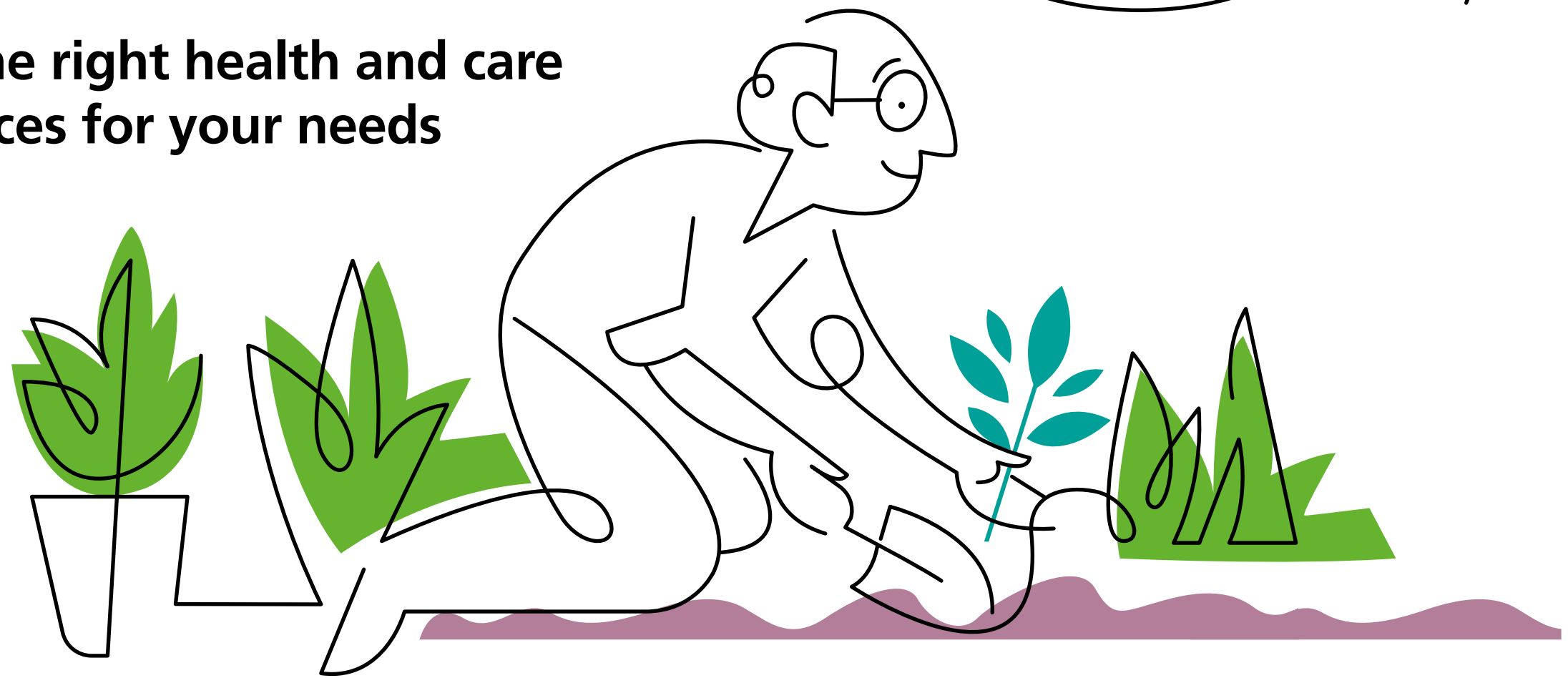
