

Your Autumn/Winter Wellness Checklist

As the cooler months approach, it's time to take a moment for yourself and those you care about. Here are a few key steps to help you stay well and supported this season:

Prepare for your Winter Vaccines

Your health is a priority. If you're eligible for flu, COVID, RSV, or shingles vaccines, you'll hear from us soon. Haven't been contacted but believe you qualify? Take control and give us a call. Your health matters.

Look After Yourself if You're Unwell

If you do fall ill, it's important to prevent spreading it further. Stay home, rest, and stay hydrated. Regular hand washing with warm water and soap is key. Colds and flu can make you feel dreadful for a couple of weeks, but if you don't improve or have underlying health concerns, seek medical advice. The NHS also offers treatment for those most at risk of serious illness from COVID-19, so don't hesitate to reach out if needed.

Stay Warm and Nourished

Make your home a cozy space. Layer up, eat well, and enjoy hot drinks. Don't forget to check in on your older or more vulnerable neighbours or loved ones - a small gesture from you could make a huge difference for them.

Financial Worries? Help is Available

If keeping your home warm or putting food on the table is a concern, support is within reach. Reach out to Citizens Advice at 0808 278 7897, your care coordinator, or check government help at [gov.uk](https://www.gov.uk). There are charities and programmes ready to assist – don't hesitate to ask.

Tackle the Icy Conditions

Icy paths can be tricky, especially for those feeling less steady on their feet. Wear sturdy shoes with grip, and consider offering support to someone who might need help with shopping or medication. Your small act of kindness could make a world of difference.

Looking Out for Older Loved Ones

If you have concerns about an older friend or relative, Age UK offers advice and support. Call them on 0800 169 6565. Sometimes, just reaching out is all it takes.

Stay Active for Your Wellbeing

Moving more will not only keep your body stronger but boost your mental health too. Need ideas? The NHS website and the Wellbeing Hub in Peasedown (0300 247 0050) have excellent tips to get you going.

Stock Up on Essentials

Be prepared by having over-the-counter cold, flu relief, and painkillers like paracetamol and ibuprofen handy. They can help ease your symptoms if you start feeling unwell.

Plan Ahead for Prescriptions

Don't get caught out. Order your medications in advance, especially around Christmas or if the weather changes. The NHS App makes ordering quick and easy at www.nhs.uk/nhsapp.

Know Where to Turn During Holidays

If the surgery is closed over Christmas or bank holidays, remember you can contact NHS 111 or visit an open pharmacy for advice. For life-threatening emergencies, always dial 999.

For more tips on staying well this winter, visit: www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well.

This article comes to you from Hillcrest Surgery's Patient Participation Group (PPG). To find out more visit our website www.hillcrestsurgey.co.uk



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