

STOCKPORT People

Caring for you over the
winter period



**STAY WELL
THIS WINTER**

Essentials to add to your festive shopping list

There's nothing quite like being well prepared for the festive break but what happens if you fall ill or have a minor accident or injury over these few days. Are you ready for that as well?

If it happens you can often treat yourself or your loved one at home without any delay as long as your medicine cabinet is properly stocked.

The last thing you want to be doing is dashing out to your local pharmacy only to discover it's closed.

So at the very least make sure you have these essentials to hand:

- Thermometer
- Plasters & sterile dressings
- Scissors
- Antiseptic cream
- Painkillers eg paracetamol and ibuprofen
- Antacids
- Distilled water (for cleaning wounds or for eye bath)

Repeat Prescriptions

When it comes to your regular medicines make sure you have enough to see you through the festive break by mid-December. Don't leave it to the last minute to sort out - [ask your GP surgery in plenty of time](#). See page 3 for Pharmacies open over the holiday period.

Look out for others

Be a good neighbour when it turns cold and look in on your friends, relatives and neighbours who may be more vulnerable to the wintery conditions.

It's a particularly dangerous time of year for older people or people with serious illnesses so check up on them if you can.



Stay Well This Winter

Unfortunately as it gets colder, older people or those with a chronic illness such as heart disease and asthma tend to experience more health problems.



One of the best ways of reducing your risk of becoming ill is to keep yourself warm both when you're indoors and if you have to venture out.

Cold homes have a real impact on people's health so keep your home heated to at least 18c, although during the day you may prefer your living room to be slightly warmer. Make sure to keep your curtains and doors closed to block out any cold draughts.

If you can't heat all the rooms you use, heat your living room during the day and your bedroom just before you go to bed.

It's a good idea to keep your bedroom at 18c all night, if you can, and don't have your bedroom window open for fresh air especially when it's very cold. You can also use a hot water bottle for that extra bit of warmth. If you have an electric blanket, use it as instructed and get it tested every three years. Never use a hot water bottle with an electric blanket.

During the day wear lots of layers of thin, loose-fitting clothing, rather than one chunky layer, because the layers will trap your body heat and help keep you warm.

When you need to go out and about, dress up warmly and wear gloves, a hat and shoes with a good grip to prevent slips and falls.

Make sure your boilers, heaters and cookers are regularly serviced by a Gas Safe registered engineer to prevent carbon monoxide poisoning. Vulnerable households can get extra support by signing up to the Priority Services Register. Contact your gas or electricity network to find out more. Visit www.energynetworks.org to find out who your network operator is.

Ensure you have a working smoke alarm fitted. You can book a FREE Safe and Well visit from the Fire Service by calling [0800 555 815](tel:0800555815) or visit www.manchesterfire.gov.uk and select Keeping you Safe from the homepage.

Having at least one hot meal and plenty of non alcoholic hot drinks and soup throughout the day is another good way of making sure you stay warm so it's best to check you have enough food in to see you over a cold spell.

Keeping active will also help stay warmer. If you are mobile, make sure that you don't sit still for more than an hour or so at a time – just getting up and making yourself a hot drink will do the trick.

Where to go for the right medical care



For life threatening emergencies



If you need medical help fast but it's not a 999 emergency, call NHS 111 for clinical advice, assessment and for direction to the most appropriate services for treatment.



for less urgent health needs, contact your GP or local pharmacist. You can also access NHS advice at www.nhs.uk

Feeling a little under the weather?

The best way to beat a winter illness is to nip it in the bud. So if you're feeling a bit under the weather go and see your local pharmacist in a bid to prevent the illness from getting worse.

It's especially important over the cold months that older people do this or at least tell a friend, family member or carer if they have things like a cough, wheezing, or sore throat to prevent it developing into something more serious.

Too many people soldier on, losing the chance to get rid of the bug before it takes hold.

So if you are caring for, or visiting a relative and they seem a little unwell please seek advice from your local pharmacist and potentially prevent a minor illness from becoming a serious one.

