of concerned parents speaking with myself and other staff about the risks that this presents to our children. There were 2 very near misses last term – please help to ensure that we don't experience a serious incident.



We ask again that parents PLEASE walk to school or park in Morrisons' carpark if travel is necessary. If you do park in Emsworth Crescent, please do so safely and legally. We ask that cars do not drive into/park actually within the cul-de-sac unless there is an **exceptional circumstance**.

Please also do not park directly outside the pedestrian gates or the staff carpark gates and be considerate of other road users and residents.



I am still waiting to hear from Wolverhampton's Road Safety Team regarding the outcome of proposed measures to improving safety during drop off and collection. Your consideration and co-operation in parking elsewhere when possible would be much appreciated.

If any parents would like to report their concerns to the council, please do so via this link [Contact Road Safety | City Of Wolverhampton Council](#)



Enrichment Clubs... will begin again from **Monday 12th January** and will run until **w/c Monday 9th February**.

A letter detailing our club offer will be sent out this week and places will go live on the Gateway app for booking.

Places are limited and allocated on a first come, first serve basis for the half term.

Each half term, club places are reset and allocated again.

Clubs must be booked under 'Clubs' and then paid for via 'Payments' in the Gateway app to secure the place.

A text message will be sent to inform parents when the clubs go live on the Gateway app.

Lunchtime clubs do not need to be booked.

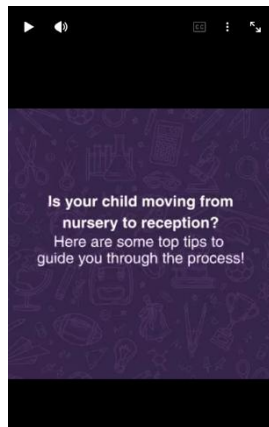
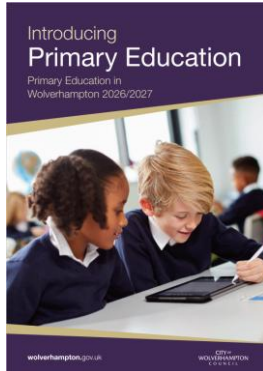
Funds raised through school-led clubs will be used to fund club resources / other clubs in the future.

Thank you to staff who offer to run a club, enabling us to offer a wider range of extra-curricular opportunities for the children.

Is your child currently in Nursery?

Were they born between 1st September 2021 and 31st August 2022?

If so, an application for them to join a Reception class in September 2026 MUST be made by January 15th 2026. An application must be submitted, even if your child already attends the Nursery class of your chosen school.



Click [here](#) to access a helpful guide for parents on the admissions process, click on the video image to view a short clip or click on the Introducing Primary Education image (left) to read the full booklet of information.



Time for school!

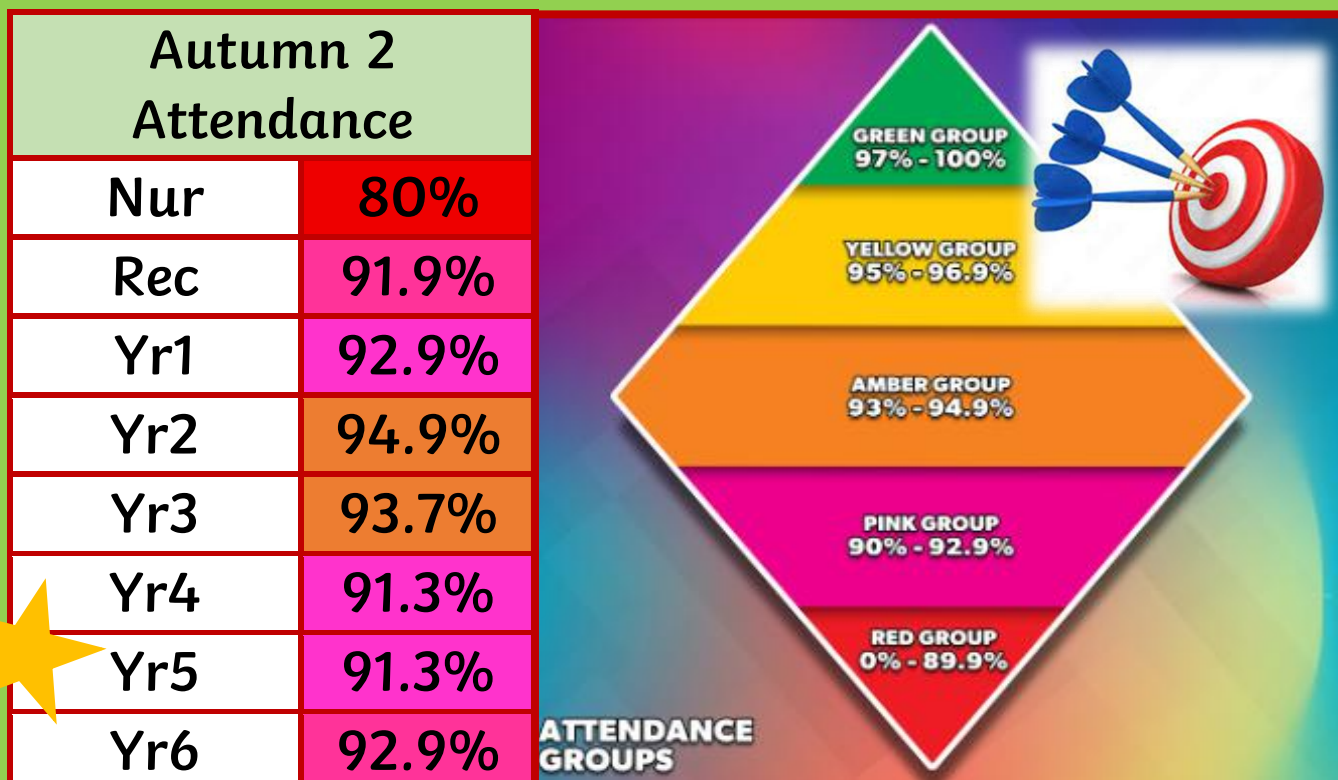
The gates close at 8.50am each day, it is important children arrive by this time – if they are late, they miss valuable learning time. Where children are consistently late, we will be contacting parents to inform them of the number of minutes of learning missed and this could result in unauthorised absences.

