





Together We Can **STAY WELL** and **CHOOSE WELL** – Winter 2024 / 2025 – social media messages

#TogetherWeCan <https://togetherwe-can.com/>

Message	Image or Gif	Alt Text
<p><b>TWC STAY WELL</b></p> <p>Don't leave it too late 🧊</p> <p>Make sure you have enough medication to last through the holidays.</p> <p>Please order and collect what you need in good time.</p> <p>Visit <a href="https://togetherwe-can.com">togetherwe-can.com</a></p>		<p>Animation showing pills in a bottle disappearing until there are just three left.</p>
<p><b>TWC STAY WELL</b></p> <p>Don't be caught out by the weather this winter ❄️☁️🧤</p> <p>Be ready and stay well.</p> <p>Please check on older people and neighbours to ask if they need anything during bad weather. A small gesture can go a long way.</p> <p>Read top tips at: <a href="https://togetherwe-can.com/winter-protection/">togetherwe-can.com/winter-protection/</a></p>		<p>Animation of a weather warning sign that changes from cold to rain to snow and finally to wind.</p>

<p><b>TWC STAY WELL</b></p> <p>We can all feel fed-up in the winter, especially if we can't get out and about.</p> <p>Boost your mood by sharing your worries and keeping connected with friends and your local community 🤝📞📱</p> <p>Visit: <a href="https://togetherwe-can.com/winter-protection/">togetherwe-can.com/winter-protection/</a></p>	<p>TOGETHER WE CAN <b>STAY WELL</b></p> <p><b>Share your worries</b></p> <p>Talk to someone who might be able to help</p>	<p>Text message from someone who needs to go out and buy food but is worried because the weather is bad. The person they're texting offers to get the food for them.</p>
<p><b>TWC STAY WELL</b></p> <p>Keeping warm can help prevent colds, flu and more serious health problems.</p> <p>#TogetherWeCan keep warm and well. Share top tips with friends, family and neighbours this season.</p> <p>Visit: <a href="https://togetherwe-can.com/winter-protection/">togetherwe-can.com/winter-protection/</a></p>	<p>TOGETHER WE CAN <b>STAY WELL</b></p> <p><b>Hot drink anyone?</b></p> <p>There are loads of simple ways you can stay warm and well</p> 	<p>Animation of a hot drink with steam coming off it and the words 'There are loads of simple ways you can stay warm and well'.</p>
<p><b>TWC STAY WELL</b></p> <p>Many people feel lonely, not just older people. There are many things you can do when trying to overcome it. The key is realising how you feel and finding the best strategy for you.</p> <p>Find out more: <a href="https://togetherwe-can.com/mental-health/">togetherwe-can.com/mental-health/</a></p>	<p>TOGETHER WE CAN <b>STAY WELL</b></p> <p><b>Lonely? You're not alone</b></p> <p>Loneliness affects millions of us but there are ways to tackle it</p> 	<p>Animation showing one person alone, then other people appear one at a time until there's a group of people.</p>

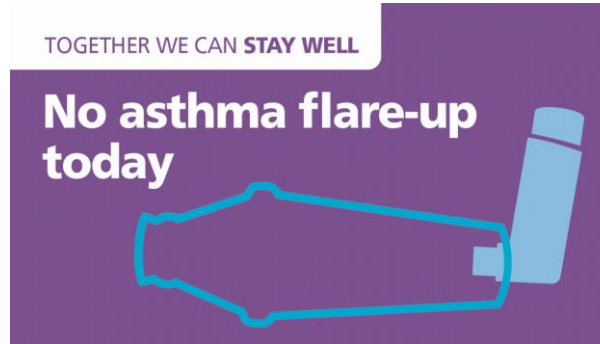
### TWC STAY WELL

Seasonal changes during autumn and winter can increase the risk of an asthma flare-up for adults & children.

Triggers can be due to high pollution and damp, calm or foggy weather.

Follow your asthma action plan and use preventer inhalers as prescribed.

[togetherwe-can.com/winter-protection/](https://togetherwe-can.com/winter-protection/)



Animation of an inhaler with a spacer being used and the words 'No asthma flare-up today'.