It's easy to forget that pharmacists are an important part of the NHS team and can give expert advice and treatment on lots of minor illnesses. They are also great at helping you to manage long term conditions.

The message is "the earlier, the better" – and don't worry your pharmacist will know if you need to see a doctor and tell you so.

Caring for Yourself

Sickness and Diarrhoea

This is a common illness in winter and symptoms usually improve after two or three days. Don't go to your doctor just drink plenty of water, rest at home and let it run its course. Contact your GP for advice if symptoms don't go away. If you are working don't go back until you have had no symptoms for 48 hours.

Winter sprains and strains

Mild to moderate sprains and strains, bumps and bruises can be treated at home. The pain should improve after four days of treatment. This can include resting the injured joint or muscle, applying ice wrapped in a damp towel to the affected area, raising the injured area on a pillow to reduce swelling and taking paracetamol for the pain.

Coughs

There is no quick way to get rid of a cough that's caused by a viral infection. Coughs caused by the common cold or flu usually clear within 2 weeks. Your pharmacist will be able to give you advice and over the counter medicines to help with the symptoms but if your cough doesn't go away or gets worse after a few weeks see your GP.

Pharmacy opening times

It's important to look after yourself, especially during the winter, as the cold weather can be seriously bad for your health.

If you start to feel unwell, even if it's a cough or a cold, don't wait until it gets more serious. Seek advice from your pharmacist.

| Pharmacy | Address | Telephone Number | Christmas Day Monday 25th December | Boxing Day Tuesday 26th December | New Years Day Monday 1st January |
|------------------------------|---|------------------|------------------------------------|----------------------------------|----------------------------------|
| Lloyds Pharmacy | 236 Wellington Road South, Stockport SK2 6NW | 0161 480 3371 | 10:00 - 22:00 | 10:00 - 22:00 | 10:00 - 22:00 |
| Boots | 47-49 Mersey Way, Stockport SK1 1PU | 0161 480 5424 | Closed | 09:00 - 17:00 | Closed |
| Heald Green Pharmacy | 208 Finney Lane, Heald Green, Stockport SK8 3QA | 0161 498 9743 | Closed | 8:00 - 18:00 | 8:00 - 18:00 |
| Lloyds Pharmacy (Sainsburys) | London Road, Hazel Grove Stockport SK7 4AW | 0161 483 3016 | Closed | 10:00 - 16:00 | 10:00 - 16:00 |
| Cheadle Pharmacy | Ashfield Crescent, Cheadle SK8 1BH | 0161 491 5395 | 08:30 - 19:00 | 8:30-19:00 | 8:30-19:00 |

Sunday 24th December Christmas Eve - please check opening hours with your local pharmacy. These times are subject to change, please check before you visit.

Dental services

Most dental problems can wait until your dentist is open. Your dentist's answer phone will tell you when they are open.

If you have an urgent problem and can't wait during the evening, weekend or bank holidays you can call the Out Of Hours dental emergency line on 0161 337 2246. Urgent dental care costs £20.60. Please make sure you can pay this fee or take your exemption certificate with you, if you attend the emergency clinic. If you're entitled to free NHS dental care, you should be able to claim back the cost of any treatment.

During working hours, if you need a dentist but are not registered with one call the Dental Helpline on 0161 476 9649 and you will be given help.

GP services

GP practices in Stockport will be closed on the following days:

Monday 25th December 2017 – Christmas Day
 Tuesday 26th December 2017 – Boxing Day
 Monday 1st January 2017 – New Year's Day

Please make sure you are well stocked up on your prescriptions whilst your GP surgery is closed during the Christmas and New Year holidays. The GP out of hours service is for conditions of an urgent nature that cannot wait until your GP is open and they can only prescribe a limited amount of your prescription, if urgent, to cover the days your GP is closed.

To contact the Out of Hours service, phone your GP surgery and follow the instructions.