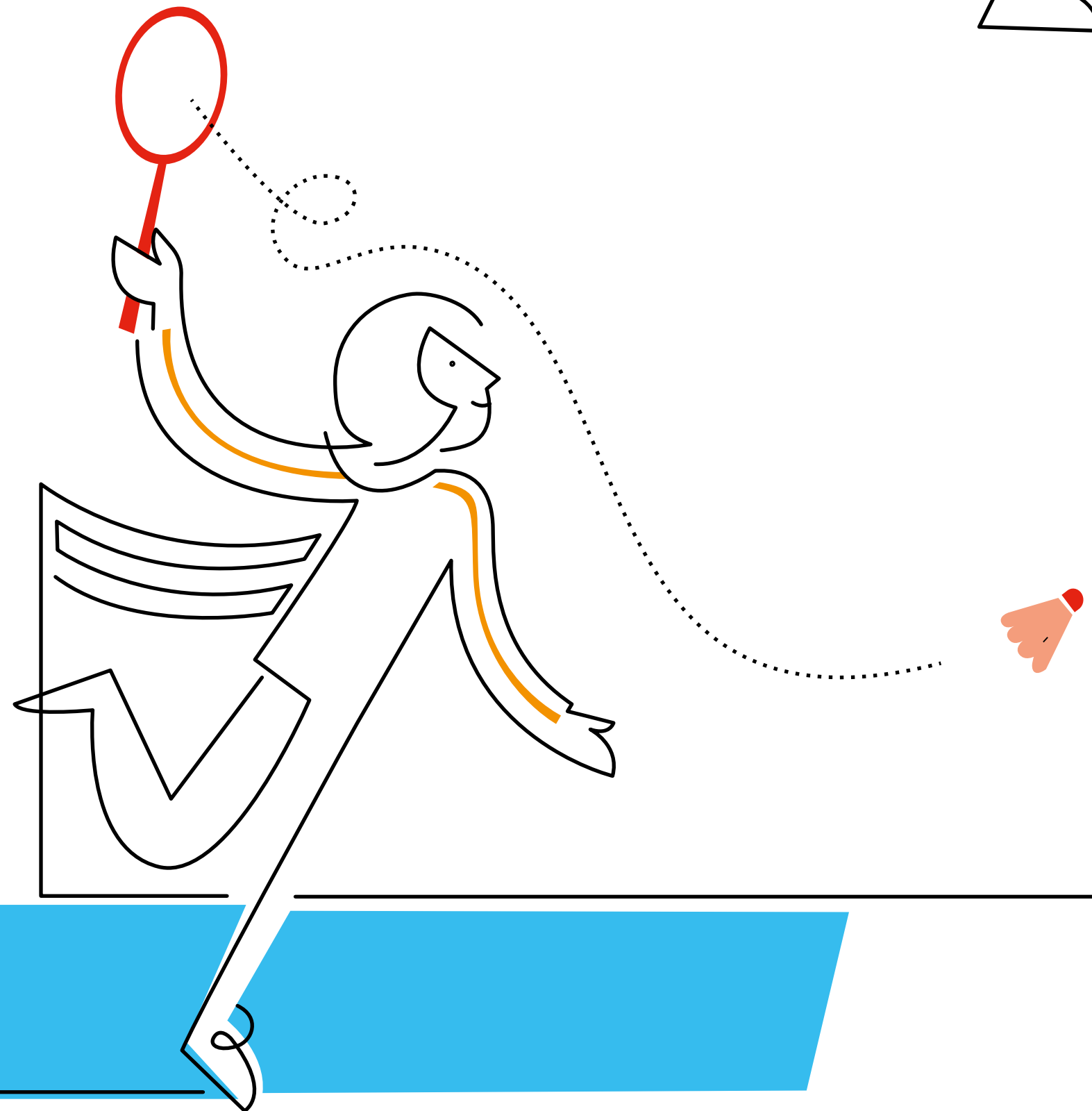
