



➤ **Supporting children's 'super bodies' this winter**



In preparation for children returning to schools and nurseries after the autumn half term, Northamptonshire ICB is promoting the [Super Bodies](#) campaign on common winter illness. It includes a guide for parents and carers on simple things they can do to treat common ailments at home, as well as helping them to spot the signs of a more serious illness, and knowing when and where to go for medical help [Super bodies | Integrated Care Northamptonshire](#). GP practices can help promote it by using social media posts, digital assets and the campaign toolkit available for download [here](#). Super Bodies was developed by Cheshire and Merseyside ICB and has been well received by their clinicians and patients.

➤ **[Pharmacy First Service updates](#)**

Minor changes have been made to the NHS Pharmacy First Service clinical pathways, patient group directions (PGDs) and protocol, which come into effect from Wednesday 1 October 2025.

➤ **[#MedSafetyWeek \(3-9 November 2025\): A call to action to improve patient safety](#)**

The MHRA is celebrating 10 years of #MedSafetyWeek and working with regulators from 117 countries and 131 organisations across the globe in the campaign. This year's theme is 'we can all help make medicines safer'. **GP practices can encourage health care professionals and patients to report adverse effects of medicines, vaccines and medical devices, including apps using the [Yellow Card reporting scheme](#).**

Campaign materials are available at [MedSafetyWeek | UMC](#). Some examples of how reporting has improved safety are available at [Case Studies | Making medicines and medical devices safer](#)

➤ **[Dalivit® supply problems](#)**

Dalivit® Oral Drops are out of stock until further notice. Prescribers should review existing patients to check Dalivit® Oral Drops are still required. Where appropriate prescribe **Abidec® Multivitamin Drops** for young children. Ensure the patient is not intolerant to any of the excipients, including arachis oil (peanut oil), which should not be taken by patients with peanut or soya allergy. Counsel parent(s)/carers on the appropriate dose and volume required. Please note, only Abidec® Multivitamin Drops should be prescribed. Other Abidec products are available OTC and are not dose equivalent. If Abidec® drops are not suitable, refer to [NPPG](#) table to guide selection of an alternative liquid supplement for paediatric patients. See [SPS Medicines Supply Tool](#) for more details.

➤ **[Removal of prescribing restrictions on flu antivirals](#)**

Prescribing regulations and the Selected List Scheme in Part XVIII B of the October 2025 Drug Tariff have now been amended to remove the notification requirement in relation to the prescribing of oseltamivir and zanamivir, allowing year-round prescribing of these treatments for patients in clinical at-risk groups as well as those at risk of severe illness and/or complications from flu if not treated.