Colds

Colds cause unpleasant symptoms like stuffiness, runny nose, sore throats and headaches. Antibiotics are not effective against colds or flu so please don't pressurise your GP for them. You can help relieve your symptoms with over the counter medicine such as paracetamol. Make sure you drink plenty of fluids.

Child's temperature

Contact your GP if your child's temperature is:

- 38c or higher (under 3 month old)
- 39c or higher (3 to 6 month old)
- Over 37.5c with other signs of illness



Earache

Earache can be a sharp, dull or burning pain that's either constant or comes and goes. Using over the counter painkillers and placing a warm flannel against the ear may help. Your pharmacist can recommend eardrops for earache but discuss all the symptoms with them first.

Stockport Sexual Health Service

If you use a daily method of contraception (eg the pill) ensure you've enough to cover the holiday period. If you've not used contraception, experienced contraception failure or require information and testing for sexually transmitted infections, the Stockport Sexual Health Service will be open on the following days over Christmas.

The Choices Centre

1 High Bank Side, Stockport SK1 1HG

Tel: 0161 426 9677 (Clinic)

Tel: 0161 426 5599 (Central Booking Line)

Central Youth (for under 25s)

1 St Peter's Square, Stockport, SK1 1N

Tel: 0161 426 9696 (Clinic)

Tel: 0161 426 5599 (Central Booking Line)

Opening times for Central Youth/Choices centre:-
walk in via choices centre

Mon 25/12/2017 CHRISTMAS DAY – CLOSED

Tues 26/12/2017 BOXING DAY – CLOSED

Wed 27/12/2017 – 8.30am – 16.30pm

Thurs 28/12/2017 – 8.30am – 18.30

Fri 29/12/2017 – 8.30am – 16.30

Men and women are welcome to attend any of the walk-in clinics regardless of where they live, race, sexual orientation or age (including those under 16). Please note that Central Youth is for young people under the age of 25 years. All other services are open to anyone of any age. The services are free and confidential.

Please note: emergency contraception is also available from your GP or Practice Nurse and from some pharmacies.

District Nursing

If you already have visits from a district nurse you will be given a phone number for emergencies. Please use this number to get advice and support if you need it.

Early Pregnancy unit

(Jasmine Assessment Unit and Ward) 5th Floor, Women's Unit, Stepping Hill Hospital.

The Jasmine assessment unit provide care for women in early pregnancy and assessment for women with gynaecological related problems.

Assessment Unit: 0161 419 4721 Jasmine Ward: 0161 419 5508

24 hours a day every day via the Jasmine Ward

Social care

If you need help from social care services over the festive period please use the following numbers to get in touch:

Adults: 0161 217 6029 or

visit www.mycaremychoice.org.uk

Children and families: 0161 217 6028

Emergency help out of normal office hours

You can contact the Out of Hours Service by phone on 0161 718 2118. They operate Monday to Thursday, from 5pm to 8.30am, Friday 4.30pm to 8.30am Monday, with 24 hour cover on Bank Holidays.



Don't let the flu catch you



Health experts are predicting a bad flu season following the worse outbreak of flu in Australia in years. It's now more important than ever that Stockport residents who are eligible for a free vaccination receive it.

For some 'at-risk' groups, such as those aged 65 and over, expectant mums or those with an underlying medical condition, the flu virus can result in hospitalisation and be life threatening.

To further reduce the spread of flu, children in school reception and years 1-4 will be offered the flu vaccine for free at school. Children aged 2 and 3, or children of any age with a medical condition which puts them at greater risk of flu can be vaccinated by their GP.

Contact your GP or Pharmacist to book your free flu jab. To find about eligibility for a free flu vaccination see www.nhs.uk/staywell

Asthma

For some, cold air triggers their asthma symptoms. Make sure you take your medication as directed and that you have your blue reliever inhaler with you at all times. Also wrap a scarf around your mouth so the air heats up before you breathe it in.

Stop the bugs spreading!

During the winter season there are a lot of bugs about so it is important to make sure you wash your hands properly at all times:

You may have heard about the so called winter vomiting bug but did you know that if you have it you shouldn't go to hospital or your GP surgery?

