

The Supporter Newsletter

25 November 2022





Six things we can all do to help each other

West Yorkshire Health and Care Partnership

Health and care services are still here to help and safe to use. Save time by seeking medical advice and booking appointments online visit the NHS App or your GP practice website.

for your neighbou

Get boosted by having your flu and COVID-19 vaccines when offered. If you are pregnant or have a long-term medical condition, get your free jabs as soon aspossible. If something's not right but you know it's not life-threatening and you can't get to your GP practice, or the pharmacy is closed. visit www.111.nhs.uk or call NHS 111 for advice if you don't have access to the internet.

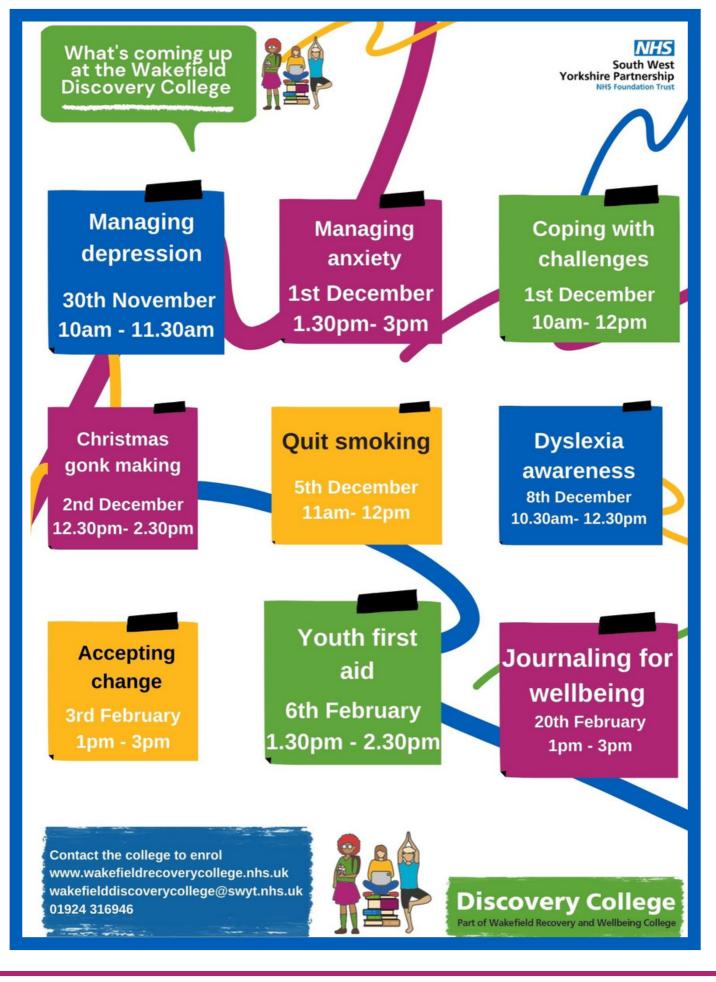
neighbours who

Stay well and protect yourselves and others around you. Find self-care tips and local services information at togetherwe-can.com. Visit wyhealthiertogether.nhs.uk for trustworthy healthcare advice for parents and carers. Use <u>111.nhs.uk</u> if it's not an emergency and you need health advice quickly. The friendly team at NHS 111 will be able to help you get the care you need.

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Continue to be kind to our staff and each other, including wearing a face mask whenever it makes sense to do so. Have a look at the courses that are coming up soon at the Wakefield Recovery College and the Wakefield Discovery College.





We are open for enrolments but don't forget if you are already enrolled you can give us a call to book on to the courses- no need to fill in another enrolment form.

Keep an eye on our website www.wakefieldrecoverycollege.nhs.uk for up-to-date information on courses and workshops. And don't forget, for now, as we have to follow NHS England guidance, we

must all still wear a face mask when mobile indoors at any of our courses/workshops (but we can now take these off when we're sat down) and adhere to 1m social distancing.



