

# Staying well

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Your guide to health  
in Sheffield

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

[nhs.uk/staywell](http://nhs.uk/staywell)

2017 Guide

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Working with you to make Sheffield

**H E A L T H I E R**



Cheril Sowell, Nurse

# DISABILITY SERVICES

At Burton Street we have a large site offering a range of 90 different sessions each week for clients with physical and learning disabilities, including autism, in the Sheffield area.

All sessions, whether cooking, art, drama, sports, living skills or music are aimed at developing self-awareness, self-confidence and communication. With an emphasis on improving health and wellbeing.

We offer

- A varied programme of creative sessions
- Exciting trips out!
- Group holidays for clients
- Support to access the wider community
- Enterprise 100: pathways to employment
- Independent Living training in our own bungalow
- Rebound therapy
- Drama therapy: a form of psychological therapy
- Lots of social activities!

We have highly trained and motivated staff, able to provide tailored support for each individual. Please contact us on **0114 233 2908** for more information or email [admin@burtonstreet.org.uk](mailto:admin@burtonstreet.org.uk).



The Burton Street Foundation, 57 Burton Street, Sheffield,  
S6 2HH  
0114 233 2908. [burtonstreet.co.uk](http://burtonstreet.co.uk)

The Burton Street Foundation is a not-for-profit organisation supporting the community

# Welcome to your local Stay Well guide

This booklet is jam-packed with the right information to help you stay healthy, including lots of tips and details about local services. You will also find some information about self-care and how to make sure you choose the right service.

Here in Sheffield there are a wide range of services available and sometimes it can be really difficult to know where to go, especially when you aren't feeling well.

To ensure you get the best possible help, it's important to know what services are right for you.

This booklet includes advice on the wide range of options available in Sheffield to make sure you choose well every time!

**To find out more about services in Sheffield scan this QR code or visit [www.sheffieldccg.nhs.net](http://www.sheffieldccg.nhs.net)**



## *Here's a few of the simple tips*

- **Keep warm!** Make sure you wrap up when leaving the house in cold weather. This is important to prevent colds or the flu, and even more serious conditions such as heart attacks and pneumonia.
- **Eat well!** Eating regular hot meals and staying hydrated ensures you have enough energy throughout the day.
- **Get a flu jab!** Flu vaccinations are offered free of charge to those who are at risk to ensure they stay protected against the flu and its complications that it can sometimes lead to.



# Changing Faces in Sheffield



## CHANGING FACES

One person in every 111 in Sheffield have conditions, scarring or marks that affect their appearance.

Changing Faces is the UK's leading charity supporting and representing individuals with a visible difference. The Changing Faces centre in Sheffield offers local people access to our unique range of services including emotional support and skin camouflage.

To find out more call **0114 2536662**  
or email [yandh@changingfaces.org.uk](mailto:yandh@changingfaces.org.uk)  
**changingfaces.org.uk**

Reg Charity No: 1011222



## Live your life, how you choose

We are committed to making a positive difference to the lives of people with a learning disability and their families through person-centred educational and activity-based projects and social and leisure opportunities. We also have a wide range of fun sessions for children whilst the Sharing Caring Project supports the health and wellbeing of family carers.

To find out how we can help you - or someone you care for, please contact us at: Tel: **0114 276 7757**

[www.sheffieldmencap.org.uk](http://www.sheffieldmencap.org.uk)



# Quick guide to alternatives to Accident and Emergency

**Ring your GP** - if the surgery is closed your call will be diverted to the out-of-hours GP service.

**NHS 111** - phone 111 - Available 24 hours a day 365 days a year.

**Sheffield NHS Walk-in Centre** (Adults and children)

Phone 0114 241 2700

Rockingham House, 75 Broad Lane, Sheffield, S1 3PB

Open 8am - 10pm, 365 days a year.

**Sheffield NHS Minor Injuries Unit** (Adults only)

B Floor, Royal Hallamshire Hospital, Glossop Road, Sheffield, S10 2JF

Open 8am - 8pm every day - no appointment needed.

**Emergency eye care service** (Adults only)

Phone 0114 271 2495 (eye casualty)

Available Monday - Friday 8am - 4.30pm Except Wednesday 9am - 4.30pm

Royal Hallamshire Hospital, Glossop Road, Sheffield, S10 2JF

**Emergency eye care service** (Children under 16)

Children should be taken to the Sheffield Children's

Hospital Emergency Department with eye emergencies

**Urgent Dental Care line** (Adults and children) - Phone 111

Available day and night, 365 days a year for urgent dental care.

**Adult Mental Health Services Helpline**

For anyone in Sheffield affected by mental health issues, if you need support:

Phone 0808 801 0440 - 24 hours a day, 7 days a week. Calls from landlines are free.