Parents are asked to drop off and leave promptly to avoid getting locked in when the gate closes. If still on site after 8.50am, please ask classroom staff to let you out through the front office.

To enable us to lock the gate promptly, parents arriving with their child close to 8.50am will be asked to drop their child(ren) at the gate. A member of staff will ensure that children walk safely to their classes.

Parents arriving with their children after 8.50am will need to take them to the front office where they will be asked to sign them in as late.

Most children should be (and are) walked to their classroom door by an adult each morning. This ensures a safe and settled start to the school day. Some of our older children might walk to class independently, but should be walked by an adult to the school gates as a minimum. With the exception of Year 5 and 6 who may have consent to walk to and from school alone.



Autumn 2		Year so far	
Whole School (Y1-6)	92.7%	Whole School (Y1-6)	94.0%
National	94.5%	National	95.1%
GREEN	Best chance of academic success		
YELLOW	Risk of underachievement		
AMBER	Serious risk of underachievement		
PINK	Severe risk of underachievement		
RED	Extreme risk – persistent absentee		

School attendance is vital for a child's future success.

This year we are aiming to further improve our whole school attendance and would appreciate parents' support in ensuring children are always at school when they are able to be.

The parent of every child whose attendance is at least 96% at the end of the half term will be entered into a prize draw to win a £25 shopping voucher. We will also be introducing rewards and incentives for the children in school too.

Please read our information - [Why does attendance matter?](#)
And our school [Attendance Policy](#).

Diary Dates



January 2026

Monday 5 th	Back to school
Friday 9 th	Year 5 Swimming starts
Friday 9 th	Big Story Day
Tuesday 13 th	Y6 KS2 SATs Parents meeting 2.30pm
Friday 16 th	Early Years Stay & Play
Tuesday 20 th	Maths Parent Workshop 2.15pm
Thursday 22 nd	Y4 Class Led Worship
Sunday 25 th	Feast of the Conversion of St Paul
Tuesday 27 th	Year 4 MTC Parents meeting 2.30pm
Friday 30 th	Scientist Day

February

Monday 2 nd	Full Governing Body
Monday 2 nd	Reception Height, Weight and Vision checks
Wednesday 4 th	Parent Coffee Morning – Deep Pressure Massage
Sunday 8 th	Circle Church
Tuesday 10 th	Y4 Residential meeting 2.30pm
Tuesday 10 th	Safer Internet Day
Thursday 12 th	Year 1 Class Led Worship

Half term Monday 16th – Friday 20th Feb 2025

Monday 23 rd	INSET day – school closed to pupils
Tuesday 24 th	Parents' Evening 3.30-6.00pm
Wednesday 25 th	Parents' Evening 3.30-6.00pm
Friday 27 th	Early Years Stay & Play

Dates to be confirmed but coming soon...
Reading and Phonic workshops

March

Sunday 1 st	Circle Church – 3pm
Wednesday 4 th	Y1 BCLM visit
Thursday 5 th	World Book Day
Friday 6 th	Own clothes day
Monday 9 th	Science Day
Tuesday 10 th	Little Makers Follow-up workshop Y1
Wednesday 11 th	Year 4 Residential
Thursday 12 th	Year 1 Phonic Screen Parents meeting
Thursday 12 th	Year 2 Class Led Worship
Friday 13 th	Y4 return from Boreatton Park
Friday 13 th	Early Years Mothering Sunday celebration
Wednesday 18 th	Reflexions Parent Workshop 3.30-4.00pm
Friday 20 th	Easter Egg Hunt
Thursday 26 th	Year 6 Class Led Worship
Thursday 26 th	Easter Bonnets / Easter crafts
Friday 27 th	End of term awards / Easter worship
Friday 27 th	Last day of term 2.00pm finish

Monday 30th March – Friday 10th April – Easter Holidays

Our St Paul's Promise;

Our St Paul's Promise

At St Paul's, we are safe, prepared and respectful.