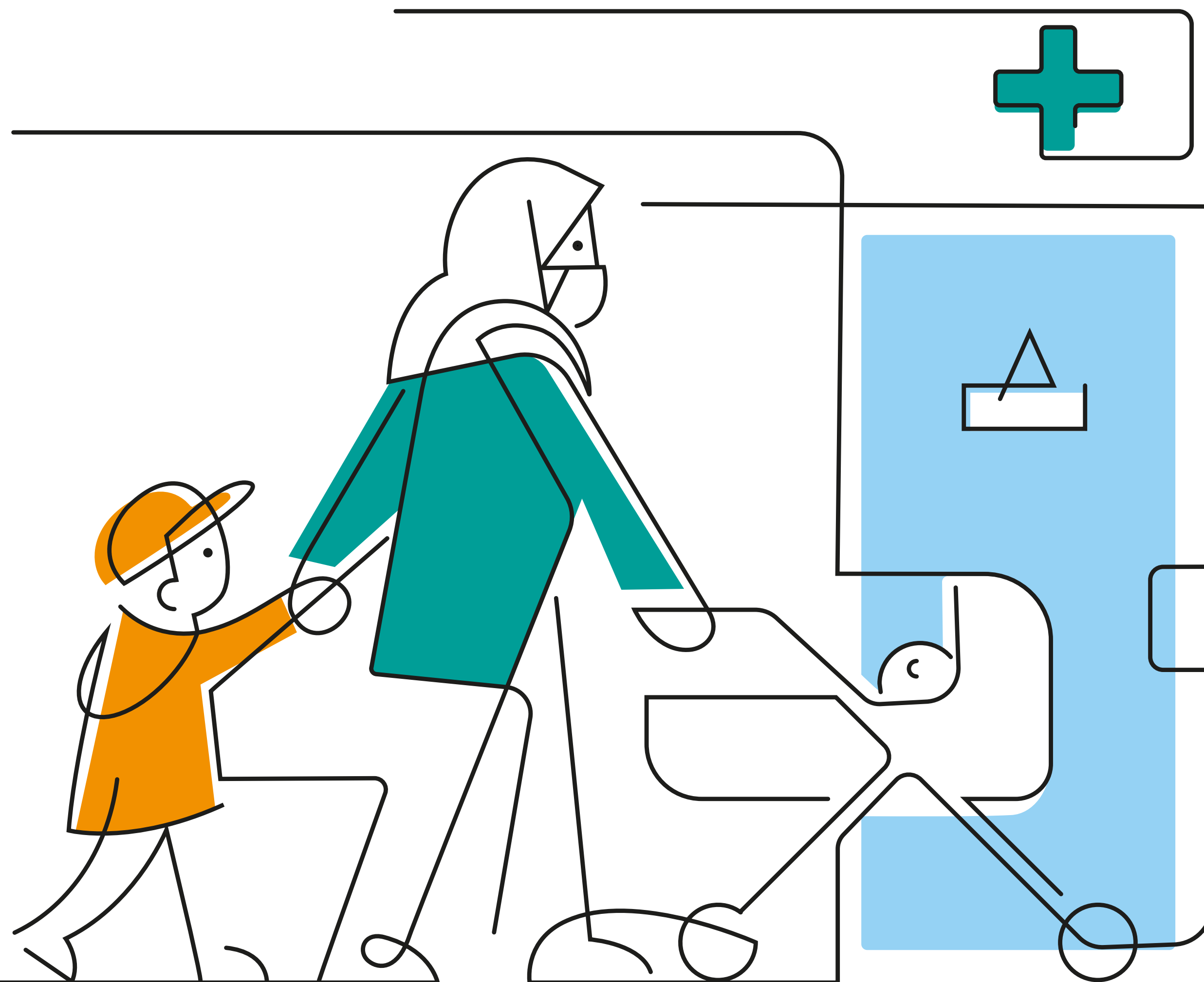