*If you call from a mobile your provider may charge you and the call might appear on your bill.*

# ARE YOUR BONES IMPORTANT TO YOU?

**1 in 2 Women and 1 in 5 Men over the age of fifty will break a bone due to osteoporosis**

**Osteoporosis**  
2000

For information, help and support about osteoporosis drop in or call our support centre

t: **0114 234 4433** e: [osteoporosis2000@btconnect.com](mailto:osteoporosis2000@btconnect.com)  
Learoyd Way, Hillsborough Barracks, Langsett Road, Sheffield S6 2LR

[osteoporosis2000.org](http://osteoporosis2000.org)

Registered Charity No. 1043657. Registered Ltd Company No. 03007662



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PJS

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We teach you how to make healthy food that tastes good.

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## **RAW FOOD DELIVERY**

Meals delivered fresh to your door.

## **JUICE DETOX**

Fresh juices to reset your body. Programs start from £20.

For more details call **0114 327 3235**  
or find us at **[www.pureonraw.co.uk](http://www.pureonraw.co.uk)**

# Self-care - Keep your medicine cabinet well-stocked

In winter, it's likely that many of us will suffer from common illnesses such as a cold, sore throat, cough, sinusitis or earache. These cannot be treated with antibiotics so it's best to make sure you're stocked up with all the right remedies to get you on the mend!

Your cabinet should have

- Paracetamol
- Aspirin
- Ibuprofen
- Anti-diarrhoea
- Re-hydration mixtures
- Indigestion remedies
- Plasters
- Thermometer

**DO NOT GIVE ASPIRIN TO CHILDREN UNDER 16 AS THIS CAN CAUSE SERIOUS COMPLICATIONS IN CHILDREN.**

## Use antibiotics wisely

Infections caused by viruses cannot be treated by antibiotics. Antibiotics are important medicines for infections caused by bacteria, and taking them when you don't need to can lead to antibiotic resistance. The more often you use an antibiotic, the more likely the bacteria in your body will become resistant to it.





## We provide care and support for younger adults with complex physical, mental health and behavioural needs.

No matter what condition or life stage our residents are in, we believe that coming to live here is the start of a something special. Our home is friendly, warm and welcoming and somewhere our residents can call their home.

We know that no two people are ever the same, so we provide individual assessments leading to personal care and development plan. This approach ensures everyone gets the right care at the right time and can also be helped to develop skills or work towards certain aspects of independent living.

Professionalism, dedication and training form the foundation of what we do but personal relationships, trust and care form the foundation of how we do it. All our staff, from Nurses to Carers, hold nationally recognised qualifications and benefit from ongoing training and development.

Our facilities are spacious and fully adapted for our residents with lounges, dining rooms, garden areas and lots of personal space.

Kimberworth Road | Rotherham | S61 1AJ - † 01709 565800

[www.exemplarhc.com](http://www.exemplarhc.com)



## Fit4Health

Feel happier and healthier from leading an active lifestyle

Fit4Health is an Exercise Referral Scheme for anyone 16 years and over who has a long term medical condition.

### Benefits of Fit4Health

- 12 week personalised Programme of physical activity
- Support of a fully qualified Exercise Referral Specialist
- Access to discounted activities
- Discount of 15% off all inclusive fitness memberships

Speak to your GP or health professional today to get started or contact us for more information. Fit4Health is available at Graves Health and Sports Centre, Thorncliffe Health and Leisure Centre and Wisewood Sports Centre

[www.placesforpeopleleisure.org](http://www.placesforpeopleleisure.org)



# Protect yourself against flu

For most healthy people flu remains an unpleasant but mild illness causing sore throat, headache, fever, dry cough and aching muscles. But generally they will recover in a few days after getting lots of rest, drinking plenty of fluids and using over-the-counter remedies such as paracetamol.

Flu can be more serious if you have a long term health condition, such as heart and kidney disease, asthma or diabetes, even if it is well managed. Or if you are pregnant, or over 65, as you are at greater risk of severe complications if you catch flu. This is why it is so important that people in these groups have the free flu vaccine.

