

Winter Edition 2011

# Keep Well...

This Winter

## Beat the winter chill

With our top tips to stay healthy

What to do if the lurgy hits



*Win Tickets to see Joe Swash in Aladdin*

# Stay Well... Inside

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This magazine has been put together by your local health service - NHS Stoke on Trent, NHS North Staffordshire and South Staffordshire PCT - to help you stay healthy this winter and choose the right treatment in the right place.  
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## Welcome to Keep Well magazine

With Christmas fast approaching, you're all probably rushing round buying presents, ordering the turkey and getting the decorations down from the loft wondering where the last 12 months have gone.

And with all that hurrying round it's really easy to forget one thing: our own health. With the cold weather well and truly here we're far more likely to catch a cold and cough or come down with flu. With plummeting temperatures, icy weather and the long winter evenings there's also a much higher risk of slipping or falling.

Thankfully there are simple steps we can all take to try and keep well this winter, which is why we've written this magazine. The team here have pulled out all the stops to make sure you've got all the advice and information you need on keeping well during the cold spell. We've made sure it's packed with advice on avoiding winter nasties, how to take care of a poorly child, make yummy mocktails and much much more. We want to help you make sure if you do need medical advice this winter, you choose the right treatment in the right place, using our handy tips.

Enjoy reading Keep Well magazine and we hope you find it useful.

*The Keep Well team*

### Top Tip

Cooking turkey – Defrost your turkey thoroughly in a covered dish at the bottom of the fridge, draining the liquid regularly. Keep the uncooked turkey away from food that's ready to eat.

Wash your hands thoroughly after handling raw turkey.



### Top Tip

Eating regularly will help keep energy levels up during the winter season. Have regular hot drinks and at least one hot meal a day if you can.



# How does Joe keep well?

Fighting off colds and flu will be an essential part of training and rehearsals for the stars of this year's Regent Theatre pantomime **Aladdin** ahead of their festive run in Hanley (15 Dec – 15 Jan).

With more than 50 performances to deliver in a month the cast, headed by *I'm a Celebrity...Get Me out of Here* and former *Eastenders* Star **Joe Swash**, are getting help and advice from the NHS in Staffordshire's **Keep Well** campaign to help them remain fit and healthy during their stay in the area.

Information with tips on how to avoid trips and falls, advice on coping with colds and minor illnesses and guides to the local area's Out of Hours GP service, Walk in Centres, pharmacy opening hours and services provided at local hospitals for minor injuries have been presented to each cast member ahead of the run.

**"Keeping well is so important for our cast this winter and it's really helpful to have all this information in one guide,"** explains Regent Theatre Press Officer Emma Hart. **"At such a busy time of year it's good to know where to go to for the right treatment and the Regent Theatre is very pleased to support the NHS Keep Well campaign to help us all enjoy ourselves this winter."**

**Aladdin runs from 15th December to 15th January**



**Win tickets to see Joe Swash in Aladdin**

One lucky family has the chance to win FREE tickets to the Regent Theatre's pantomime ALADDIN by answering this simple question:

**• In which BBC soap opera did Aladdin star Joe Swash appear in?**

To enter, email your answer to [comments@staffordshirecss.nhs.uk](mailto:comments@staffordshirecss.nhs.uk) together with your name, address and telephone number. Alternatively you can send it to the **address on page 2**.

*The closing date is midnight on January 2nd and the winning entry will be drawn on 3rd January 2012. The winner will be notified by telephone.*

**A&E** *Not anything and everything*

Accident and Emergency Departments are there to assess and treat people with serious injuries or illnesses – they are not for 'Anything Else.'

You should visit A & E or call 999 for life threatening emergencies only, including:

- **Chest pain**
- **Loss of consciousness**
- **Severe bleeding that can't be stopped**
- **Broken bones, choking, difficulty breathing, a suspected stroke**

Most Accident and Emergency Departments are open 365 days a year, 24 hours a day. However Mid Staffordshire NHS Foundation Trust which runs Stafford Hospital is unable to provide a safe Accident and Emergency Department 24 hours a day until medical recruitment and staffing issues are resolved. This means that Stafford's A & E Department is currently closed between 10pm and 8am. For more information and for the alternatives available during this time please go to: [www.midstaffs.nhs.uk](http://www.midstaffs.nhs.uk)

For illnesses that aren't life-threatening, contact your doctor's surgery. Outside of normal surgery hours you can still phone your doctor but you will usually be directed to an Out of Hours service. You can also call NHS Direct 24 hours a day for confidential advice and information on what to do if you, or a member of your family are ill. Visit [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) or ring 0845 4647 to contact NHS Direct.

If you've hurt yourself and it's not serious go to your nearest Minor Injuries Unit rather than an A&E department. You could be seen more quickly than in A&E.