The bug is highly infectious and therefore quickly spreads so you have to be really careful about where you go with it. It can easily result in hospital wards, care homes and schools having to close.

The first sign that you've got the bug is usually a sudden sick feeling followed by forceful vomiting and watery diarrhoea that lasts a day or two. Most people make a full recovery without having to see a doctor.

It's generally not dangerous although dehydration can cause problems so take care that plenty of fluids are taken if the infected person is an infant, small child or elderly.

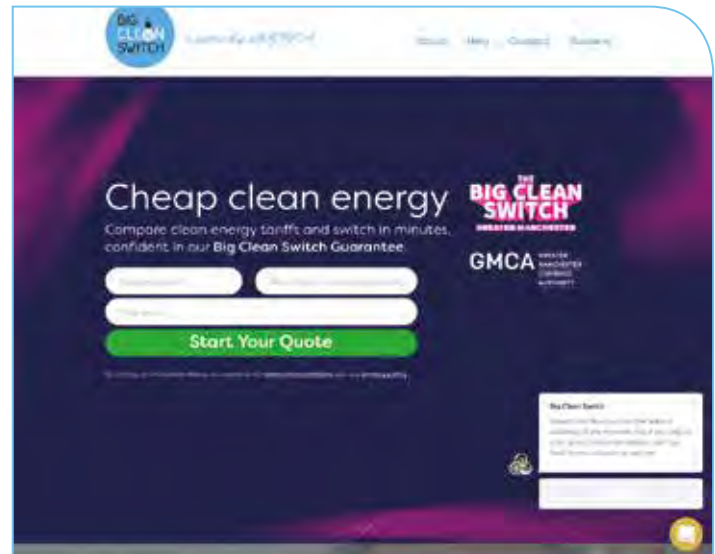
However, if it lasts more than a few days or the symptoms get worse, contact your GP by phone for advice.

If you're ill or looking after an infected person, wash your hands frequently and disinfect any surfaces or objects the infected person has touched to prevent it spreading.

Finally stay at home for at least 48 hours after the symptoms have stopped to reduce the risk of passing the bug onto others.

Help with Heating Costs - Local Energy Advice Programme (LEAP)

The Local Energy Advice Programme is a free energy and money saving advice service. LEAP can help you to save money and to keep your home warm and cosy. If you're eligible, you will get a FREE home visit from a friendly, qualified Home Energy Advisor. Visit the www.applyforleap.org.uk to find out if you are eligible and for information on how to apply. Could you save money by switching your gas and/ or electricity suppliers?



Switch and Save

Find out if you could save money by switching gas and electricity suppliers by visiting the Big Clean Switch website www.bigcleanswitch.org/gm/

Afraid in your own home?

The Alliance for Positive Relationships is a new service delivered by partners from Stockport Homes, Stockport without Abuse, Stockport Women's Centre and Relate.

The service can support people in abusive relationships and provide information and advice options available.

To speak to someone in confidence, ring [0161 477 4271](tel:01614774271) or visit www.stockportapr.org

Sanctuary is here for you

Christmas can be a challenging time for our stress levels and it's even harder for people facing mental health issues.

Feeling like there is no-one to turn to is a real danger to someone in the midst of an emotional crisis.

The Sanctuary provides 24-hour support to residents across Stockport (aged 18+) who are experiencing anxiety, panic attacks, depression, suicidal thoughts or are in crisis.

Don't struggle alone. To access the Sanctuary, call us on [0300 003 7029](tel:03000037029).

Wellbeing

The 5 ways to wellbeing – Connect, Be Active, Keep Learning, Give and Take Notice

We're often so busy in our lives that we don't make time to keep ourselves well. A wellbeing plan is very handy tool to help you think about what is important to you, what helps to keep you healthy and well and how you can ensure that you stay this way.

The wellbeing planning tool is available at www.signpostforcarers.org.uk/wellbeing-plan.