## Children and flu

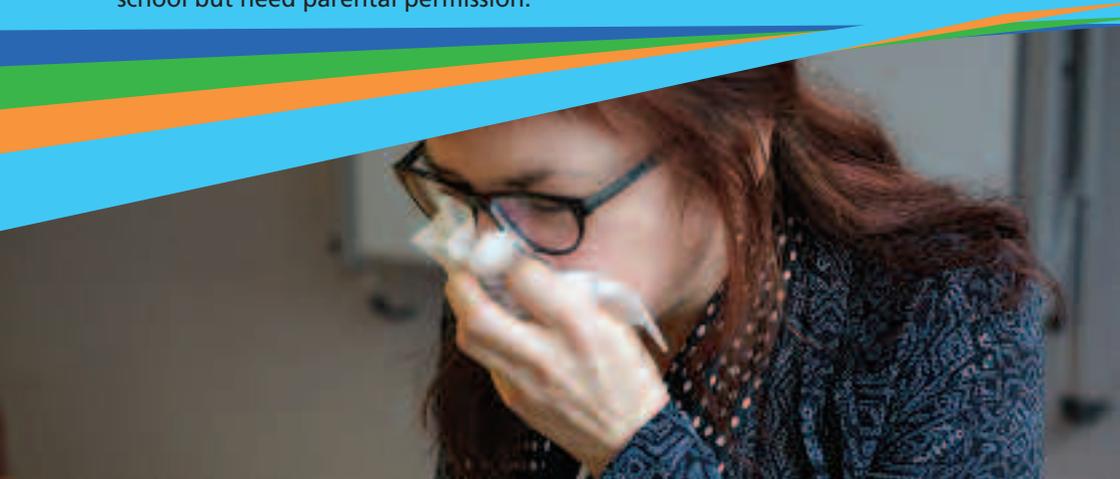
For children, flu can also be very unpleasant and some children can develop a very high fever or complications such as bronchitis or pneumonia so it is also important that they are vaccinated.

## Am I eligible for the free flu vaccine?

The flu vaccination is one of the most effective ways to reduce harm from flu, so if you're eligible for the free vaccination, get it now:

- all children aged two to seven (but not eight years or older) on 31 August 2016
- those aged six months to under 65 years in clinical risk groups (people with long term health conditions)
- pregnant women
- those aged 65 years and over
- those in long-stay residential care homes
- carers (people who are in receipt of a carer's allowance, or those who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill)

People eligible for the free flu vaccine should be contacted by their GP to arrange their vaccination. Children in school years 1, 2 and 3 will be offered it at school but need parental permission.





## ShipShape Health and Wellbeing

Working in the community to support people's health

**Come and visit our welcoming Centre!**

### Activities

1-1 sessions with Health Trainers | Counselling  
Gardening Group | Women's Health & Wellbeing Drop-In  
including Exercise Session | Table Tennis Club  
Games Group | Healthy Cooking sessions  
Breakfast Club | Summer Trips | Family Fun Sessions  
Dads' Group | Men's Group  
Chronic pain support | Diabetes support

### Rooms for hire

e: [info@shipshape.org.uk](mailto:info@shipshape.org.uk) t: 0114 250 0222

### ShipShape Health and Wellbeing Limited

The Stables, Sharrow Lane, Sheffield S11 8AE

[www.Facebook.com/ShipshapeSheffield](https://www.facebook.com/ShipshapeSheffield)

[@shipshapeshelf](https://twitter.com/shipshapeshelf)



## A mind aPart

Opening Hearts And Minds Through **Performing Arts**



Our qualified teachers work with you and your child to offer fun performing arts and drama classes that develop your child's confidence and skills.

Suitable for children and young people from ages 5 - 19.

Contact us to find out where your nearest class or after school club is

Tel: 0114 2321172 Email: [info@amindapart.org.uk](mailto:info@amindapart.org.uk)

[www.amindapart.org.uk](http://www.amindapart.org.uk)



## Sheffield Health and Social Care **NHS**

NHS Foundation Trust



### Sheffield Dementia Activity Support Service



Our day centres and community support specialise in supporting people with dementia. We offer a wide range of activities and opportunities, including life story work, exercise to music, painting and craft work, musical activities, baking and much more. We also organise outings based on people's interests and events happening in and around the community.

**Our goal** is to help people to maintain their skills so that they can stay independent for as long as possible.

This is a great way for individuals to make friends and socialise out in the community while supported by experienced NHS staff. Carers also benefit from time to themselves while the person they care for enjoys the day centre or takes part in activities in the community.



Get in touch for more information:  
T: 0114 242 5978, Chris Scott, Team Manager

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

# Flu myths

There are many myths surrounding flu and the flu vaccine. Here are some common ones and the truth behind them.

- **Having flu is just like having a heavy cold** - A bad bout of flu is much worse than a heavy cold
- **Having the flu vaccine gives you flu** - No, it doesn't. The injected flu vaccine that is given to adults contains inactivated flu viruses, so it can't give you flu. The children's flu nasal spray vaccine contains live but weakened flu viruses that will not give your child flu
- **Once you've had the flu vaccine, you're protected for life** - No you are not. The viruses that cause flu can change every year, so you need a vaccination each year that matches the new viruses
- **I'm pregnant, so I shouldn't have the flu jab because it will affect my baby** - You should have the vaccine whatever stage of pregnancy you are in. If you're pregnant, you could get very ill if you get flu, which could also be bad for your baby
- **I've had the flu already this autumn, so I don't need the vaccination this year** - You do need it if you're in one of the risk groups. As flu is caused by several viruses, you will only be protected by the immunity you developed naturally against one of them
- **If I missed having the flu jab in October, it's too late to have it later in the year** - No, it's not too late. It's better to have the flu vaccine as soon as it becomes available, usually in October, but it's always worth getting vaccinated before flu comes around right up until March
- **Vitamin C can prevent flu** - No, it can't. Many people think that taking daily vitamin C supplements will stop them getting flu, but there's no evidence to prove this



