



'Together We Can' 2023/24

Winter health and care messages

GIFS with blue background for health messages and purple background for messages that are related to things like keeping warm, looking out for mates, looking after our mental health.

Date	Health Message	Gif	Alt text
Prevention			
<p>Good to share from the very start of the campaign.</p>	<p>Stay well this winter and get your seasonal flu and COVID-19 vaccinations if eligible.</p> <p>#TogetherWeCan fight winter viruses.</p> <p>Visit: togetherwe-can.com/winter-protection/</p>	 <p><i>Screenshot of Gif</i></p>	<p>The white text reads 'Together we can: fight winter viruses' on a blue background with snowflakes falling. An image of an elderly female raising her sleeve is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.</p>
<p>Use throughout.</p>	<p>This winter #TogetherWeCan stop the spread of seasonal bugs.</p> <p>Use tissues to catch coughs or sneezes 🧻</p> <p>Bin the tissues 🗑️</p> <p>Kill the germs by washing our hands 🧼</p> <p>Visit: togetherwe-can.com/winter-protection</p>	 <p><i>Screenshot of Gif</i></p>	<p>The white text reads 'Together we can: protect ourselves from winter bugs' on a blue background with snowflakes falling. An image of hands being washed in a sink is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.</p>
Be prepared			

Timely ahead of weekend and bank holidays

#TogetherWeCan plan ahead this winter.

Order and collect repeat prescriptions, for you and people you care for in good time 

Make sure you have adequate provision for over the weekend to help you stay well.

Visit: togetherwe-can.com



Screenshot of Gif

The white text reads 'Together we can: plan ahead this winter' on a blue background with snowflakes falling. An image of a female collecting a prescription encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.

Timely ahead of weekends and school holidays

Check your first aid kit as minor ailments and injuries can be treated at home.  

Stock-up in your local pharmacy, shop or supermarket.

#TogetherWeCan stay well this winter.

Visit: togetherwe-can.com/stay-well/



Screenshot of Gif

The white text reads 'Together we can: be prepared this winter' on a blue background with snowflakes falling. An image of a female browsing at medications on a shop shelf is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.

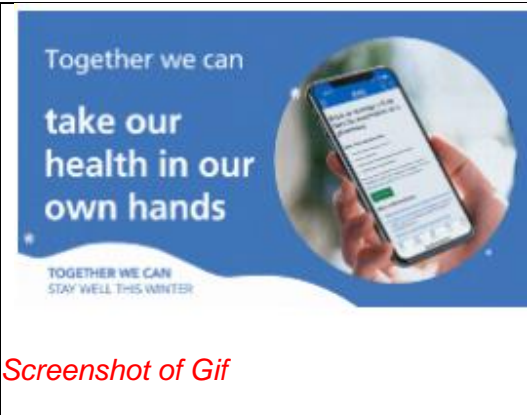
Online alternatives

Timely during weekends/evenings

Ordering repeat prescriptions or checking your GP record is easy on the NHS App.

Spread the word to friends and family.
[#TogetherWeCan](#) take our health in our own hands.

Visit: togetherwe-can.com/onlineservices



Screenshot of Gif

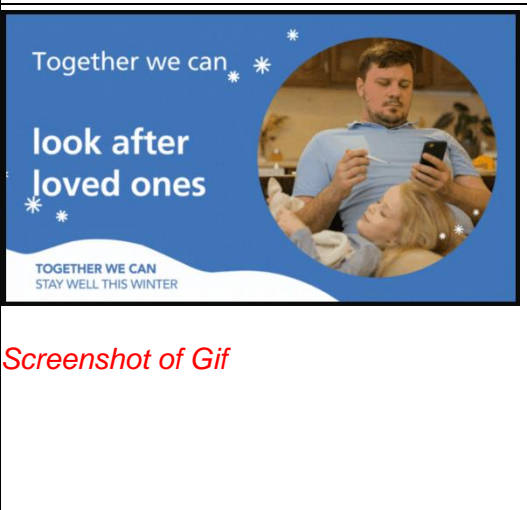
The white text reads 'Together we can: take our health in our own hands' on a blue background with snowflakes falling. An image of a hand holding a mobile phone is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.

Timely to use during weekend/evenings

If you're a parent or carer you can find local online information and advice to help keep your family safe and healthy this winter.

[#TogetherWeCan](#) speak to a local community pharmacist about over-the-counter treatments.

Visit togetherwe-can.com/familyhealth/



Screenshot of Gif

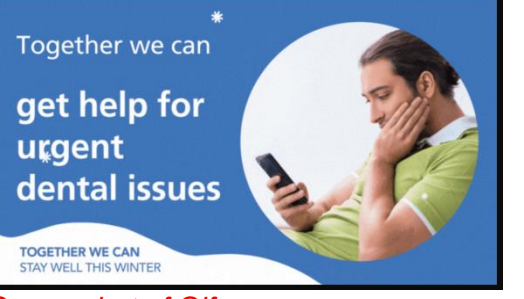
The white text reads 'Together we can: look after loved ones' on a blue background with snowflakes falling. An image of a male looking at his phone and holding a thermometer sat with a poorly child resting on his knee is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.

