

Helping **you** stay well in Leeds this winter

Advice and support
for you and your
family

To read, to share,
to **keep**

**STAYWELL
THISWINTER**

Sanjay Ganvir, Pharmacist

StayWellLeeds.org.uk



Be prepared - get ready for winter

Winter conditions can be seriously bad for our health, especially for people aged 65 or older, and people with long term health conditions.



Get your flu jab

The flu virus strikes in winter and it can be far more serious than you think. The flu vaccination is free for:

- ✓ Aged 2 - 4 or 65+
- ✓ School years 1 - 3
- ✓ Pregnant women
- ✓ People with long term health conditions

For more information about getting your flu jab, contact your GP surgery or local pharmacist.



Handwashing keeps germs at bay

The most common way germs are spread is by people's hands. Germs can cause illnesses such as colds and stomach bugs, as well as more serious illnesses such as E.coli and flu.

Hand washing is the most **important** thing you can do to reduce the spread of infections.



Stay warm

Stay warm both inside and outdoors to help prevent colds, flu and more serious health problems, such as heart attacks, strokes, pneumonia and depression. Heat your home to at least 18°C (65°F).

Turn to page 7 for more information about help available to heat your home for less.

Feeling unwell?

Don't wait - get advice from your pharmacist



If you feel like you are coming down with something, even if it's just a cough or cold, don't wait until it gets worse. Act quickly. The sooner you get advice the better – pharmacists can help and are fully qualified to advise you on the best course of action. If you can't get to see a pharmacist yourself, ask someone to go for you or call your local pharmacy.

Is your medicine cabinet ready for winter?

Most common winter ailments can't be treated with antibiotics



Prepare for the holiday season

Pick up your prescription before the Christmas holidays start. Some GP surgeries will have amended opening hours over the Christmas holidays, ask your practice for more information.

Take medicines as directed.

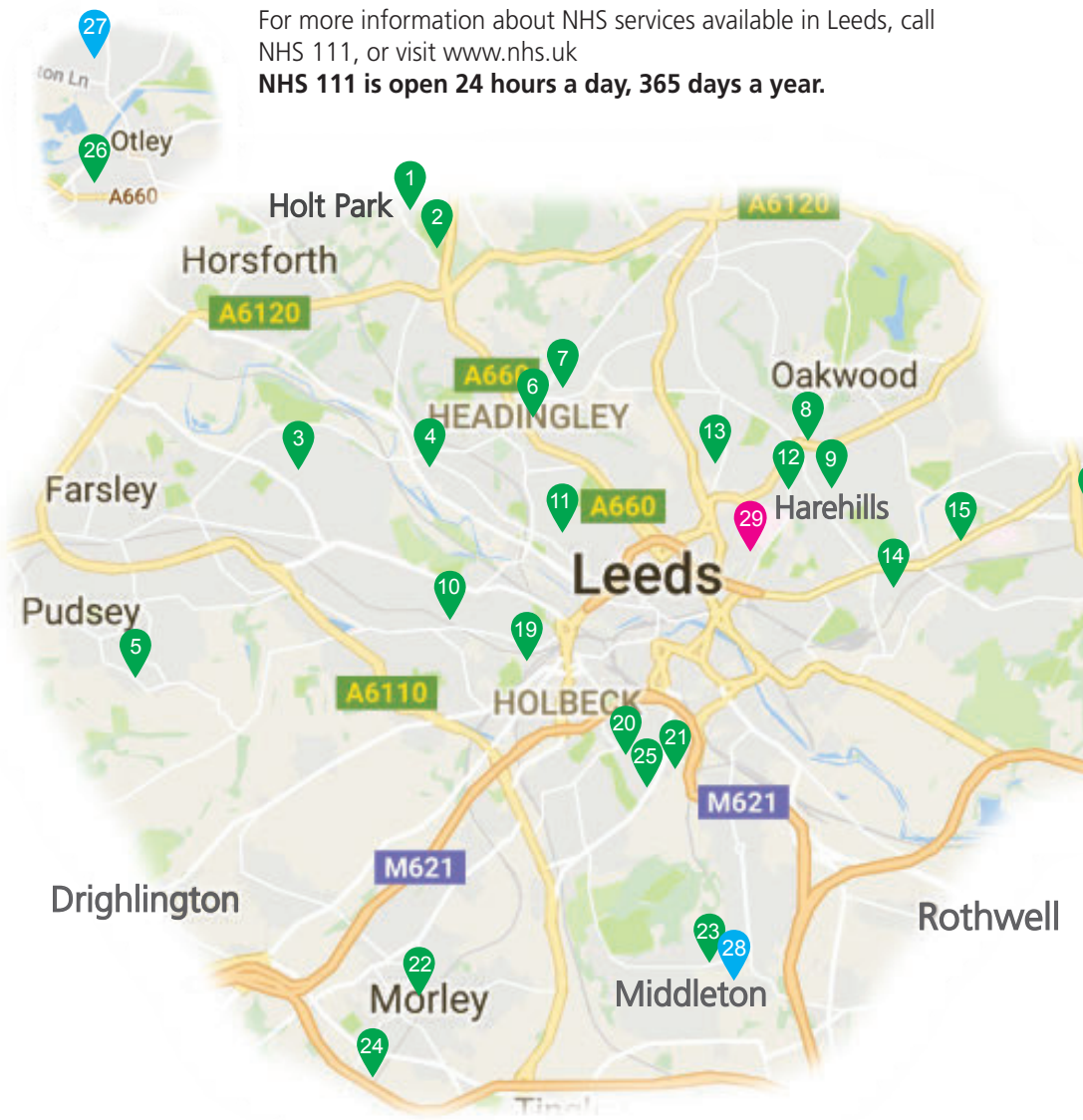
If you've been prescribed antibiotics or any other medication, make sure you take them as directed.