# Affected by dementia?

## We're here to help

If you're affected by dementia or worried about your memory, call our national helpline on **0300 222 1122**

email [helpline@alzheimers.org.uk](mailto:helpline@alzheimers.org.uk)

[www.alzheimers.org.uk/helpline](http://www.alzheimers.org.uk/helpline)

or contact our Sheffield Office on **0114 276 8414**



**Alzheimer's  
Society**

Leading the  
fight against  
dementia



Select Support Sheffield offer personally tailored packages, to meet individual needs.

For all enquiries please contact:  
Select Support:

**07549 280475**

[pauline@select-support-sheffield.co.uk](mailto:pauline@select-support-sheffield.co.uk)

SELECT SUPPORT SHEFFIELD  
30 BINGHAM PARK ROAD  
SHEFFIELD | S11 7BD  
TEL: 07549 280475  
[WWW.SELECT-SUPPORT-SHEFFIELD.CO.UK](http://WWW.SELECT-SUPPORT-SHEFFIELD.CO.UK)



For families who receive Direct Payments to pay for care, either from the Council, NHS or if it is privately funded, we offer the following:

- Payroll
- Full Budget Management
- Tax advice to PAs
- Regular statements
- Regular contact with families
- Easy to contact and quick to respond

Please contact us for further information:

Parkside Payroll Ltd  
30 Bingham Park Road  
Sheffield  
S11 7BD

[www.parkside-payroll.co.uk](http://www.parkside-payroll.co.uk)  
[debi@parkside-payroll.co.uk](mailto:debi@parkside-payroll.co.uk)  
tel: 07591927518

# Do you know where to go when you're unwell?

NHS services are in great demand, and it's important to ensure that we don't place extra stress on our services, in particular A&E.

Most people use A&E appropriately but sometimes people turn up to A&E with minor ailments such as a cold, cough, sore throat and stomach bugs. It's important to remember that our emergency services must only be used for very **serious and life-threatening** situations.

In Sheffield we have a range of services that are more suitable than A&E where you can be treated quickly and more appropriately for situations and ailments that are not life threatening. These include the Walk in Centre, the Minor Injuries Unit, GP or local pharmacist. You can ring NHS 111 if you are unsure about what service you need.

**Please consider your illness and situation before making a decision on what type of service you need.**

**For information visit  
[www.sheffieldccg.nhs.uk/Your-Health](http://www.sheffieldccg.nhs.uk/Your-Health).**





drink  
wise  
age  
well



BIG  
LOTTERY  
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As we get older our bodies change. This means we may be at increased risk of harm from alcohol even when drinking within recommended limits, especially if we have any health conditions or are on medication.

### Benefits of making healthier choices about your alcohol use as you age:

Improve your health, relationships and energy.



You are less likely to have an accident or fall.



Improved memory and sharper mind.



### 3 tips for making healthier choices about alcohol:

#### Give your body a break

Have at least 2-3 alcohol free days each week.

#### Eat something

Have a meal when you are drinking or eat something beforehand.

#### Lower your risk

Stay within the guidelines of 14 units per week.

If your interested in finding out more please visit [dwaw.co.uk/NHS1234](http://dwaw.co.uk/NHS1234) or call **0800 032 3723**.

# Keeping warm and safe this winter

It's really important to keep warm during the winter months, as this can prevent both minor and major illnesses such as colds, flu, heart attacks and strokes. Here's some health and safety advice to stick to during the cold months!

**Heat your home to at least 18° (65°F).**

You might prefer your living room to be slightly warmer.

**Keep your bedroom window closed on cold winter nights.**

Breathing cold air can be bad for your health as it increases the risk of chest infections.

**Keep active indoors!** Try not to sit still for too long, it's good to keep moving.

**Make sure you're aware of and receiving all the help you're entitled to.**

Your home can be made as energy efficient as possible at [www.gov.uk/phe/keep-warm](http://www.gov.uk/phe/keep-warm)

**Check your heating and cooking appliances are safe.**

Contact a Gas Safe registered engineer to make sure they're operating properly.

**Keep your fridges, freezers and cupboards well stocked.**

If bad weather hits, this will save you having to go outside in cold and dangerous weather.

For more information visit [www.sheffieldccg.nhs.uk/Your-Health/staywell](http://www.sheffieldccg.nhs.uk/Your-Health/staywell)





Worried about your drug or alcohol use?  
Or have concerns about someone else's?