*For more information on the locally specific alternatives to Accident and Emergency please go to the back page.*

# If in doubt call NHS Direct

Sometimes when someone's taken ill at home, whether that's a child, partner, grandparent or other family member you just need a little reassurance because you don't know what to do next, particularly if it's in the middle of the night.

You can call NHS Direct for that very reason any day of the week, at any time, day or night for help and advice. Just phone 0845 4647 or look on their website for more information: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

NHS Direct helped Mum Deborah when her son was feverish: "Jay woke up crying. His head was burning hot. We weren't sure what to do, so we called NHS Direct. They gave us great advice and helped us cool him down. He settled down and was fine after that."

**NHS** 0845  
**Direct** 4647

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)



Stay Well...

**Right Treatment - Right Place**



## What to do when your little ones are under the weather

**When your little one becomes ill it can be really quite stressful. It's bad enough being poorly yourself but it's even worse seeing your child ill and can leave you feeling a bit helpless. These tips will help you through:**

- Keep the room airy but not draughty – if the room's too warm they'll probably feel worse.
- Give your child plenty to drink – especially water. For the first day don't worry too much about food unless they want it. After that, start trying to get them eating and encourage them to have nutritious drinks, like milk.
- Try to give your child time for quiet games, stories, company and comfort.
- As a parent or carer you'll know poorly children get very

tired and need plenty of rest. Encourage your child to doze off when he or she needs to, perhaps with a story read by you or on CD.

- Never fall asleep with a sick baby on the sofa with you, even if you're both exhausted.

Your health visitor, practice nurse, nurse practitioner, doctor and pharmacist can all give you advice on how to treat your child's illness.

Many doctors' surgeries, minor injury units, walk-in centres or pharmacies are equipped to deal with minor casualties. If your child hurts him or herself ask your doctor or call

**NHS Direct  
(0845 4647)**

for advice on where to go before you go to A&E - unless it's an emergency.

# Staying on your feet this winter

During wintry weather and icy conditions, you're far more likely to trip, fall and hurt yourself.

Make sure you're wearing sensible footwear, wellies or shoes with a good strong grip on them – stilettos on an icy pavement are a definite no no!

And take extra care if you do have to go out, leaving more time for your journey so you're not under the added pressure of having to rush anywhere.

Anyone with walking difficulties really should remain indoors

until the ice has cleared. Keep an eye on any vulnerable neighbours or family members that may need help. Make sure they've got a well stocked cupboard so they don't have to venture out to the shop if conditions are bad.

Remember, Minor Injuries Units can help with injuries caused by slips and trips such as sprains, strains and suspected broken bones.

See back page for more details.



## Top Tip

A healthy diet will boost your mood, give you more energy and stop you from piling the pounds on over winter, so lay off the selection boxes and have plenty of fresh fruit and vegetables.

# Beat the cold during the big freeze

We're all feeling the pinch with energy bills rising but nevertheless it's still really important to stay warm during the winter to help stave off the dreaded lurgy. These tips will help:

- Keep your home warm. Your main living area should be between 18-21C and the rest of the house should be a minimum of 16C. Use a hot water bottle or add extra layers when you hit the sack.
- Wrap up warm. Several thin layers of clothes are better than one thick

layer. Don't forget you lose a lot of heat through your extremities so wear hats, gloves and scarves when you go out and make sure your kids do the same.

- Keep active. Move around at least once an hour and remember even light exercise will help keep you warm.
- If you're spending a tenth or more of your income to heat your home, get in touch with Beat the Cold on 0800 389 2258 and they might be able to help you save cash on fuel bills in

North Staffordshire and Stoke. For Newcastle, Staffordshire Moorlands, East Staffordshire, and Stafford Borough call Health Through Warmth on 01785 619630. For South Staffordshire, Lichfield, Cannock, Tamworth call 02035 353 670.

- Regardless of where you live you can get advice on keeping your home warm from Age UK on 0800 169 6565 or the Home Heat Helpline on 0800 33 66 99.



## Top Tip

You can help prevent colds by washing your hands regularly. Keep the house and items such as towels and glasses clean, and use disposable tissues.



# Don't panic if your Doctor's is shut

Getting ill is stressful in itself but if it happens when your doctor's is shut, it can be even more daunting.

