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Health Store News | December 2023



Welcome to Health Store News



This month we share news about some exciting developments affecting local high streets. In November we were very happy to get behind the week-long Save The High Street promotion, organised by Bira, which aims to show consumers why shopping locally is good for them, their local community and local economy. We've also highlighted a government bill that gives local councils new powers to run compulsory auctions on vacant shops units. The move has been described as game-changer, freeing up units for indie start-ups. Elsewhere we report on Holland & Barrett's decision to trial a substantial range of OTC medicines, and we say a big 'thank you' to Target Publishing for their generous donation of £2,100 to Health Stores UK.

Finally, as we hurtle into the festive season, we hope you have a successful

holiday sales period - and that you get some relaxing downtime with family and friends once it's all over!

Len Glenville, Chair

Melanie Beard, Deputy Chair



NHT Summit organiser donates £2,100 to Health Stores UK

NHT Summit organiser Target Publishing has made a generous donation to Health Stores UK of £2,100 to help fund its vital work for independent health food retailers.

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Indies urged to get behind Love Your High Street Week



Health Stores UK got behind a Bira initiative last month aimed at celebrating all things indie. The week-long Love Your High Street promotion aims to show consumers why shopping locally is good for them, their local community and local economy. [READ MORE](#)



Holland & Barrett trials over-the-counter medicines listings

Holland & Barret is trialling sales of over-the-counter medicines and health products in 20 of its stores. The surprise move is designed to widen the retailer’s shopper appeal, while responding to accessibility issues with OTC medicines due to the loss of hundreds of community pharmacies in the last few years. [READ MORE](#)

High street rental auctions could be 'game-changer'

A new government bill that gives local councils powers to run compulsory auctions on vacant shop units could be a “game-changer” says the retail industry support group Save The High Street. It's certainly one we'll watching closely at Health Stores UK.

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Autumn Statement: A mixed verdict



Health Stores UK has welcomed aspects of the Chancellor’s Autumn Statement, but warns that high business costs continue to threaten the viability of crucially needed independent retailers. On 4 December Health Stores UK will participate in a meeting with Kevin

Hollinrake, Parliamentary Under Secretary of State (Department for Business and Trade), at which it will present members’ concerns and suggestions.

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Guest Post: Can yarrow help with IBS?

Here, Kate Harris, a product trainer at Health Stores UK Partner A. Vogel asks 'can yarrow help with IBS?'. Kate looks at latest research that has investigated yarrow's anti-inflammatory and healing properties. And she advises on how consumers can safely take yarrow supplements for digestive complaints.

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Diary Date: Health Store Mastermind Forum

Sign up for the new Health Stores UK 'Mastermind Forum' on Tuesday January 9th at 6pm - a FREE online 'drop-in' zoom session where stores help each other solve tricky business issues, share opportunities and inspiration for promotions, windows, events, staffing issues and more. Co-hosted by Cheryl Thallon, owner of Viridian Nutrition, Sheaf Street Health Store and author of 'How to Open and Run a Successful Health Store'. Head over to the [Health Stores UK website](#) to register your free place now. [READ MORE](#)



Membership Benefit of the month



British Independent Retailers Association

FREE membership with BIRA – worth £205, means you enjoy their great benefits for free including:
Employment law helpline;
Health & Safety helpline;
Preferential card processing rates;
Business insurance discount. [READ MORE](#)

15% off NOW best-sellers during December



Health Store UK members will be able to claim 15% off best-selling health products from NOW Foods during December, thanks to our Partner Olivit. Visit www.olivit.co.uk to take advantage of this exclusive discount. Enter 'Healthstores' into the 'How did you hear about us'

section when registering and Olivit will take care of the rest. [READ MORE](#)

In case you missed it

Big in 2024: Health and nutrition trends to look out for next year

Around this time of year a barrage of predictions about food, health and nutrition trends is unleashed. Here, we look at some of the most interesting of this year’s predictions from Protein in Motion to Mushroom Mania, Plant-based Diversity to Nurturing Nature. [READ MORE](#)

Where does the FSA’s new guidance on CBD intake leave retailers?

The Food Standards Agency (FSA) has slashed the recommended safe limit of CBD from food to 10mg per day (from the previous 70mg). So, where does the new guidance leave retailers? [READ MORE](#)

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