

We're here to help you stay well this winter



If you're worried about your health, don't delay, your NHS wants to see you – help us help you get the care you need this winter.

Winter conditions can be bad for our health, especially for people aged 65 or older, and people with long-term conditions such as heart or kidney disease, diabetes or breathing conditions like chronic obstructive pulmonary disease (COPD - including emphysema and chronic bronchitis) and asthma.

Being cold can raise the risk of increased blood pressure, heart attacks and strokes.

The cold and damp weather, ice, snow and high winds can all aggravate any existing health problems and make us more vulnerable to respiratory winter illnesses. But there are lots of things you can do to stay well this winter.

Your
health
matters

Help us
help you



Dr Olayinka Moss, GP

Get up to date with your vaccinations

With both flu and COVID-19 circulating during the winter months, it's even more important to get vaccinated to stay protected.



Flu vaccines

Flu can be far more serious than you think. It can lead to serious complications such as bronchitis and pneumonia, and it can be deadly.

That's why the flu vaccine is free if you're aged 50 or over, or if you have a long-term health condition or are pregnant. If you have young children or grandchildren they may also be eligible for a free nasal spray vaccination.

Just speak to your GP practice or pharmacist to book your flu jab. You can also find more information at: www.nhs.uk/flu-vaccine

COVID-19 vaccines

If you're eligible for the free flu vaccine, it's likely you can get the coronavirus (COVID-19) seasonal booster. We strongly recommend you have the booster to ensure you have maximum protection during winter.

COVID-19 vaccines are safe and effective. They give you the best protection against COVID-19.

If you've yet to have any of your doses of the COVID-19 vaccines, it's never too late to get them.

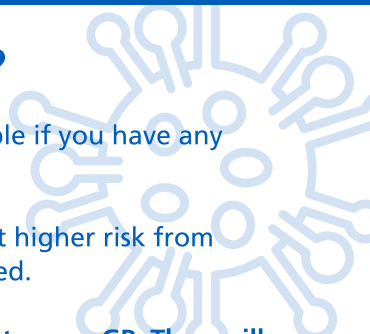
Get more information about the COVID-19 vaccines, seasonal booster, and how to book a jab at: www.nhs.uk/coronavirus-vaccination

Suspect you have COVID-19?

Try to stay at home and avoid contact with other people if you have any symptoms of COVID-19 and have a high temperature.

You should avoid being in close contact with people at higher risk from COVID-19 for 10 days, even if they have been vaccinated.

If you are experiencing Long COVID symptoms, speak to your GP. They will arrange some tests and can refer you to the Long COVID service in Sefton.



Keep warm

Keeping warm over the winter months can help to 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). You might prefer your main living room to be slightly warmer. Wear several layers of light clothes. Several layers trap warm air better than one bulky layer.

For advice for anyone struggling to heat their home, visit www.sefton.gov.uk/Affordable-Warmth to get help from the Affordable Warmth Scheme, or call the team on **0151 934 2222**.

You can also visit the Sefton Council Cost of Living webpage to get a variety of advice and support with increases in the cost of bills and goods.

Visit: www.sefton.gov.uk/costofliving

Warm Spaces for Sefton Residents

Open every day across the borough

All 'Warm Spaces' will be heated, safe and friendly places where you can comfortably spend time reading, studying or chatting with others. Our 'Enhanced hub' Warm Spaces, will also offer hot drinks and food, activities, and other services such as free Wi-Fi.

You can find out more information about opening times and those organisations providing Warm Spaces across Sefton by visiting:

seftoncvss.org.uk/warmspaces

Sefton Warm Spaces

a space for community
and warmth in Sefton



in partnership with



Keep active

There's strong evidence that people who are active have a lower risk of heart disease, stroke, type 2 diabetes, some cancers, depression and dementia. Regular exercise can also help improve your mental health, reduce the risk of falling and can support recovery from illness.



It doesn't matter what you do, as long as it's something that keeps you moving like dancing, gardening, or housework.

Don't do anything that doesn't feel comfortable and trust your instincts about your own limits. Stop if you are feeling any pain or are lightheaded, and stay hydrated.

Local support to keep active and connected

Living Well Sefton is a FREE service with a local network of people who can work with you to live a happy life and improve your health and wellbeing. Call **0300 323 0181** or visit: www.livingwellsefton.org.uk.

If you have a moderate to high risk coronary heart condition, your GP can refer you to a supported programme of physical activity, with proven health benefits. Call **0151 934 2352** or go to www.activelifestyles-sefton.co.uk/exercise-referral.

Look out for other people

Remember that other people, such as older neighbours, friends and family members, may need a bit of extra help over the winter. There's a lot you can do to help people who are more frail than you.

Icy pavements and roads can be very slippery, and cold weather can stop people from getting out and about. Keep in touch with your friends, neighbours and family and make sure they're stocked up with enough food supplies for a few days, in case they get ill or can't go out.