10 ways to stay well

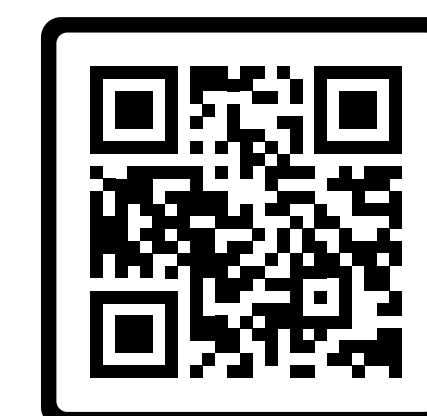
Getting the right health and care services for your needs





Taking action to keep well and understanding where to go when you need support is important. Here you will find more information on the services available to you, along with contact details.

Scan this QR code or find a **full list of local healthcare services** online – you might be surprised at the support that's on offer!



1 Get self-care aware

From having a well-stocked medicine cupboard, to apps you can download, there's lots you can do to keep yourself fit and well – it's

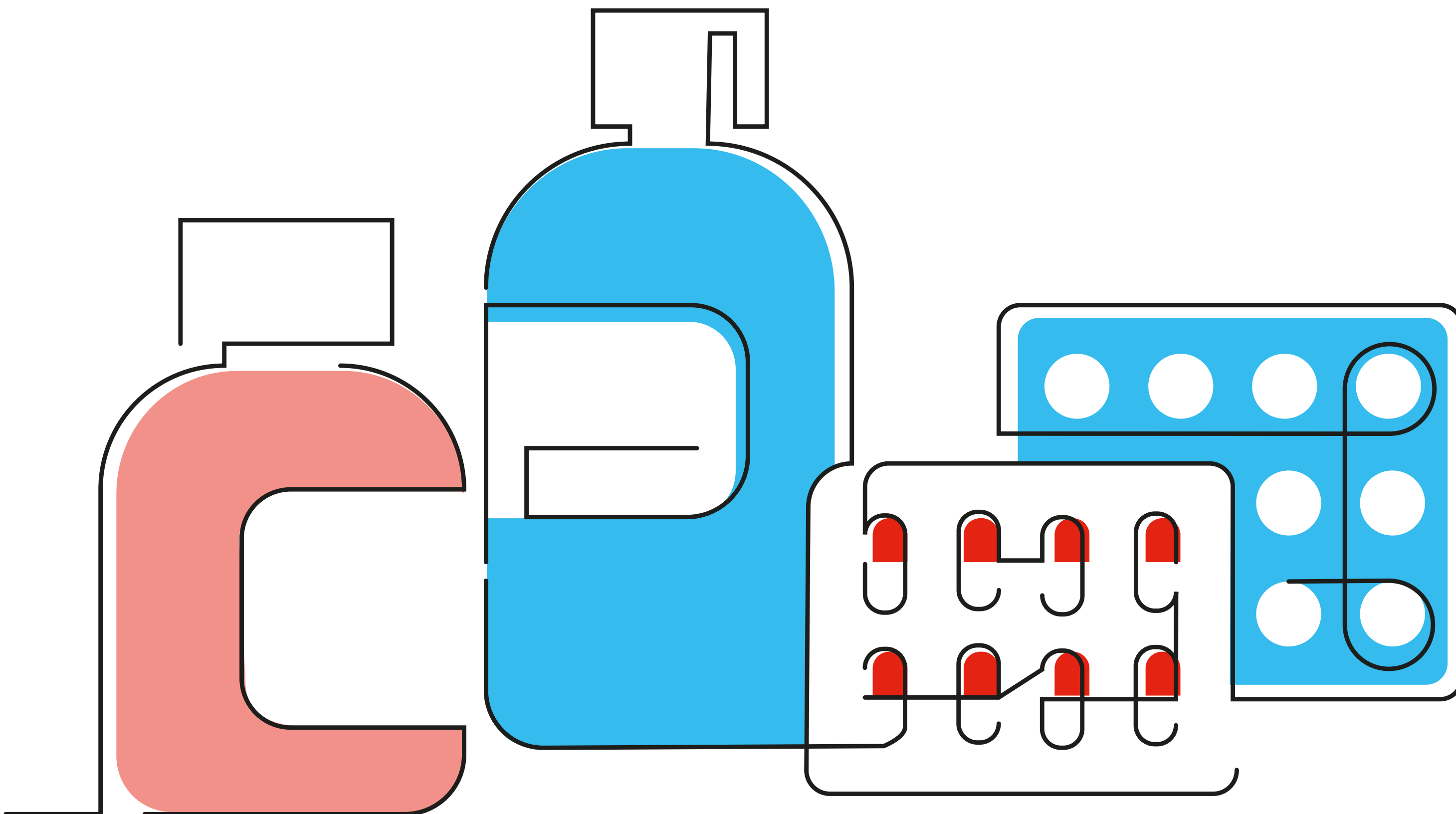
SIMPLE: healthy eating and exercise are important for overall health and wellbeing

QUICK: ask your pharmacy for advice without needing an appointment

CONSIDERATE: using the right service will help you manage your condition without adding unnecessary pressure on health and care services.