The **start** team can help



**quick**

You can be seen or talk to  
someone on the same day



**easy**

Walk in or give us a call



**confidential**

We are a fully confidential NHS service

Alcohol@Matilda St S1 4RH | 0114 226 3000    Drugs@Sidney St S1 4RH | 0114 272 1481

## **Are you scared of someone you live with? Are you scared of an ex-partner?**

This could mean you are a victim of domestic abuse. There is help for you in Sheffield.  
Call the Sheffield Domestic Abuse Helpline on the freephone number

# **0808 808 2241**

**Domestic abuse is not only physical abuse but includes emotional abuse,  
sexual abuse and jealous and controlling behaviour.**

### **The Helpline offers:**

- advice, support and safety for people experiencing domestic and sexual abuse
- a service to women, men, children, young people, practitioners and worried family members
- up-to-date access to information about services in Sheffield including refuges
- If you phone the helpline and we can't speak your language we can arrange an interpreter

**The helpline is free from landlines and mobiles**

# **0808 808 2241**

[help@sheffielddact.org.uk](mailto:help@sheffielddact.org.uk)

more info at [www.sheffielddact.org.uk](http://www.sheffielddact.org.uk)

SHEFFIELD DOMESTIC ABUSE  
CO-ORDINATION TEAM



# Think Pharmacy First!

Existing health problems can get worse in winter, so it's good to act quickly and go to a pharmacy if you feel like you're coming down with something. Your local pharmacy is fully qualified to advise you on the best course of action especially with common illnesses such as

- Aches and pains
- Tummy upsets
- Itchy skin conditions
- Simple eye infections
- Thrush
- Colds and flu
- Nappy rash

Some pharmacies offer a range of services such as stopping smoking, flu vaccination and emergency contraception. Your pharmacist can advise you about many other NHS services and also refer you if necessary.

If you can't get to a pharmacy yourself, ask someone to go for you or call your local pharmacy.



## HOW AND WHEN TO SEEK FERTILITY TREATMENT



### Choosing a fertility clinic is a very personal decision.

If you are having trouble becoming pregnant you are not alone. Fertility treatment can be an emotional rollercoaster so it is important that you have the support you need before, during and after treatment.

Jessop Fertility offers a unique and dedicated service to couples starting out on their fertility journey. Our experienced team have worked together for many years, we provide an exceptionally high standard of care in a supportive, friendly and comfortable setting.

We offer the latest assisted conception techniques, and our laboratories are equipped with the most advanced technology available.

**Tel: 0114 226 8050**

**[www.jessopfertility.org.uk/contact-us](http://www.jessopfertility.org.uk/contact-us)**

#### Key facts:

**1 in 7** couples have trouble conceiving naturally

If you have been trying for a baby for over **a year** you should see your GP

You should see your GP sooner if you are **36** or over

Many people are eligible for **NHS funded IVF** treatment (criteria varies across the UK)

If you need to **pay for your treatment** Jessop Fertility also offer this service with a fair and no hidden cost tariff

**Jessop Fertility** is part of the **Sheffield Teaching Hospitals NHS Foundation Trust**, which is one of the largest and busiest Teaching Hospitals in the country, recognised internationally for its specialist services and research.



Exemplar provides specialist nursing care for younger adults with complex mental health, physical and learning disabilities.

Our homes cater to a wide range of conditions including Huntington's Disease, Acquired Brain Injury, Neurological Disorders and complex mental health needs.

We tailor care plans to suit each individual's care requirements, we also have a full team of support staff including Physical Therapists and Occupational Therapists, a rich programme of activities and a strong community focus.

To find out more or to make an enquiry, contact your nearest home. To find out about any of our 25 homes across Yorkshire, the Humber, West Midlands and North West call 01709 565777 or just visit

[www.exemplarhc.com](http://www.exemplarhc.com)

## Sheffield

Longley Park View  
70 Longley Lane  
Sheffield  
S5 7JZ  
0114 2425402

Willowbeck  
95 Holywell Road  
Sheffield  
S4 8AR  
0114 2617771

## Rotherham

Lonnen Grove and Fairwinds  
Kimberworth Road  
Rotherham  
S61 1AJ  
01709 565828

Greenside Court  
Greenside Greasbrough  
Rotherham  
S61 4PT  
01709 558465

## Barnsley

Neville Court  
Neville Avenue  
Kendray  
Barnsley  
S70 3HF  
01226 737470

## Doncaster

Quarryfields  
Woodfield Road  
Baiby  
Doncaster  
DN4 8EP  
01302 850750





## ***Let's end loneliness in Sheffield***

To find out more about Age Better in Sheffield projects and services, or if you want to have a chat about how to get involved, then get in touch with us online or by calling:

0114 2900 250

[www.agebettersheff.co.uk](http://www.agebettersheff.co.uk)



**SYHA** South Yorkshire  
Housing Association

# Save a life

for more information  
go to page 32

# Avoid falls this winter

With the winter comes the dark, wet and icy weather. Stay safe by taking some essential precautions to avoid trips, slips and falls.