South West Yorkshire Partnership

Creative fitness – trying something new for a better physical & mental wellbeing

Have you always hated the gym? Perhaps you've never found a kind of exercise or activity to keep you fit and healthy that you've actually enjoyed? Maybe you, like many many people, find gyms and fitness classes intimidating, anxiety provoking and uncomfortable? During our 12 week creative fitness course, run in partnership with Vibe Fitness, you'll get the opportunity to try some completely new and unusual fitness styles and classes that will show you what alternative (and most importantly fun!) types of exercise are out there. You'll try things such as Boogie Bounce, rocking out with drumsticks in Pound, combat style sessions in the form of Badass and Boxercise, and stretching and toning using giant rubber bands in Body Bands! You'll get to see the positive effect that this will have on your mental wellbeing, as well as your physical wellbeing, and will do so in a comfortable, welcoming, small and friendly setting.

11th of January 2023- 11.00am-12.00pm

12 Weeks Vibe Fitness, 26 Wakefield Road, Normanton, WF6 2BT

> Face to face 18+

> > Contact the college to enrol www.wakefieldrecoverycollege.nhs.uk wakefieldrecoverycollege@swyt.nhs.uk 01924 316946

Wakefield Recovery and Wellbeing College Home of the Discovery College

COVID-19, flu, and other respiratory infections

Respiratory infections, such as colds, flu, and COVID-19, are common at this time

and COVID-19, are common at this time of year. Here's how you can keep safe.

Winter jabs

Vaccines offer the best defence against flu and COVID-19. The vaccines won't stop you catching the viruses, but they make you much less ill, and reduce the spread.

NHS COVID-19 boosters are now available for people over 50 and those at higher risk. It's also not too late to get your first or second dose if you haven't had them.

If you are eligible for a booster, you will be contacted by the NHS when it is your turn to make an appointment.

Please get your flu jab if you are eligible. They are available at your GP practice and community pharmacies.

It is safe to have the COVID-19 and flu vaccinations at the same time, but this may not always be possible. You can book each jab as soon as you are invited.



Hygiene

Wash your hands, and clean the surfaces in your home or office regularly.

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Feeling unwell?

Stay at home where possible or keep your distance from others if you feel unwell, to stop the spread of aerms.

Fresh air

If meeting indoors, a supply of fresh air can help to stop the spread of respiratory infections. However, this may not always be possible in winter, as it may be too cold to open a window or door.

Choosing the right care this winter

Hospitals, GP practices, and other healthcare services can get very busy in winter. Getting the right care at the right time is important to keep well. Here is a guide to what services can help you, and when you should use them.

Only call 999 or go to A&E in serious or life-threatening situations.

If you need health advice quickly, but it's not an emergency, you can speak to a pharmacist. They can help with advice, and over the counter remedies if possible.



healthcare appointments and hospitals

You must wear a face covering if you attend a healthcare appointment or if you are visiting someone in hospital.

You must not visit someone in hospital if you have symptoms of a respiratory infection, such as a cough, cold, or sore throat.

When GP practices are closed, support for urgent same day health requirements can be accessed through GP Care Wakefield:

Monday to Friday 5pm – 9.30pm
Saturdays 9am - 5pm
Sundays 9am - 3pm

Please call your usual practice number and you will be redirected to the service.

For urgent, non-life-threatening illnesses or injuries, King Street Walk In Centre in Wakefield is open from 10am to 10pm every day including bank holidays. You can call them on **01924 882350**.

Pontefract Urgent Treatment Centre (UTC) is available and open 24 hours a day, 365 days a year. To book an appointment, please ring NHS **111**.

NHS 111 is available 24 hours a day, seven days a week. They can help if you have an urgent medical problem and are unsure of where to get help. Go to **111.nhs.uk** (for people aged 5 and over only) or call **111**.

Keep warm, keep well

Living in a cold home can be very bad for your health. There are more colds and flu viruses circulating during the colder months and a cold home could make your symptoms worse. For some people, a cold home can increase the chances of having a heart attacks, stroke, pneumonia, depression or low moods.

What temperature should my house be?

- 18 degrees for healthy and active people under 65.
- 20 degrees for people over 65, young children and babies or people with an existing illness.

Top tips for keeping warm and well

- You can use a hot-water bottle or electric blanket to keep warm while you are in bed, but do NOT use both at the same time.
- Eat well. Food is energy, which helps to keep your body warm. Try to have hot meals and drinks.
- Wrap up warm. A few thin layers of clothing will keep you warmer than one thick layer. Shawls or blankets will help when sitting.
- If you can, keep active round the house. This will help to keep your joints moving and keep you warm.
- Check in on your friends, family and neighbours to make sure they are keeping warm and well.

Warm spaces

Warm Spaces are places in your local community where people can gather for free in a warm, safe, welcoming place and enjoy a hot drink or food and some company.