Find [more ways to self-care](#) on your local CCG website.





2 Get to know your local pharmacy

Your local pharmacists are experts in medicines and can help with minor health concerns. They can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble and aches and pains.

If symptoms suggest it's something more serious, pharmacists have the right training to make sure you get the help you need. Find a [full list of pharmacies](#) on the NHS website.



3 Look after your mental wellbeing

These are tough times. Make sure you reach out to family and friends for support, get some fresh air and take time for yourself.

Do remember to keep any appointments related to your mental health. If you need help now call 0800 953 1919 or [search for a local support service](#) in our online directory.

**4****Grab a jab**

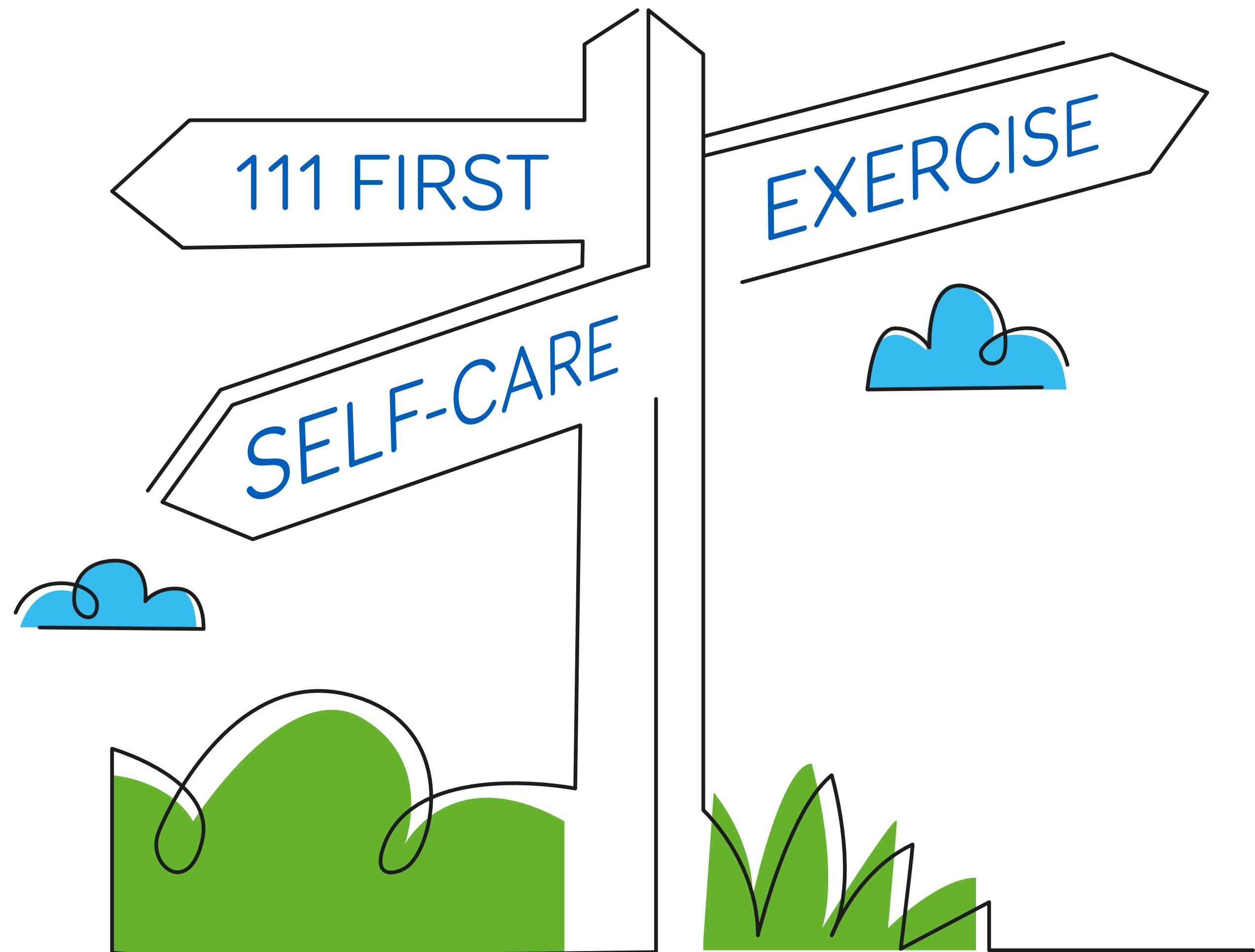
This year, it's important to protect yourself from both COVID-19 and winter flu – so get both vaccines now if you haven't already done so. Vaccines are our best defence against these, it's not too late to have your first or second COVID-19 vaccine, and do remember to have your booster when it is your turn.