If you do need help over the holiday period when your GP surgery or pharmacy is closed **call NHS 111** or visit **NHS Choices** at **www.nhs.uk**.

Find your local NHS service

Understanding the different NHS services in Leeds can be tricky. Services such as GP surgeries, the Walk-In Centre and pharmacies all have different opening hours and each can provide help for different conditions or injuries. There are also some NHS services that you may not know about, such as ‘Out of Hours’ GP services which can be accessed by calling NHS 111, and Minor Injuries Units which can offer treatment for a range of minor injuries and can even offer x-rays, and stitches.

For more information about NHS services available in Leeds, call NHS 111, or visit www.nhs.uk
NHS 111 is open 24 hours a day, 365 days a year.



Wharfedale Hospital (MIU)

☎ 0113 392 1647

Opening times:
8am - 11pm every day
including Bank Holidays.
Closed Christmas Day

27

St. George's Centre (MIU)

☎ 0330 311 5106

Opening times:
8am - 10.30pm every day
including Bank Holidays.
Closed Christmas Day
(Closing times may vary,
please call the above number
to hear a recorded message).

28

Shakespeare Walk-In Centre

☎ 0113 295 1132

Opening times:
8am - 8pm every day
including Bank Holidays.

29



📍 Pharmacy - with
extended opening
hours

● Minor Injury Unit (MIU)

■ Walk-In Centre

- 1 Asda Pharmacy ☎ 0113 269 9719
- 2 Ireland Wood Pharmacy ☎ 0113 285 7005
- 3 Manor Park Pharmacy ☎ 0113 257 1619
- 4 Boots the Chemist ☎ 0113 275 7175
- 5 The Pudsey Pharmacy ☎ 0113 257 0400
- 6 Headingley Pharmacy ☎ 0113 230 5588
- 7 Meanwood Pharmacy ☎ 0113 230 7519
- 8 Oakwood Pharmacy ☎ 0113 240 3315
- 9 Khan Pharmacy ☎ 0113 235 9377
- 10 Armley Moor Pharmacy ☎ 0113 263 8111
- 11 Hyde Park Pharmacy ☎ 0113 244 1551
- 12 Shifa Pharmacy ☎ 0113 262 3816
- 13 Knights Scott Hall Pharmacy ☎ 0113 239 2014
- 14 East Leeds Pharmacy ☎ 0113 249 4623
- 15 Asda Pharmacy ☎ 0113 201 9510
- 16 Crossgates Day & Night Pharmacy ☎ 0113 318 0277
- 17 Boots the Chemist ☎ 0113 260 8035
- 18 Tesco Instore Pharmacy ☎ 0113 301 1846
- 19 Lloyds Pharmacy ☎ 0113 279 9056
- 20 Al-Shafa Pharmacy ☎ 0113 270 7722
- 21 Beeston Hill Pharmacy ☎ 0113 277 1746
- 22 Morley Pharmacy ☎ 0113 259 7372
- 23 Midway Pharmacy ☎ 0113 271 4699
- 24 Asda Pharmacy Morley ☎ 0113 201 2610
- 25 Al-Shafa Pharmacy ☎ 0113 276 2954
- 26 Otley Pharmacy ☎ 01943 968101

