

Helping **you** stay well in Leeds this winter 2017/2018

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?

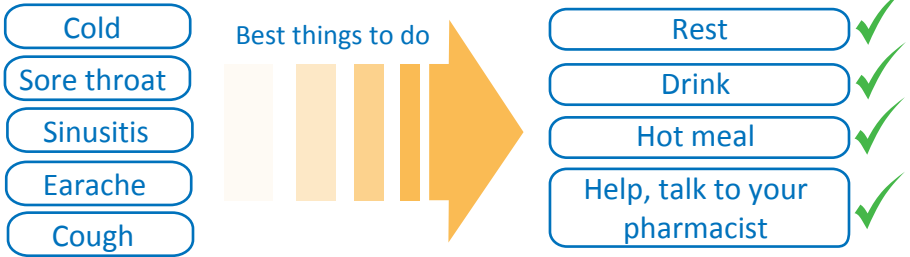
Don't wait - get advice from your pharmacist



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.

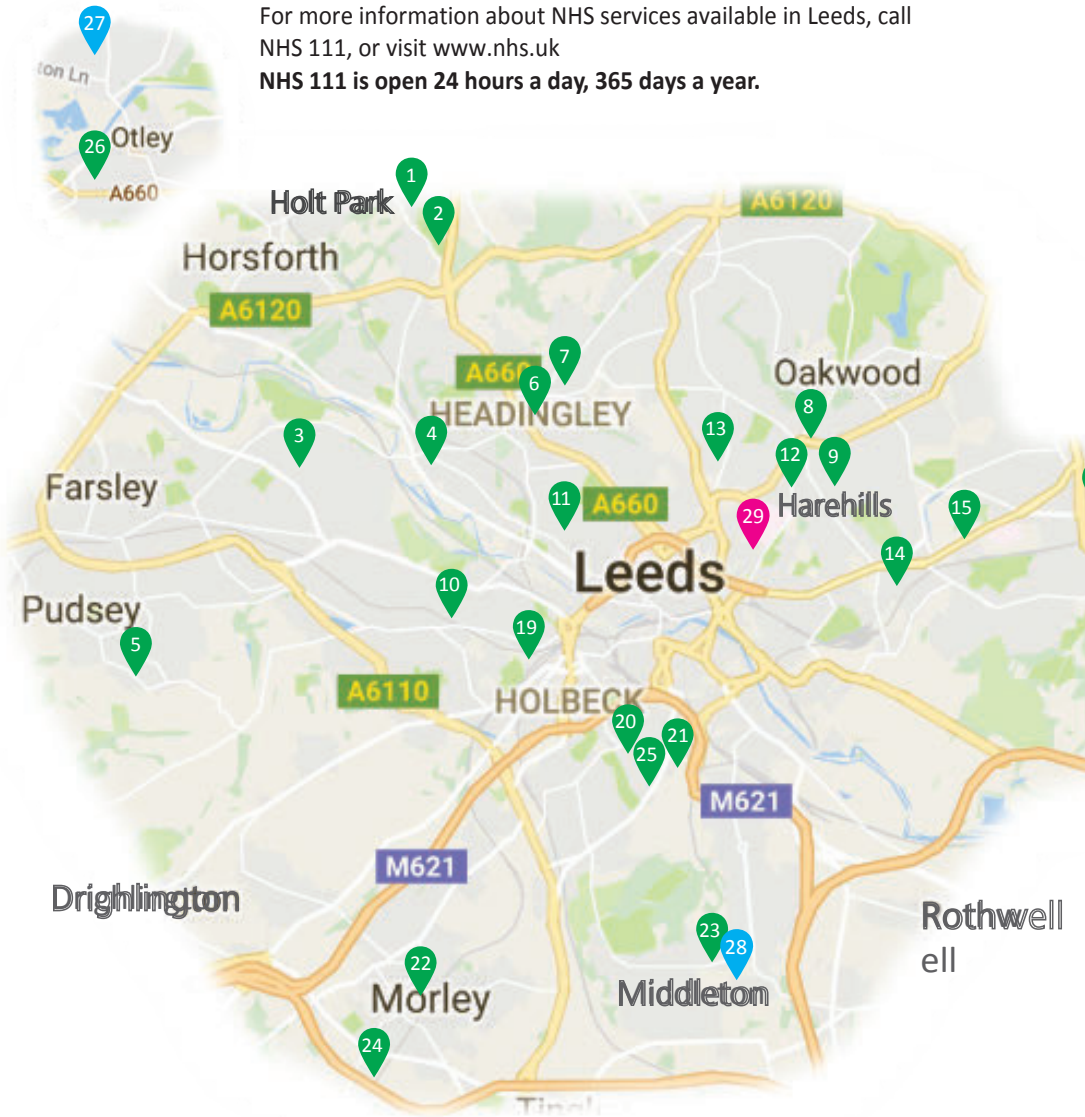
If you've been prescribed antibiotics or any other medication, make sure you take them as directed.

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

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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).

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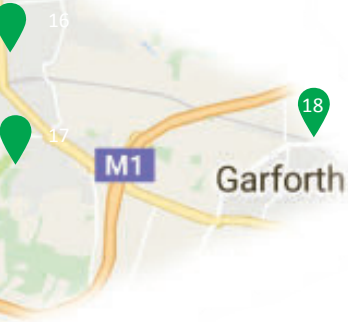
Shakespeare Walk-In Centre

☎ 0113 295 1132

Opening times:

8am - 8pm every day including Bank Holidays.

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

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 Centre (MIC)

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 people of all ages keep well this winter by sharing important details on services and social activities available. On request a winter wellbeing checklist can be provided by a Winter Friend containing contact details for those important services and social activities.



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**

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
- Plasters
- Rehydration mixture
- Thermometer
- Indigestion remedy

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.