Up to date information about who is eligible and how to get your vaccines can be found on the **NHS website**. If you have been contacted to get your annual flu jab, do take up the offer.

5 Know before you go

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. 111 is staffed by clinical professionals, all day and throughout the night, so there is always somebody available.

If 111 staff decide you need to attend an Emergency Department, they may even give you a time to go, which could mean a shorter wait. Go to the [NHS website](#) or visit [111 online](#).





6 Exercise to put a smile on your face

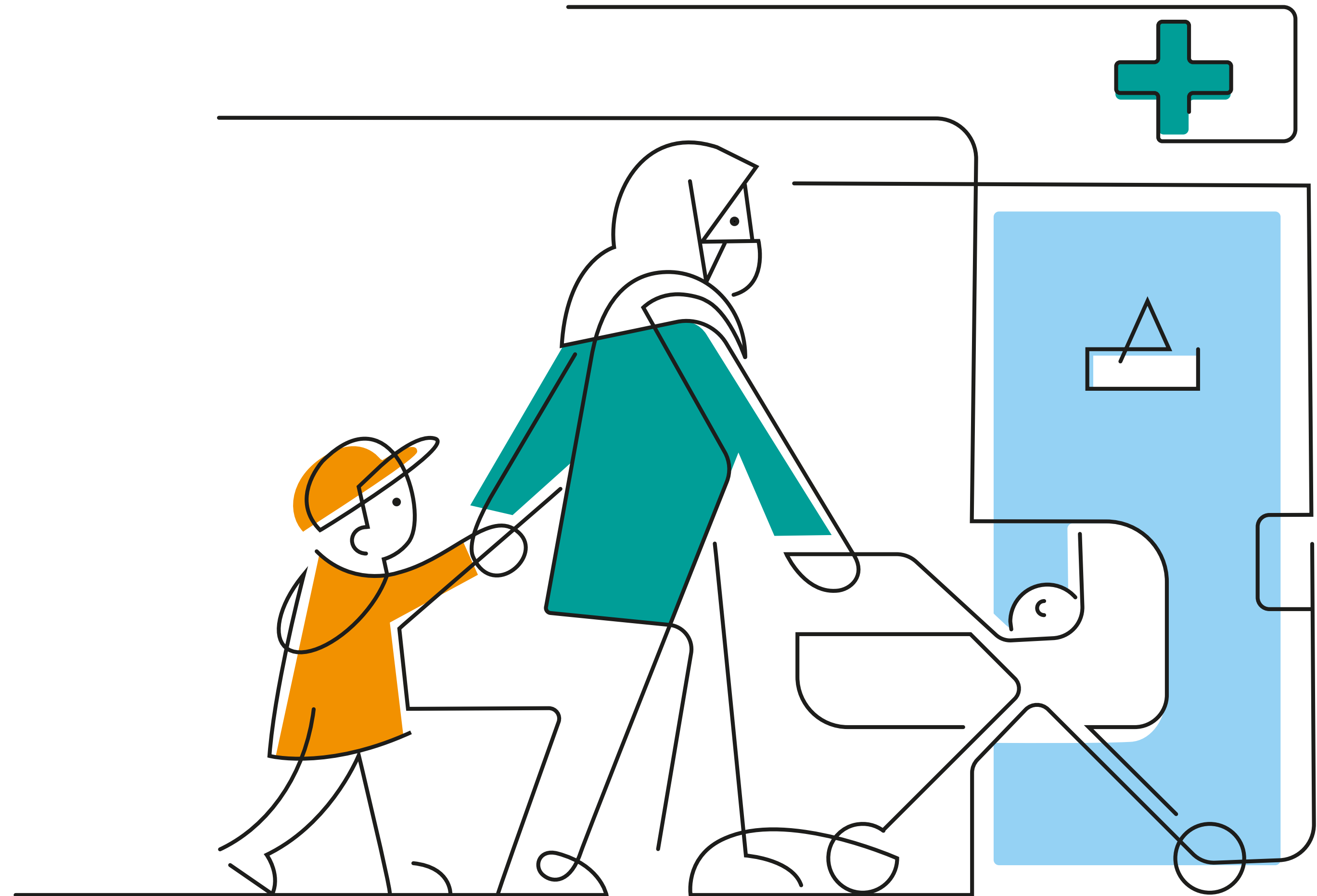
Being active, enjoying the outdoors and having a healthy, balanced diet all impact how we feel. Exercise – whether a quick walk or brisk 5K run – can improve your physical and mental wellbeing.