- P** We are prepared
- R** We are respectful
- O** We make the most of every oppportunity
- M** We make a difference.
- I** We are in control
- S** We are safe
- E** We excel.



The LORD bless thee, and keep thee:
The LORD make his face shine upon thee,
and be gracious unto thee:
The LORD lift up his countenance upon thee,
and give thee peace.

Numbers 6:24-26

Rainbow Christian Values;

Togetherness, Trust, Honesty, Courage, Forgiveness, Joyfulness, Humility

Our Mission Statement;

Building each other up—with God as our firm foundation.

(The Bible: I Thessalonians 5:11)



Term Dates 2025-26

Autumn Term 2025

Term starts:	Wednesday 3 rd September
Half Term:	Monday 27 th - Friday 31 st October
Term ends:	Friday 19 th December
Christmas Holidays:	Monday 22 nd December 2025 - Friday 2 nd January 2026

Spring Term 2026

Term starts:	Monday 5 th January 2026
Half Term:	Monday 16 th - Friday 20 th February
Term ends:	Friday 27 th March
Easter Holidays:	Monday 30 th March - Friday 10 th April

Summer Term 2026

Term starts:	Monday 13 th April
Half Term:	Monday 25 th May - Friday 29 th May
Term ends:	Monday 20 th July
Summer Holidays:	Tuesday 21 st July —Monday 31 st August

2025-26 Training Days—school closed to pupils:

Monday 1st September 2025
 Tuesday 2nd September 2025
 Monday 3rd November 2025
 Monday 23rd February 2026
 Monday 20th July 2026

Autumn Term 2026

Term starts:	Tuesday 2nd September 2026 (To be confirmed – potential INSET day.)
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St Paul's C of E Primary School

Keeping You Safe



SAFEGUARDING IS EVERYONE'S RESPONSIBILITY

- Do you have concerns?
- Has someone made a disclosure?
- Who can you talk to?



At St Paul's the safety of our children is of upmost importance. It is everyone's responsibility to safeguard our children but speak to one of the people below if you are worried.

Safeguard our children but speak to one of the people below if you are worried.											
<p>Mrs J. Ferretti</p> <p>Headteacher</p> <p>Designated Safeguarding Lead</p>				<p>Miss D. Woods</p> <p>Deputy Designated Safeguarding Lead</p>							
<p>Miss G. Pinches</p> <p>Deputy Designated Safeguarding Lead (from Jan 26)</p>				<p>Ms B. Clarke</p> <p>Deputy Designated Safeguarding Lead</p>				<p>Mrs R. Cook</p> <p>Online Safety Leader</p>			
<p>Mrs L Clarke</p> <p>Safeguarding Governor</p>				<div><p>Protect and safeguard the welfare of all our children.</p></div> <div><p>Working together to help safeguard our children</p></div>							

If you have a concern about the safety of a child contact **Wolverhampton Multi Agency Safeguarding Hub** by clicking [here](#) or by phone; **01902 555392**

Opening times: Monday to Thursday 8:30am to 5pm, Friday 8:30am to 4:30pm

Outside of the above hours for emergencies on **01902 552999**

If the child or young person is at **immediate risk** of **serious harm** dial **999**

If you suspect or believe a child is suffering or is likely to suffer Significant Harm, including any form of mistreatment or abuse, **you must report your concerns**. All referrals must be confirmed within one hour by completing the on-line multi agency referral form ([MARF](#)).

Most pharmacies can help you
with **seven common conditions**
without needing a GP appointment

■ **Sinusitis**

(adults and children aged 12 years and over)

■ **Sore throat**

(adults and children aged 5 years and over)

■ **Earache**

(children and young adults aged 1 year to 17 years)

■ **Infected insect bite**

(adults and children aged 1 year and over)

■ **Impetigo**

(adults and children aged 1 year and over)

■ **Shingles**

(adults aged 18 years and over)

■ **Urinary tract infection**

(women, aged 16 to 64 years)



Ask your pharmacy for more
information about this
free* NHS service

**Visit your
Pharmacy First!**

*NHS prescription charge rules apply where a medicine is supplied