Helping you stay well in Leeds this winter

Advice and support for you and your family

To read, to share, to keep

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

- Cold
- Sore throat
- Sinusitis
- Earache
- Cough

Best things to do

- Rest
- Drink
- Hot meal
- Help, talk to your pharmacist

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.
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](http://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.


**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](http://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](http://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](http://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

**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

A new Leeds approach to mental health information and support

MindWell is a new online resource which is the single ‘go to’ place for information about mental health in Leeds.

Mental health information for everyone in Leeds

www.mindwell-leeds.org.uk

Help and information to people who want help for themselves or for other people they are concerned about clear, accurate information about support and services

Help for what to do in a crisis or mental health emergency

General information about a range of common mental health problems such as anxiety and stress

Self-help tools and information including downloadable resources, videos and animations.

MindWell is a city-wide initiative funded by the NHS which brings together resources, materials and knowledge from across the NHS in Leeds, Leeds City Council and the third sector.

MindWell provides:

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Mind well is a city wide resource funded by the NHS.

I’m struggling to cope

Why am I feeling anxious?

What can I do to feel better?

Where can I find the right support?

I’m struggling to cope

Why am I feeling anxious?

What can I do to feel better?

Where can I find the right support?

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

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

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)

☐ Post
☐ Twitter / Facebook
☐ E-mail
☐ WhatsApp
☐ YouTube
☐ Surgery leaflets / posters

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

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

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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

- Vomiting and diarrhoea  
- Runny nose  
- Headache  
- Flu-like symptoms

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

- Paracetamol  
- Rehydration mixture  
- Indigestion remedy

Visit NHS Choices at www.nhs.uk

### Pharmacy

- Ear discharge/pain  
- Rashes  
- Stomach pain  
- Concerns regarding ongoing conditions

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

- Strains  
- Sprains  
- Stitches  
- X-rays

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

- Choking  
- Chest pain  
- Blackout  
- Blood loss

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

### Minor Injuries Unit

- 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

Visit NHS Choices at www.nhs.uk

### 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.

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