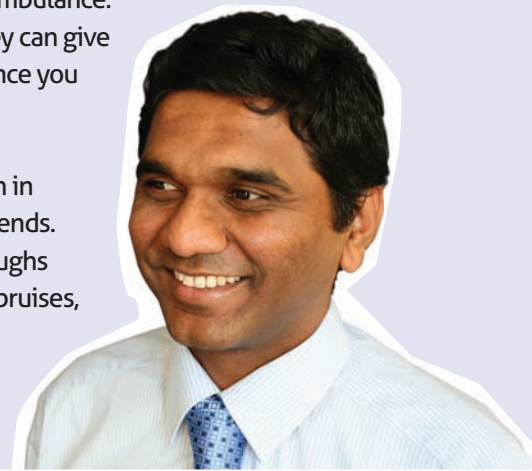
So if you do need medical advice out of hours follow GP Chandra Kanneganti's advice:

"In Stoke-on-Trent and North Staffordshire, outside normal surgery hours you can still phone your doctor's surgery as normal and you'll be transferred to the Out of Hours service. They can also be contacted on **01782 719100**. They can then give you an appointment for the out of hours centre in Basford, near Newcastle. In South Staffordshire, you can call the GP Out of Hours Service directly on **0300 1 30 30 30**. You will be assessed and offered a range of health support.

He said: "Or, you can call NHS Direct on 0845 4647 anytime

for help and advice. They'll ask you to provide basic details, then advise you on the best course of action. They may tell you how to look after yourself at home, may recommend seeing a pharmacist, or if the problem is very serious they can help you get an ambulance. Whatever the problem they can give you the help and reassurance you need.

Many pharmacies are open in the evenings and on weekends. They can help you with coughs and colds, minor cuts and bruises, aches and pains such as headaches or earache, indigestion, diarrhoea, and more," Chandra added.



GP Chandra Kanneganti explains what to do if you get ill when your doctor's is shut.

## If the vomiting virus hits follows these tips...

The winter vomiting bug or Norovirus as it's known usually hits around this time of year and causes vomiting and diarrhoea. The virus is easily transmitted from person to person by contact with an infected person, by eating contaminated food or water, or coming into contact with contaminated surfaces.

But there are simple steps you can take to minimise the impact if you get it:

- Thorough hand-washing with soap and water will help minimise the spread of the virus. Wash hands thoroughly and regularly at all times, but particularly after toilet visits and before eating. This must be with soap and water, as alcohol hand gel won't work.
- Stay away from work or school until you've been free of symptoms for at least 48 hours.
- Don't visit friends or relatives in hospital or residential care homes as you could spread the infection.
- Don't visit your doctors or A&E Department - Norovirus infection is a self-limiting illness and you'll recover naturally without treatment.
- People with Norovirus should stay at home, ensure that their personal hygiene is good and avoid contact with others where possible.
- It's important to drink plenty to replace lost fluids. If symptoms persist (more than 48 hours), phone your doctor's or NHS Direct for advice.
- The elderly and the very young can sometimes get more severe infection or become dehydrated. If that happens they should call their doctor's or NHS Direct for advice.
- Don't handle or prepare food for other people until you have been symptom free for at least 48 hours.



## Catch it, bin it, kill it.

You shouldn't underestimate the effects of seasonal flu – it's not the same as getting a simple cold. It can increase the risk of getting serious complications if you suffer from a long-term medical condition. To protect yourself, if you are in one of the at-risk groups go to your doctor's and get the vaccination as soon as you can to help protect yourself.

You can also help protect yourself and those around you from flu by practising good hand hygiene with the 'catch it, bin it, kill it' technique, which means carrying tissues, covering coughs and sneezes with a tissue, throwing it away afterwards and cleaning your hands as soon as possible with soap and water or an alcohol hand gel.

# What's in your Cabinet?

Pharmacist Andrew Pickard told us at Keep Well magazine what we should have in our medicine cabinet to see us through the winter.

If you've got kids don't worry - coughs, colds and stomach bugs are all a part of growing up but they're easier to deal with if you have a few essentials to hand.

## Andrew's tips:

- Paracetamol and Ibuprofen help with minor aches and pains, as well as helping with symptoms of the common cold such as sore throat and high temperature.
- The winter vomiting bug is unfortunately more common in places like schools. Young children are especially at risk of dehydration, so encourage your little one to drink plenty of fluids and consider speaking to your pharmacist about oral rehydration fluids.
- Have a well stocked first aid kit, including a thermometer, bandages, plasters, antiseptic, sterile dressings, medical tape and tweezers.
- Keep a thermometer handy.
- Never give aspirin to a child under 16.
- Keep all medicines in a cool, dry place, out of sight and out of reach of little hands.
- Never use a medicine that's out of date. If you have any medicine that has been open for more than three months, check with your pharmacist to make sure that it's still safe to use.

And remember to ask your pharmacist if you have any questions.



To find your nearest pharmacy, text pharmacy to 64746. You'll receive details of the services nearest to you, and won't be charged for sending or receiving messages.

# Enjoy a festive tipple without totting up your units

With all those Christmas festivities and parties it's difficult to keep track of how many units you're drinking. Did you know that in two small glasses of white wine there are three units?