## When going out:

- Plan ahead; give yourself sufficient time and plan your route
- Early mornings and late afternoons can be darker and may be icy
- Wear well-fitting shoes that provide good support and grip
- A walking stick can provide extra support and help with balance

## When indoors:

- Ensure your home is warm, as cold muscles do not work well
- Remove trip hazards, such as electrical cords, and clutter from stairs and walkways
- As we get older, we need more light to see, so ensure your home is well lit
- Rails on both sides of the stairs are helpful, along with grab rails in the bathroom and toilet if needed
- Ensure your indoor footwear is well fitting and supportive

Make sure you have a means of calling for help or attracting attention if you have a fall indoors; there are a variety of alarms and call systems available.

It is important to let your GP, nurse or therapist know that you have had a fall. They will arrange for you to receive a falls assessment and advice on how to reduce the risk of it happening again. This might include providing equipment or making some changes to your home such as rails or grab handles.





# WISE Ability

empowers employers to find the right staff, and job seekers to find meaningful work



Telephone: 03000 309 910  
[www.wiseability.co.uk](http://www.wiseability.co.uk)

empowerment through employment



# The Proud Potato

Opposite Leppings Lane Tramstop on Middlewood Road.



Sheffield's longest established

## Jacket Potato Takeaway (34 years)

offers home cooked delicious, hot and cold fillings, plenty of healthy options, very reasonable prices.

Open Monday to Friday

11.00 am till 2.00 pm, then 5.00 till 10.00 pm

Saturday 12.00 noon till 10.00 pm

Tel 01142 330 177

We will look forward to seeing you!

FREE PROGRAMMES



## Why Weight Sheffield

Professional FREE weight loss service



Call 0114 321 1253

Programmes available for adults and children who are concerned about their weight!

Why Weight Sheffield, Zest Centre  
18 Upperthorpe, Sheffield  
S6 3NA

0114 321 1253  
[info@whyweightsheffield.co.uk](mailto:info@whyweightsheffield.co.uk)  
[www.whyweightsheffield.co.uk](http://www.whyweightsheffield.co.uk)



Community Outreach Totacare Service



Supported by  
Erimex Group

Office No. 245, The Portegate,  
257 Ecclesall Road,  
SHEFFIELD S1 1BNX

Tel: 0114 2096070  
Mob: 07496330190  
Email: [cols@communityoutreachchild-cols.com](mailto:cols@communityoutreachchild-cols.com)

If you are housebound through illness, age or disability and need support to remain independent Totacare Service can help you.

### Services available

- Personal care
- Light domestic work including cleaning, washing, ironing etc
- Meal preparation including cooked food/dishes
- Shopping
- Travel to hospital, doctors, dentist, appointments etc (if you wish)
- WWO options
- Singing etc
- Dressing, re-dressed and/or bath etc
- All our staff are trained, DBS checked and all services are insured.
- Our services are available 7 days a week - 24 hours
- We believe our services should be available to all who need them and we will do our utmost to ensure that we can help you to live your life to the full.

Community Outreach Ltd

# How to handle common winter illnesses

**Colds** – to ease the symptoms of a cold, drink plenty of fluids and try to rest. Steam inhalation and vapour rubs can also help. Prevent colds from spreading by washing your hands thoroughly, cleaning surfaces regularly and always sneeze and cough into tissues, throwing them away after use.

**Sore throats** – a sore throat is almost always caused by a viral infection, such as a cold. Try not to eat or drink anything that's too hot, as this could further irritate your throat; cool or warm drinks and cool, soft foods should go down easier.

**Asthma** – a range of weather-related triggers can set off asthma symptoms, including cold air. Covering your nose and mouth with a warm scarf when you're out can help.

**Norovirus** – this is also known as the winter vomiting bug because more people usually get it in winter. Symptoms include vomiting, diarrhoea, headaches, aching limbs and a raised temperature. The main thing to do is drink plenty of water to avoid dehydration. You can also take paracetamol for any aches, pains or fever and if you feel like eating, eat foods that are easy to digest.

Norovirus can't be cured and you just have to let the virus run its course. It isn't generally dangerous and most people make a full recovery within a couple of days, without having to see a doctor.

Tips to help stop the virus spreading include: Washing your hands frequently; Avoid contact with other people, in particular those who are at high risk such as patients in hospital or nursing homes; Don't share towels; Avoid eating raw, unwashed produce; Disinfect or wash contaminated objects, surfaces, clothes and bedding.





# HORIZON

*“Our Family, caring for your Family...”*

- Bariatric Packages
- Complex Packages
- Day Services
- Dementia Care
- Hydrotherapy
- Rehabilitation
- Residential Care
- Nursing Care
- Respite Services
- Stroke Packages
- Orthopaedic Packages
- Supported Living



For more information call: 01909 517737 email: [info@horizoncare.org](mailto:info@horizoncare.org)

[www.horizoncare.org](http://www.horizoncare.org)

# Asthma

Winter weather can have a significant impact on asthma symptoms. People with asthma should be especially careful in the winter as cold air is a major trigger of asthma symptoms. A sudden change in temperature or poor air quality can also be a trigger.