For local support in your area check out www.stockport.gov.uk/local

Festive fun in a healthier way

With Christmas almost here most of us will be drinking and eating more than normal – in fact on average people put on an extra five pounds over the holiday period.

But wouldn't you like to be the one who has fun but doesn't end up a stone or two overweight when January comes around? Well there are some tricks you can use to make sure you're one of the one's who doesn't overdo it.

Take drinking, for instance – if you're really thirsty, the first drink doesn't even touch the sides so why not quench your thirst with a soft drink or mineral water first and save the alcohol for later? Avoid the temptation to pre load with alcohol at home before a night out.

If you're pouring your own drinks at home or at a party, try using slim, tall glasses as you're likely to pour less than you would using a shorter, wider glass without realising it.

When you're with pals at the pub you could try having a non alcoholic drink every so often and if you're on spirits make it last longer by topping it up with a low calorie mixer or turning your glass of wine into a spritzer.

When it comes to food use a smaller plate so you avoid the temptation to pile up your plate. Piling up the plate will lead to you piling on the pounds! Eat a bit slower and give yourself a break before you have more – you may just discover that you don't actually want it!

Also there tends to be lots of fruit and nuts around over Christmas so instead of reaching for a mince pie when you want a snack, try a healthy satsuma or a handful of walnuts.

Avoid the temptation to binge on Xmas TV and make time for a brisk walk to walk off a few calories

When the decorations come down, why not see what support is on offer in Stockport to help you make long lasting lifestyle changes. That could be stopping smoking, losing some weight, eating more healthily, getting more active, cutting down on alcohol or a bit of everything!

You can access services and support by contacting the START team you can either: Tel 0161 474 3141 or Email START at start@Stockport.gov.uk

For more information on healthy lifestyles, visit www.healthystockport.co.uk

Useful Contacts During the Holidays

NHS 111 'when you need urgent medical help but its not life threatening'

Emergency (Police, Fire and Life Threatening Medical Help) 999

Free Gas Emergency Service

0800 111 999. Ring this number if you smell gas, think you have a gas leak or are worried that fumes containing carbon monoxide are escaping from a gas appliance.

United Utilities 0800 330 033. Ring this number if there is a water leak in your home and/or to report a water main leak or blocked sewer on a road or footpath.

Stockport Without Abuse

0161 477 4271. Ring this number for support, advice and accommodation to women and children that have been affected by domestic violence and abuse.

Samaritans 0161 432 1221 or free on

116 123. Ring this number for a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.

Shelter 0344 515 1640. Ring this number if you are struggling with bad housing or homelessness through our advice, support and legal services.

Age UK 0161 480 1211. Ring this number for help to maintain independence and quality of life at home if you are and older person.

Wellspring 0161 477 6344. Ring this number for services to homeless and disadvantaged people 365 days a year.

Drinkline 0300 123 1110. Ring this number for confidential helpline for people who are concerned about their drinking, or someone else's.

Signpost for Carers 0161 442 0442. Ring this number for support to unpaid Carers in Stockport.

The Sanctuary 0300 003 7029. Ring this number for support to adults who are experiencing anxiety, panic attacks, depression, suicidal thoughts or are in crisis.

The Prevention Alliance

0161 474 1042. Ring this number if you want to make changes but perhaps don't know where to start, for example, improving independence, health and wellbeing.

Keep Connected

The festive season can be a difficult time for those who feel isolated from friends and family.

Find out about community groups and activities in Stockport that can keep you connected at www.stockport.gov.uk/groups

The Silver Line confidential and free helpline for older people open every day and night of the year. **0800 4 70 80 90**



Keep updated during winter

The Met Office provides weather forecasts on radio and TV, so listen in to these bulletins regularly to keep up to date with the weather.

Severe weather warnings are also issued on the Met Office website, through the Met Office Twitter feed, or you can call the Weather Desk on **0370 900 0100** or **01392 885 680**.

The Met office also has advice on getting ready for winter. This includes suggestions for practical things you can do to prepare for winter weather, including cold, ice and snow, high winds and flooding.