Binning bad habits like smoking and cutting down on alcohol and caffeine can have an even greater positive effect on your health. Visit the Better Health website for [more help and free resources](#).

7 Get registered with a GP

Registering with a GP or doctor is easy, and it's free to everyone. You do not need proof of address, immigration status, ID or an NHS number.

Practices offer both face-to-face and online appointments. GP practices in our area are working even harder to offer more appointments throughout winter and beyond. Visit the NHS website for [help with registering at your local GP.](#)



8

Stay safe

More than ever, it's important to look after ourselves and those around us. Covid-19 remains a serious health risk, so **keep up to date with latest government guidelines for Covid-19.**

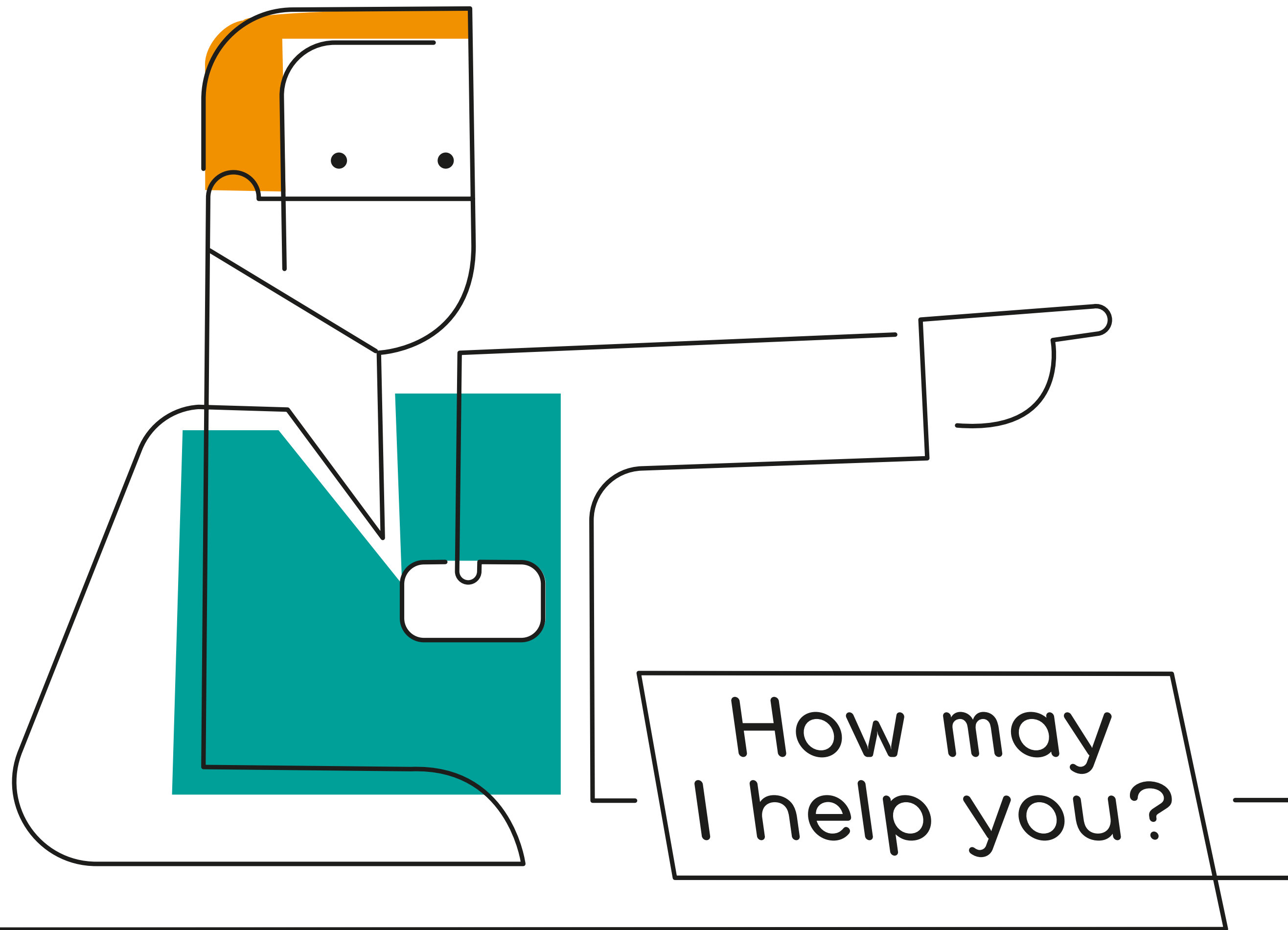
If we aren't in lockdown then meeting outdoors is safer but let fresh air in if you meet indoors. Wear a face covering in crowded and enclosed spaces. Remember, face coverings are always mandatory in all health and care settings to protect the most vulnerable. Get a PCR test as soon as possible if you have symptoms and self-isolate if it's positive.