## What precautions can I take?

With the onset of very cold weather, it's a good idea to make sure you, and your friends and family know what to do if you have an asthma attack. Asthma UK has some useful advice on their web page [www.asthma.org.uk](http://www.asthma.org.uk). The charity also offers these top tips to help you control your asthma symptoms during the cold weather:

- Keep taking your regular preventer medicines as prescribed by your doctor
- If you know that cold air triggers your asthma, take one or two puffs of your reliever inhaler before going outside
- Keep your blue reliever inhaler with you at all times
- Wrap up well and wear a scarf over your nose and mouth - this will help to warm up the air before you breathe it in
- Take extra care when exercising in cold weather. Warm up for 10-15 minutes and take one or two puffs of your reliever inhaler before you start





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***Delivering high quality patient services on behalf of the NHS***

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Pioneer Healthcare is a CQC registered provider of high quality treatments and services for NHS patients across the UK.

In Sheffield, we provide an NHS adult neurosurgical spinal service that is provided in collaboration with Claremont Private Hospital and we provide an NHS adult orthopaedic spinal service in collaboration with Barlborough Treatment Centre.

We work in partnership with Sheffield Teaching Hospitals NHS Foundation Trust to provide an orthopaedic spinal service with locally held clinics across Sheffield.

**Sheffield Spinal services are provided by specialist NHS Consultant Neurosurgeons:**

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**Mr John McMullan**

**Mr David Jellinek**

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**Mr Shungu Ushewokunze**

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- ✓ All treatments provided by UK trained, NHS specialist consultants
- ✓ Treatments are provided at first class independent hospitals and treatment centres
- ✓ Outpatient appointments are flexible and include evenings and weekends

For further information please contact:

**Telephone: 0114 263 2136 Email: [enquiries@pioneerhealthcare.co.uk](mailto:enquiries@pioneerhealthcare.co.uk)  
[www.pioneerhealthcare.co.uk](http://www.pioneerhealthcare.co.uk)**

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Registered Address: Claremont Hospital, 401 Sandygate Road, Sheffield, S10 5UB



# Support your neighbours this winter

The winter season can be challenging at the best of times. It can be especially challenging if you're alone and have no one to support you.

The 'Community Friends' scheme aim is to create a spirit of neighbourliness to help bring communities together. You can help in many ways, such as:

- checking in on older neighbours to check they are warm and well
- collecting prescriptions or taking older neighbours to GP appointments
- helping with food shopping
- clearing snow from doors or paths or gritting side roads and paths

## **Nominate your Community Friend**

If you know someone who has gone above and beyond to look after a neighbour or friend through the winter months and want to say 'thank you', you can nominate them as a 'community friend'.

To nominate someone visit [www.sheffieldccg.nhs.uk](http://www.sheffieldccg.nhs.uk) and click on the 'involve me' tab or email [sheccg.comms@nhs.net](mailto:sheccg.comms@nhs.net) or call 0114 305 1212.

All of the 'community friends' will receive a certificate, as a thank you from their nominee and the NHS.

## **Snow your neighbour you care**

Sheffield City Council has produced a new 'snow your neighbour you care' card to help kind-hearted people offer help to older people this winter. Designed to act as an ice-breaker and a way for people to introduce themselves, the card is for people to put their details on and post through person's door, or use to start off a chat. Look out for them in venues across the city!



## Devices for Dignity Healthcare Technology Co-operative



*National Institute for  
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Bringing together patients, clinicians, academia and industry to develop new technologies to help people of all ages living with long-term health conditions.



Find out more and get involved:

[www.devicesfordignity.org.uk](http://www.devicesfordignity.org.uk)



## Support and care for children with special needs and their families

Amy's House caters for children aged 5-18 and provides Saturday and school holiday sessions, family support, sensory room sessions, support in the home and inclusive activities in a safe a secure environment.

We work to reduce ignorance and prejudice faced by individuals with special needs through increasing awareness and understanding. The centre provides children with social interaction, care, education and exercise in a fun and stimulating environment, amongst a team of passionate and experienced carers who bring joy into their young lives.

**The Stables | 225a Handsworth Road | Sheffield | S13 9BH**

**T: 0114 2422294 E: [enquiries@amymyhouse.org.uk](mailto:enquiries@amymyhouse.org.uk)**

[www.amymyhouse.org.uk](http://www.amymyhouse.org.uk)

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Reg Charity No.1151617

# Making it easier to see a GP

GP practices in Sheffield are working together to test a range of ways to improve access to general practice. This includes:

- Urgent GP and nurse appointments on weekday evenings during 6pm-10pm and at weekends 10am – 6pm from four 'satellite units' across the city\*. These units are staffed by GPs who work in Sheffield
- The units also offer appointments to see Practice Nurses and Health Care Assistants for more routine services including dressing changes, taking planned blood samples, and asthma checks. These appointments can be booked for you by your own practice
- Providing online tools to support patients in managing their own health needs

\* If you urgently need to see a GP or nurse at evenings or weekends, you will need an appointment. These are made through your usual practice, or through the Out of Hours Service via 111.

