A person in a coat

Description automatically generated

Top Tips for Winter

Easy Read Version

A blue and white circle with a letter i

Description automatically generated

Places that can help in winter.

A person giving thumbs up

Description automatically generated

**Stay Well This Winter** keeping healthy, stay warm and active and how you can help look after your friends and family.

Go to [https://www.onegloucestershire.net/campaigns/winter/](https://www.onegloucestershire.net/campaigns/winter/%20) for more information.

A person pushing a person in a wheelchair

Description automatically generated

**Carers Support** can help you if you look after family or a friend.

A group of blue and white calendar pages

Description automatically generated

Go to <https://gloucestershirecarershub.co.uk/>

They offer advice and help to make caring easier for you.

A person holding her head

Description automatically generated

**Mental Health Support** to help if you or someone else needs help in a mental health crisis.

They can give advice and help you find the right support when you need it.

**111** ortext **07775 510 693** or

**07768 776 863**

A blue sign with a white ear and a black background

Description automatically generatedA blue telephone with a green screen

Description automatically generated

A person holding a phone with a chat message

Description automatically generated

A person handing a prescription to a person

Description automatically generated

**Pharmacy First**

You can ask for help at your local chemist if you feel ill with things like a sore throat, tummy trouble or colds.

Find a local service here <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>

A person sitting at a desk talking on the phone

Description automatically generated

A hospital building with ambulances parked in front of it

Description automatically generatedA blue telephone with a green screen

Description automatically generatedA white rectangular sign with black text

Description automatically generatedA blue telephone with a green screen

Description automatically generatedA person and person on phones

Description automatically generatedA person with a cell phone and a yellow van

Description automatically generated

**A & E – Emergency Department**

Go to the hospital if you have a serious illness or have hurt yourself badly.

If you have a Learning Disability, take your Health Passport.

**999**

Only call **999** in an emergency if you or someone else feels seriously ill.

They will send help as quickly as possible.

**GP Surgeries**

Your doctor can help if you feel ill.

You can make an appointment to see them if you feel unwell.

\*Please ask someone to help you read this leaflet if you need support.

**NHS 111**

Call **111** if you feel ill but it isn’t an emergency.

They can give you advice on what to do next.