Everyone has a right to be warm, so expect a warm welcome from the staff and volunteers when you visit.

To find your local Warm Space and the opening times visit www.wakefield.gov.uk/more-money-in-my-pocket/warm-spaces

Worried about the cost of bills or being able to keep your home warm?

You can find local support and advice on housing, energy bills and insulation, health, money and benefits by visiting www.wakefieldcouncil.com/costofliving

You might be eligible for the Healthy Housing scheme if you privately rent or own your home and need support with cold and damp, high fuel bills, a broken heating or hot water system or poor and hazardous housing conditions. Visit www.wakefield.gov.uk/housing/ healthy-housing for more information.



Get ready for winter

To prepare for winter it's a good idea to:

- Stock up your cupboards with tinned goods and household items, so that you are not caught out by bad weather.
- Top up your credit and pre-payment meters. If you are worried about the cost of your energy bills, please visit www.wakefield.gov.uk/ more-money-in-my-pocket
- If you take regular medication, order more from your GP when you are down to your last seven days' supply. Many pharmacies can deliver to your home

 why not give your local pharmacy a call to check?
 Please remember when taking any medicines to follow the advice of the doctor, nurse or pharmacist.
 When using medicine bought over the counter, adways read the instructions and never go over the suggested dose.



Winter Wellness Have a healthy winter

For tips and advice this winter www.wakefieldcouncil.com/ winter-wellness

wakefield council

West Yor

Working together to improve services for unpaid carers

Information packs outlining placespecific information and support for unpaid carers have been created for Primary Care professionals to help them identify upaid carers and signpost them to support services.

Our ambition is to have a pack in every GP surgery in our area by the end of 2022



Help for

Worried about putting the heating on?



Find your nearest Warm Space and enjoy hot refreshments and some company.

wakefieldcouncil.com/ **WarmSpaces**



There are over 40 schemes to help with the cost of living.

Help is available now

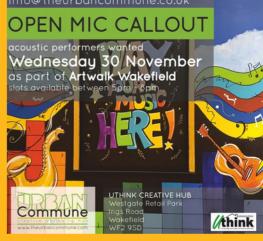
for every household

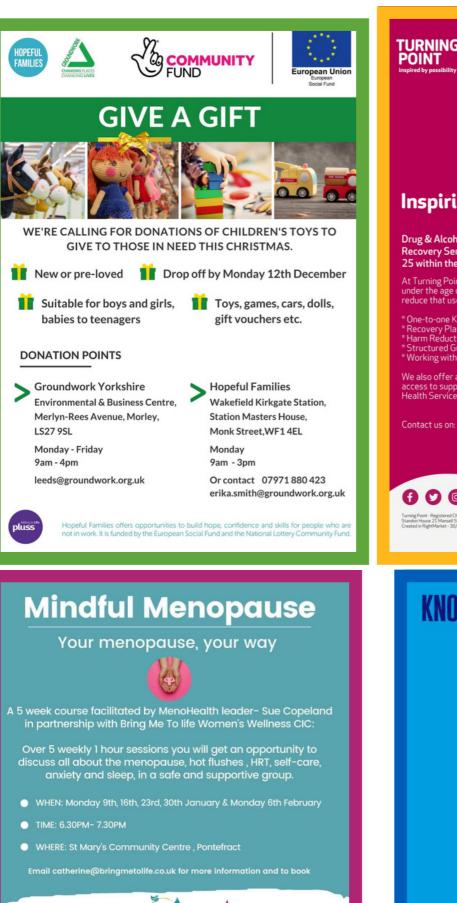
畿 UK Government

See what you're eligible for at: gov.uk/helpforhouseholds

Better Health every mind

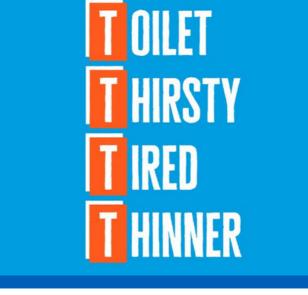
Feeling anxious Simple breathing exercises could help.





Live Well





Whatever you're facing We're here to listen

MenoHealth

SAMARITANS

Call free day or night on 116 123 Email jo@samaritans.org

Take a break

Christmas rag wreaths

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Our Workshop was a big hit look at the Christmas rag wreaths made in the workshop.