**Please note appointments aren't available on a walk-in basis.**

In the winter months when GP practices are often busier, this will make it easier to get urgent health advice when you need it. The service is delivered by Primary Care Sheffield, an organisation formed of GP practices across the city, working together with a range of partners.

**To find out more about Primary Care Sheffield and the scheme visit [www.primarycaresheffield.org.uk](http://www.primarycaresheffield.org.uk)**

Primary Care  
Sheffield





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\*We are authorised and regulated by the Financial Conduct Authority, our Firm Reference Number is 763804

# Healthwatch Sheffield wants to hear from you!

Healthwatch Sheffield is here to help adults, children and young people influence how health and social care services are designed and run.

**You can tell us about your experiences of using:-**

- **Health services** (doctors, dentists, opticians, pharmacies and hospitals)
- **Social Care** (residential homes, care at home, personal budgets etc.)

We use the feedback you give us to make recommendations to the organisations who design, buy and provide our local services.

We also offer information and advice on health and social care services and where to go for them.

We are independent, not-for-profit, and our services are free for the public to use.



**Get in touch**

**Call:** (0114) 253 6688

**Text:** 0741 524 9657

**Email:** [info@healthwatchsheffield.co.uk](mailto:info@healthwatchsheffield.co.uk)

**Write:** Healthwatch Sheffield, The Circle, 33 Rockingham Lane, Sheffield, S1 4FW

**[www.healthwatchsheffield.co.uk](http://www.healthwatchsheffield.co.uk)**

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## FREE & CONFIDENTIAL SEXUAL HEALTH SERVICES FOR PEOPLE OF ALL AGES IN SHEFFIELD

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Pregnancy testing/ Contraception choices Inc. Emergency Contraception/  
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and bisexual men

Find out more including our locations and  
opening times at:

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

Tel: 0114 226 8888



Sexual Health Sheffield  
Meeting your sexual health needs

Sheffield Teaching Hospitals NHS Foundation Trust

## Thinking about a vasectomy?



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

Sheffield Teaching Hospitals NHS Foundation Trust

Sheffield Teaching Hospitals NHS Foundation Trust  
Sexual Health Sheffield

## Travelling abroad?

Need vaccinations or health advice?

Book your consultation today

Call us on 0114 271 2882 (at least 10 weeks before you travel)  
and 11.00am - 12.00pm, Monday to Friday

For more information please visit:

[www.sth.nhs.uk/travelclinic/](http://www.sth.nhs.uk/travelclinic/)

Consultation price is:

- Consultation
- Vaccinations
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Sheffield Travel  
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# Free support courses to help you manage your diabetes

**Do you have Type 1 or Type 2 diabetes and want to know more about it and how you can manage your condition?**

If you have Type 1 Diabetes simply ask your GP for a referral to our free DAFNE education and support course or visit [www.dafne.uk.com](http://www.dafne.uk.com) for more information.

If you have Type 2 Diabetes why not try our free DESMOND course. Ask your GP or see [desmond-project.org.uk](http://desmond-project.org.uk) or call 01142765303.

All courses are run by Diabetes Specialists from Sheffield Teaching Hospitals at either the Northern General or Royal Hallamshire Hospitals.

## Sheffield leads the way in Diabetes care, support and research



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A DIFFERENCE**





## Do you know someone who needs a new set of full dentures?

The Department of Restorative Dentistry at Charles Clifford Dental Hospital are currently recruiting suitable patients that need full dentures and who would willing to have them fitted by students at a student teaching clinic. **All denture treatment provided will be free.**

### Key requirements for acceptance on our student clinics for the provision of full dentures:

- This invitation only applies to people that need both, a full top and full bottom denture.
- Patients need to attend a short screening appointment to check that the students can deliver the treatment required.
- As this is a teaching clinic, our students are slow and everything has to be checked. This means the whole process can be time consuming.
- They will need to commit to one appointment per week (on the same day of the week) for approximately 1½ hours for six to eight weeks.
- If deemed suitable for student clinic, the treatment should commence between September and May.

If you think you know someone that would benefit from denture treatment and is keen to help us on our teaching clinics, please feel free to pass on our contact telephone number: **0114 271 7800**

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# Changing Faces in Sheffield



## CHANGING FACES

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**changingfaces.org.uk**

Reg Charity No: 1011222



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**Placement Support ● Good Neighbour Scheme ● Hospital Aftercare**

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