9 Get involved by volunteering

Get involved with your local community. Volunteering is an opportunity to give something back to the community and make a difference to people in your area. Voluntary work can boost your self-confidence and self-esteem and improve your mood.

There are many opportunities – volunteer at your local hospital, at a vaccination centre or for one of your local charities. Find out more about **local volunteering opportunities** on the BSW Partnership website.



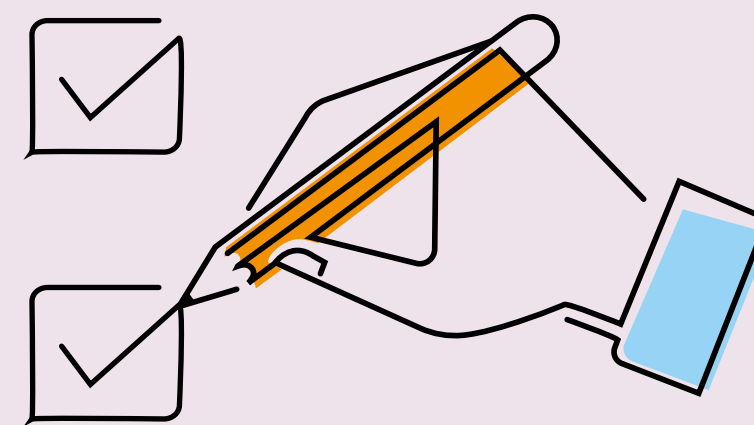
10 Get all the information you need

Head online to find a **full list of local healthcare services** or scan this QR code with a smartphone.



Your winter checklist

- Have my Covid-19 vaccination or booster
- Have my flu vaccination
- Download the NHS App onto my phone
- Sign up for access to online GP services
- Order and collect repeat medicines
- Make sure there's enough food and medicine in the house
- Keep an eye on elderly neighbours and relatives
- Stay up-to-date with the latest coronavirus guidelines
- Know how to keep myself and my family well this winter



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