Support for more vulnerable people

Please look out for any neighbours, family members or friends, who may need a bit of extra help over winter.



Neighbourhood Network Scheme

Supporting older people to live independently and stay active in their community.



0113 391 8333



www.leedsdirectory.org



Money Information Service

Make sure you're getting all the financial help you can. The Money Information Centre has helpful information and advice.



www.leeds.gov.uk/c/pages/leedsmic/default.aspx



Meals on Wheels

Leeds City Council runs a Meals on Wheels service which operates every day of the year, delivering hot and nutritious meals to older and more vulnerable people living in their own homes.



0113 247 8577



www.leeds.gov.uk/communitymealsleeds



Winter Friends

Winter Friends can be found in many organisations. They help older people live independently by informing them about social activities and important services that will help them stay well.



Leeds Directory Helpline on 0113 391 8333



www.leedsdirectory.org and search Winter Friends.

Heat your home for less

There are schemes and offers available to increase the energy efficiency of your home and save you money. There may be grants and subsidies available for home owners, private tenants and private landlords. Some are for the elderly, people with disabilities, long term conditions or those on lower incomes.

www.leeds.gov.uk/council/Pages/Energy-Grants-for-Households.aspx



Better Homes Leeds

Better Homes Leeds can provide you with a quote for a replacement boiler at a competitive rate.

 0800 5971500 or 0113 8970977  www.betterhomesyorkshire.co.uk

FREE
advice &
assistance

Warmth For Wellbeing Service

Need help saving money on energy bills? Contact the Warmth for Wellbeing Service to see what help is available.

 0808 1683547  www.care-repair-leeds.org.uk or
 www.groundwork.org.uk/warmth-for-well-being-leeds

Severe weather in Leeds

Severe weather may cause some changes to routine local services. Find out more and stay up to date via:

 0113 222 4444  www.leeds.gov.uk  @LeedsCC_News



Check your journey

Bus and rail services may be subject to delays and cancellations. Stay up to date via:

 0113 245 7676  www.wymetro.com  @MetroTravelNews

The Stay Well This Winter campaign can help you prepare for winter. Visit nhs.uk/staywell or for more local information go to www.StayWellLeeds.org.uk.

**STAYWELL
THISWINTER**

MindWell

www.mindwell-leeds.org.uk

Go online to MindWell, the new
'go to' place for mental health
information in Leeds.

If you're looking for yourself,
concerned about someone else or
you're a professional supporting others.

*I'm struggling
to cope*

What can I do to feel better?

*Why am I
feeling anxious?*

*Where can I find
the right support?*



MindWell is funded by the NHS in Leeds

Have your say – join our community network

Leeds has three NHS Clinical Commissioning Groups (CCGs). We work together to plan and buy NHS health services for people in the city. We want to make sure that these are high quality services which do what people want and need. We can only do this if we understand what local people want from their local health services. The NHS is for everyone and we all need support from the NHS from time to time.

How can you help?

We want people to get involved with the work we do and help us make decisions, so that we can improve the health and wellbeing of all the people in Leeds. We are continuing to expand our network of patients, carers and the wider public so that we can listen to the views of people from all the different communities in Leeds.

Join our network

We want you to join our network. This means you will receive regular updates and information about local health services and we will ask you to share your views and opinions. This may be through local engagement events, online surveys or consultations. We would like you to tell us your areas of interest and also how much or how little you would like to be involved.