### TWC CHOOSE WELL

Make the right choice when you need health and care services this winter.

If you become unwell coughs, colds, sore throats and minor injuries can be treated at home. You can also speak to a community pharmacist.

Visit [togetherwe-can.com](https://togetherwe-can.com) for local health advice.



Animation shows a computer tablet with a choice of websites - NHS 111, Together We Can and self-help sites.

## TWC CHOOSE WELL

People attending A&E with an injury or condition that is not serious or life-threatening may have to wait a long time to be seen.

Help the NHS and yourself by choosing the right service most appropriate for your needs.

Visit: [togetherwe-can.com](https://togetherwe-can.com)

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A&E is for life threatening medical emergencies and serious injuries.

Winter always put a huge demand on local health services. Please help the NHS and yourself by choosing the right service most appropriate for your needs.

Visit: [togetherwe-can.com](https://togetherwe-can.com)

TOGETHER WE CAN CHOOSE WELL

## Is it an A&E emergency?

If it isn't, you may have a long wait and could choose a better option instead



Animation of a bandaged finger. The NHS 111 online logo appears and the finger clicks on that showing they've chosen 111 rather than A&E.

## TWC CHOOSE WELL

Your pharmacy can help with lots of minor health conditions so if there's something you need help with, think pharmacy first. 🗿👂👃👅

Find a local pharmacy at [togetherwe-can.com/find-a-pharmacy/](https://togetherwe-can.com/find-a-pharmacy/)

TOGETHER WE CAN CHOOSE WELL

## Get the help you need

Don't wait for minor health conditions to get worse, think pharmacy first



Shop sign with some minor health conditions people can get help with at a pharmacy – sore throat, pee that burns, ear ache and itchy skin.

**TWC CHOOSE WELL**

A&E is for life threatening medical emergencies and serious injuries. [111.nhs.uk](http://111.nhs.uk) is for urgent medical advice.

Make the right choice when you need health and care services this winter.

 [togetherwe-can.com](http://togetherwe-can.com)

TOGETHER WE CAN  
CHOOSE WELL



“Please only come to A&E for life-threatening medical emergencies and serious injuries.”



Naren Vandanapu  
Consultant

Naren Vandanapu, consultant

Consultant, Naren Vandanapu, asks “Please only come to A&E for life-threatening medical emergencies and serious injuries”

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TOGETHER WE CAN  
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“Please only come to A&E for life-threatening medical emergencies and serious injuries.”



Soorya Pillai  
Staff Nurse

Soorya Pillai, Staff Nurse

Staff Nurse, Soorya Pillai, asks in “Please only come to A&E for life-threatening medical emergencies and serious injuries”

## TWC CHOOSE WELL

### Thanks to CHFT

Naren Vandanapu, consultant  
Hindi and Urdu

Kris Skapski, consultant  
Polish

Soorya Pillai, staff nurse  
Malayalam

Rachel Barrow, emergency nurse practitioner  
English

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111.nhs.uk is for urgent medical advice.

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براه کرم صرف جان لیوا طبی ہنگامی صورتحال پر آئیں۔ A&E اور سنگین چوٹوں کے لیے اگر آپ کو فوری طبی ایمرجنسی ہے اور آپ کو یقین نہیں ہے کہ کیا کرنا ہے تو 111 پر کال کریں یا [www.111.nhs.uk](http://www.111.nhs.uk) پر جائیں۔

ایک ساتھ مل کر ہم اچھی طرح سے انتخاب کر سکتے ہیں۔



نارین وندناپو، کنسلٹنٹ

Naren Vandanapu, consultant (URDU)

TOGETHER WE CAN  
CHOOSE WELL



कृपया केवल जीवन के लिए खतरा पैदा करने वाली चिकित्सा आपात स्थितियों और गंभीर चोटों के लिए ही A&E में आएं। अगर आपको कोई आपातकालीन चिकित्सा आपात स्थिति है और आप सुनिश्चित नहीं हैं कि क्या करें तो 111 पर कॉल करें या [www.111.nhs.uk](http://www.111.nhs.uk) पर जाएं

