



Right
Treatment
Right
Place



THE NHS NEEDS YOUR HELP!

Your local health services are under extreme pressure and struggling to cope with increased demand which has been building steadily over recent weeks. Our local A&E department is full to overflowing virtually around the clock. Local GPs and their teams are seeing more patients in and outside of normal hours than ever before. Put simply, the system is struggling to cope and we need your help. You can do this by:

- **Accessing the right treatment in the right place.** This is available in your community 24/7. Your GP or pharmacist will advise you on the right place to go.
- **Only going to A+E for genuine emergencies and serious accidents.** If your condition isn't that serious visit your nearest pharmacy, GP or the Walk-in-Centre in Ashton.
- **Looking after yourself at home.** Lots of health problems can be treated with 'self-care'. In the first instance, get tips and advice from your pharmacist.
- **Ask your GP practice about any online services** they offer to help get great care together.
- **Learning how to manage your condition** so the cold weather doesn't make it worse and you don't need to go to hospital. Lots of good advice is available on the NHS Choices website – www.nhs.uk
- **Call NHS 111** if you need help at any time of the day or night but aren't sure where to go or what to do. You can also call the GP out-of-hours service – Go to Doc – which can be contacted via your local GP surgery phone line.
- **Being a friend over winter** by dropping in on an older relative, friend or neighbour to see if they need anything to help stay warm and well.
- **Getting early advice** - visit www.nhs.uk/asap or your pharmacist.

Early advice is the best advice!