All you need to do is fill out the form on the next page and return to the freepost address below or if you prefer you can join online at www.leedsnorthccg.nhs.uk/get-involved/join/how

Freepost RTEH-ZTXY-HALJ
NHS Leeds North Clinical Commissioning Group
Leafield House
107-109 King Lane
Leeds
LS17 5BP

This information is being collected by the NHS clinical commissioning groups in Leeds. Your details will be held securely and will not be shared with any third parties. From time to time we may use your contact details to send you information about health services in Leeds.

To sign up to our mailing list, please complete the boxes below following:

Name:

Phone:

E-mail:

Address:

Postcode:

GP practice:

Which of the following communications methods do you use regularly? (Tick all that apply)

- | | |
|---|---|
| <input type="checkbox"/> Post | <input type="checkbox"/> WhatsApp |
| <input type="checkbox"/> Twitter / Facebook | <input type="checkbox"/> YouTube |
| <input type="checkbox"/> E-mail | <input type="checkbox"/> Surgery leaflets / posters |

Please tell us what areas of NHS services are of interest to you from the list below

- | | |
|--|---|
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Medicines / pharmacy |
| <input type="checkbox"/> Care homes | <input type="checkbox"/> Older people |
| <input type="checkbox"/> Children / maternity | <input type="checkbox"/> Patient transport services |
| <input type="checkbox"/> Community healthcare
(including home visits) | <input type="checkbox"/> Physiotherapy |
| <input type="checkbox"/> Dementia | <input type="checkbox"/> Occupational health |
| <input type="checkbox"/> Dental | <input type="checkbox"/> Planned hospital care |
| <input type="checkbox"/> End of life / palliative care | <input type="checkbox"/> Services for young people
and teenagers |
| <input type="checkbox"/> GP practice | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Heart disease | <input type="checkbox"/> Unplanned / urgent care
(such as A&E, Minor
Injuries Units, ambulance) |
| <input type="checkbox"/> Learning disabilities | <input type="checkbox"/> Volunteering opportunities
for the NHS in Leeds |
| <input type="checkbox"/> Long term conditions
(such as diabetes) | <input type="checkbox"/> Other (Please specify) |
| <input type="checkbox"/> Mental Health | |

How are you feeling?

Lonely

Stressed out

Fed up



You're not alone...

MindMate[😊]

www.mindmate.org.uk

A website for young people in Leeds with useful tips to help keep your mind healthy and where to find support if you're struggling, feeling down or stressed.

NHS 111



Unsure
Unwell
Confused
Need to know
where to go

For confidential health service advice and information, available 24 hours a day, 365 days a year, call NHS 111. They will direct you to the best place to get treatment and advise you of local available services.

Self-care



Grazed knee
Cough or cold
Sore throat
Hangover

Many illnesses and injuries can be treated at home. Ensure your medicine cabinet is stocked with

- Paracetamol
- Rehydration mixture
- Indigestion remedy
- Plasters
- Thermometer

Visit NHS Choices at www.nhs.uk

Pharmacy



Vomiting and
diarrhoea
Runny nose
Headache
Flu-like symptoms

Your local pharmacist is fully qualified to give you advice on common illnesses and injuries and medicines to treat them.

Your GP & out of hours



Ear discharge/pain
Rashes
Stomach pain
Concerns
regarding
ongoing conditions

If you have an illness or injury that won't go away, contact your GP surgery. If you need advice outside your GP surgery opening hours, call NHS 111 for advice.

Minor Injuries Unit



Strains
Sprains
Stitches
X-rays

NHS Minor Injuries Unit (MIU) – for the treatment of minor illnesses and injuries without an appointment.

A&E & 999



Choking
Chest pain
Blackout
Blood loss

Accident and Emergency Department (A&E)/999 – for use in very severe or life threatening conditions only.

Information produced by Leeds City Council and the Clinical Commissioning Groups in Leeds. November 2016

If you require large print, audio, Braille, alternative format or in a different language please request via leedsnorth.comms@nhs.net