Mental health support



If you are feeling anxious, depressed or simply need someone to talk to, there is plenty of help available:

- In Sefton there is a range of local and national organisations who can support you with your mental health: www.sefton.gov.uk/mental-health
- If you're registered with a GP in Sefton, Talking Matters is a free, confidential service to help with common mental health difficulties. Visit: www.mhm.org.uk/talking-matters-sefton or call **0300 303 2708**.
- There is also free, confidential, 24/7 text message support from Mersey Care's HEAL 85258 service, for anyone who is feeling overwhelmed or struggling to cope. Trained volunteers will work with you, to take your next steps towards feeling better. Text HEAL to **85258**.
- For anyone over 16 in need of urgent mental health support as they no longer feel able to cope or be in control of their situation, there is a free 24-hour crisis telephone service from Mersey Care, on **0800 145 6570**.
- The Sefton Crisis Cafes in Crosby and Southport are open on Friday, Saturday and Sunday evenings for mental health crisis support. Call **0300 323 0197** or visit: www.seftoncvcs.org.uk/project/crisis-cafe

Help prevent the spread of illness

To help prevent the spread of bugs and diseases and make sure everyone in Sefton has a healthy and happy winter, together we must remember to do these simple things:

- **Wash hands**
- **Sanitise surfaces**
- **Keep your distance**
- **Cover your face**

Find out more at:

www.simplethings-nhs.com

Champs Public Health Collaborative

NHS
Cheshire and Merseyside

THANK YOU FOR DOING THESE
SIMPLE THINGS THAT HELP
PREVENT WINTER ILLNESS.

Wash hands Sanitise surfaces Keep your distance Cover face

Feeling unwell and need healthcare help?

If you need medical help fast or think you may need to go to an Emergency Department (A&E), are worried about your symptoms, or you're not sure what to do, go straight to NHS 111 online: www.111.nhs.uk or call 111.

For minor health concerns, your local pharmacy team can help. If you can't get to a pharmacy yourself, ask someone to go for you or call them.

For other non-urgent health needs, contact your GP practice who can offer remote consultations online, by phone, or face to face if needed.

For urgent consultations, advice and treatment for minor injuries and illnesses in both children and adults, the Litherland urgent treatment centre on Hatton Hill Road is open seven days a week from 8am until 8pm. You can make an appointment via NHS 111, or walk in without an appointment.

If a child is unwell, find up to date expert information from the Alder Hey Children's Hospital Emergency Department online by using their Symptom Checker. Search for information on several of the most common symptoms in children requiring urgent care, and decide where best to get the right care for your child, at: www.alderhey.nhs.uk/symptom-checker

Ask your pharmacist

Pharmacy teams are expert healthcare professionals who provide a range of clinical services. As well as providing easily accessible over the counter advice, you may be referred for a consultation with a community pharmacist by NHS 111, your GP or another healthcare professional.

- ✓ Advice on which medicines you should have at home this winter
- ✓ Advice and treatment for minor illnesses like coughs, colds or earache
- ✓ Advice on staying well and preventing disease
- ✓ Support to maintain good sexual health
- ✓ Help to quit smoking
- ✓ Arranging repeat prescriptions

You can find your nearest pharmacist at:

www.nhs.uk/service-search/pharmacy/find-a-pharmacy



Care at the Chemist in Sefton



No appointment needed



No need to visit your GP practice



Medicines are free if you don't pay for prescriptions



Anyone in Sefton can get free, fast and expert health advice and treatment for a number of conditions, without needing to see a GP. Simply ask your local pharmacist about the 'Care at the Chemist' scheme and find participating pharmacies by visiting: www.seftonpartnership.org.uk/care-at-the-chemist

NHS help with health costs

Did you know you might be eligible for help with NHS costs, or that you can save money if you pay for your prescriptions?

You can find out if you're eligible for help with NHS costs such as prescription charges, travel or dental treatment by calling **0300 330 1343** or checking online at: www.nhsbsa.nhs.uk/nhs-help-health-costs

If you pay for your prescriptions, you could save money by buying an NHS Prescription Prepayment Certificate. You can pay a set price for prescriptions for 3 or 12 months, no matter how many prescriptions you need or what your financial circumstances are. Buy the certificate online at: www.services.nhsbsa.nhs.uk/buy-prescription-prepayment-certificate or at a pharmacy that is registered to sell NHS Prescription Prepayment Certificates.

For help or more information, call **0300 330 1341**.

Where to go for the right medical help



Use NHS 111 online to get clinical advice or direction to the most appropriate services for treatment. Visit: www.111.nhs.uk. If you need to speak to someone quickly about getting the right medical help, call NHS 111 by telephone*



For common ailments and health needs, contact or pop in to your local pharmacy. You can also access NHS advice and information at www.nhs.uk



For other non-emergency health needs, contact your GP practice during normal working hours via their website or by phone



For help with minor injuries and illnesses, Litherland Urgent Treatment Centre is open seven days a week 8am to 8pm. Before attending please call NHS 111 where your problem will be triaged and if required an appointment will be made



Dial 999 for life-threatening emergencies

*If you have difficulties communicating or hearing, you can use the NHS 111 British Sign Language (BSL) interpreter service via: www.nhs.uk/111 or call 18001 111 on a textphone.

To request this leaflet in alternative formats or translations please contact: communications@sefton.nhs.uk.