To make sure you don't go over the recommended limits why not try having the odd day each week where you don't drink alcohol and alternate alcoholic drinks with non-alcoholic ones? Mocktails (mock cocktails) are all the rage these days so why not make reducing your units fun and tasty with our yummy Mocktail recipes?



## Christmastini

Mix 1oz apple juice, 2oz cranberry juice and a small piece of cinnamon. Serve with an orange twist as a garnish.

## Icy Mocktail

In a cocktail shaker, shake 2tsp caramel sauce, 1oz chocolate milk, ½oz chilled coffee and ice. Strain into a glass with ice.

## Candy Cane Mocktail

In a blender mix 1 scoop mint chocolate chip ice cream, ½ cup milk and 1 cup ice. Serve with a candy cane hooked over the glass as a garnish.

## Know your limits

- The Department of Health recommends that men should not exceed three to four units daily and a woman should not drink more than two to three units daily.
- A pint of beer with a 5.2% ABV is three units
- A double spirit cocktail with 40% ABV is two units
- A 330ml alcopop bottle with a 5.5% is 1.8 units
- A 250 ml glass of wine with a 12% ABV is three units

# Useful contacts

Use our quick reference guide to find out who to contact if you need health services over Christmas and New Year.

Keep me  
in a safe  
place

## Doctors

Please check with your doctor's practice for opening times over the holidays, as hours will vary. If you call your practice when it is closed you will be directed to the Out of Hours service. If you think you have a medical problem, which cannot wait, and you feel you may need to see a doctor urgently on the bank holiday and weekend dates the Out of Hours service can also be reached directly on

**0300 1 30 30 30**

## Minor Injuries Units (MIU)

**MIU at Cannock Chase Hospital,**  
Brunswick Road, Cannock WS11 5XY  
open 8am till midnight seven days a week.  
**01543 576200**

**MIU at Sir Robert Peel Community Hospital,**  
Plantation Lane, Mile Oak, Tamworth B78 3NG,  
open 24 hours a day seven days a week.  
**01827 263800**

**MIU at Samuel Johnson Community Hospital,**  
Trent Valley Road, Lichfield, WS13 6EF  
open 24 hours a day, seven days a week.  
**01543 412900**

## NHS Direct

NHS Direct is a 24 hour advice and health information service and provide confidential information on: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) or telephone **0845 4647**. They can help you if you are feeling ill, and give information on health conditions, self help and support, and details of local healthcare services.

## Dentists

For emergency dental needs contact NHS Direct on **0845 4647**. They will give you details of your nearest Dental Access Centre

## Pharmacies

Pharmacy opening times will vary over the holiday period. Telephone NHS Direct on 0845 4647 for further details of pharmacy opening hours in your area visit [www.southstaffordshirepct.nhs.uk](http://www.southstaffordshirepct.nhs.uk)  
Here's a few that are open.

### Christmas Day

Dean & Smedley, 10:00am – 2:00pm  
65-67 Horninglow Road, Burton, 01283 568711

Bains Pharmacy, 10:00am – 2:00pm  
160-162 Hednesford Road, Heath Hayes, 01543 279415

Fazeley Pharmacy, 10:00am – 2:00pm  
11 Coleshill Street, Tamworth, 01827 262488

### Boxing Day

Boots Pharmacy, 10:00am – 4:00pm  
4-8 Tamworth Street, Lichfield, 01543 263149

Boots the Chemist, 10:30am – 4:30pm  
10/14 Market Square, Stafford, 01785 251208

Northwood Pharmacy, 12:00pm – 2:00pm  
Springfields Health & Wellbeing Centre,  
Rugeley, 01889 578550

### 27th December

Birchill & Watson, 16 High Street, Stone, 01785 812597  
12:00pm – 13:00pm

Asda Pharmacy, 9:00am – 6:00pm  
Octagon Centre, Burton, 01283 523210

Boots, Orbital Retail Park, 9:00am – 6:00pm  
Cannock, 01543 502476

### New Year's Day

Boots the Chemist, 12:00pm – 2:00pm  
5 Brook Square, Rugeley 01889 582061

Day Night Pharmacy, 10:30am – 8:30pm  
Swan Island, Burntwood, 01543 676952

Peel Court Pharmacy, 9:00am – 8:00pm  
2 Aldergate, Tamworth, 01827 63118

### 2nd January

Asda Pharmacy, 9:00am – 6:00pm  
Queensway, Stafford, 01785 782000

Wm Morrison Pharmacy, 9:00am – 6:00pm  
Wellington Road, Burton, 01283 563947

Tesco Pharmacy, 11:00am – 4:00pm  
Heath Way, Heath Hayes, 01543 271445

Usual opening hours on Christmas Eve and New Year's Eve, with a few exceptions.