The right care first time




<p>Timely throughout the campaign</p>	<p>If something's not right but it's not life threatening, your GP practice and 111.nhs.uk are the best places to start.</p> <p>#TogetherWeCan choose well and get the right care for our needs.</p> <p>Visit: togetherwe-can.com/</p>	 <p><i>Screenshot of Gif</i></p>	<p>The white text reads 'Together we can: get the help we need' on a blue background with snowflakes falling. An image of a male with his right hand on his forehead is looking at his mobile phone within his left hand is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.</p>
<p>Timely throughout the campaign</p>	<p>Don't let a minor illness get worse.</p> <p>Whether it's a cough or cold, an itchy eye or earache, for expert advice #TogetherWeCan speak to your community pharmacy team.</p> <p>Visit: togetherwe-can.com/find-a-pharmacy/</p>	 <p><i>Screenshot of Gif</i></p>	<p>The white text reads 'Together we can: get health advice on the high street' on a blue background with snowflakes falling. An image of a pharmacist assisting a couple is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.</p>
<p>Timely throughout the campaign</p>	<p>At many GP surgeries, there is a range of health professionals who can help you.</p> <p>You may not need to see a GP. #TogetherWeCan see the best person for the job.</p> <p>Visit: togetherwe-can.com</p>	 <p><i>Screenshot of Gif</i></p>	<p>The white text reads 'Together we can: get help from the right people' on a blue background with snowflakes falling. An image of an elderly male getting his arm checked by a health professional is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.</p>



<p>Timely throughout the campaign</p>	<p>Coughs, colds, sore throats and minor ailments can be treated at home. 🩹 🩹</p> <p>111.nhs.uk is for urgent medical advice.</p> <p>A&E is for emergencies, serious injuries and life-threatening situations.</p> <p>#TogetherWeCan make the right choice.</p> <p>Visit: togetherwe-can.com</p>	 <p><i>Screenshot of Gif</i></p>	<p>The white text reads 'Together we can: get the care we need at home' on a blue background with snowflakes falling. An image of a female inspecting a child's open mouth is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.</p>
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Urgent dental issues

<p>Timely throughout the campaign</p>	<p>If you develop an urgent dental issue and you don't have a regular dental practice.</p> <p>📄 Visit www.111.nhs.uk</p> <p>🦷 When assessed and if needed an urgent dental care service appointment can be made.</p> <p>Togethewe-can.com/how-to-get-help/</p>	 <p><i>Screenshot of Gif</i></p>	<p>The white text reads 'Together we can: get help for urgent dental issues' on a blue background with snowflakes falling. An image of a male resting his head in his left hand and looking at his phone in his right hand is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.</p>
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Date	Care Message	Gif	Alt text
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<p>Timely throughout but more so during holiday periods</p>	<p>#TogetherWeCan check in with the men in our lives who may be going through struggles to ask if they're ok, and to support them if they need help.</p> <p>Visit: togetherwe-can.com/mental-health/</p>	 <p><i>Screenshot of Gif</i></p>	<p>The white text reads 'This winter let's make time for mates' on a purple background with snowflakes falling. An image of two males laughing is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.</p>
<p>Timely throughout</p>	<p>This winter let's focus on the good stuff.</p> <p>#TogetherWeCan make small changes like:</p> <ul style="list-style-type: none"> 📱 Staying connected 🚶 Keeping moving 🍴 Eating well <p>That all help to improve our mental health and wellbeing.</p> <p>Visit: togetherwe-can.com/mental-health/</p>	 <p><i>Screenshot of Gif</i></p>	<p>The white text reads 'This winter let's focus on the good stuff' on a purple background with snowflakes falling. An image of a male and female laughing looking at an iPad is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.</p>
<p>Timely throughout</p>	<p>Let's be there for our neighbours.</p> <p>Small gestures can make a big difference to those lonely, vulnerable or isolated.</p> <p>#TogetherWeCan offer a helping hand this winter.</p> <p>Visit: togetherwe-can.com</p>	 <p><i>Screenshot of Gif</i></p>	<p>The white text reads 'This winter let's look out for others' on a purple background with snowflakes falling. An image of a female knocking on a house front door with a gift in her hand is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.</p>

<p>Timely throughout.</p>	<p>Keeping warm can help to prevent colds, flu and more serious health problems.</p> <p>#TogetherWeCan keep warm and well.</p> <p>Share top tips with friends, family and neighbours this season.</p> <p>Visit: togetherwe-can.com/winter-protection/</p>	 <p><i>Screenshot of Gif</i></p>	<p>The white text reads 'This winter let's keep warmer, feel better' on a purple background with snowflakes falling. An image of an elderly female wrapped in a blanket and holding a mug is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.</p>
<p>Timely ahead of and during cold weather snaps.</p>	<p>This winter let's keep on moving and don't let the cold catch you out.</p> <p>Try not to sit still for long periods 🧑</p> <p>Have plenty of hot food and drinks ☕</p> <p>#TogetherWeCan check the weather forecast and be ready for cold weather.</p> <p>Visit: togetherwe-can.com/winter-protection/</p>	 <p><i>Screenshot of Gif</i></p>	<p>The white text reads 'This winter let's keep on moving' on a purple background with snowflakes falling. An image of a smiling male outdoors in a hat, coat and scarf is encircled to the right of the text. Encapsulated in a white bubble in the bottom left, it reads 'together we can stay well this winter'.</p>