हम सब मिलकर अच्छा चुनाव कर सकते हैं



नरेन वंदनापु, सलाहकार

Naren Vandanapu, consultant (HINDI)

Consultant, Naren Vandanapu, asks in Urdu “Please only come to A&E for life-threatening medical emergencies and serious injuries. If you have an urgent medical emergency and aren’t sure what to do call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk)”

Consultant, Naren Vandanapu, asks in Hindi “Please only come to A&E for life-threatening medical emergencies and serious injuries. If you have an urgent medical emergency and aren’t sure what to do call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk)”



Please only come to A&E for life-threatening medical emergencies and serious injuries.

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TOGETHER WE CAN  
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Please only come to A&E for life-threatening medical emergencies and serious injuries.

If you have an urgent medical emergency and aren't sure what to do call **111** or visit: [111.nhs.uk](http://111.nhs.uk)



Naren Vandanapu  
Consultant

TOGETHER WE CAN  
CHOOSE WELL



Prosimy zgłaszać się na A&E tylko w przypadku nagłych przypadków medycznych zagrażających życiu i poważnych obrażeń. Jeśli masz pilny przypadek medyczny i nie wiesz, co robić, zadzwoń pod numer 111 lub odwiedź stronę [www.111.nhs.uk](http://www.111.nhs.uk)

Razem możemy  
dobrze wybrać



Kris Skąpski, konsultant

Consultant, Naren Vandanapu, asks "Please only come to A&E for life-threatening medical emergencies and serious injuries. If you have an urgent medical emergency and aren't sure what to do call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk)"

Consultant, Kris Skąpski, asks in Polish "Please only come to A&E for life-threatening medical emergencies and serious injuries. If you have an urgent medical emergency and aren't sure what to do call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk)"

Kris Skapski, consultant (POLISH)

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and serious injuries.

If you have an urgent medical  
emergency and aren't  
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Kris Skapski  
Consultant

Consultant, Kris Skapski, asks  
“Please only come to A&E for  
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Your local NHS services are busy.

If you become unwell help the NHS and yourself by choosing the right service most appropriate for your needs.

A&E for life-threatening medical emergencies and serious injuries.

Visit [togetherwe-can.com](http://togetherwe-can.com) for local health advice or use NHS 111 online.

TOGETHER WE CAN  
CHOOSE WELL



ജീവൻ അപകടപ്പെടുത്തുന്ന മെഡിക്കൽ അത്യാഹിതങ്ങൾക്കും ഗുരുതരമായ പരിക്കുകൾക്കും മാത്രം **A&E**-യിൽ വരൂ. നിങ്ങൾക്ക് അടിയന്തിര വൈദ്യസഹായം ഉണ്ടെങ്കിൽ, എന്തുചെയ്യണമെന്ന് ഉറപ്പില്ലെങ്കിൽ **111** എന്ന നമ്പറിൽ വിളിക്കുക അല്ലെങ്കിൽ [www.111.nhs.uk](http://www.111.nhs.uk) സന്ദർശിക്കുക

നമുക്ക് ഒരുമിച്ച്  
നന്നായി തിരഞ്ഞെടുക്കാം



സൂര്യ പിള്ള, സ്റ്റാഫ് നഴ്സ്

Soorya Pillai, Staff Nurse (Malayalam)

TOGETHER WE CAN  
CHOOSE WELL



Please only come to A&E for life-threatening medical emergencies and serious injuries.

If you have an urgent medical emergency and aren't sure what to do call **111** or visit: [111.nhs.uk](http://111.nhs.uk)



Soorya Pillai  
Staff Nurse

Staff Nurse, Soorya Pillai, asks in Malayalam “Please only come to A&E for life-threatening medical emergencies and serious injuries. If you have an urgent medical emergency and aren't sure what to do call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk)”

Staff Nurse, Soorya Pillai, asks “Please only come to A&E for life-threatening medical emergencies and serious injuries. If you have an urgent medical emergency and aren't sure what to do call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk)”

Please remember that A&Es are for life-threatening medical emergencies and serious injuries.

If you have an urgent medical emergency and aren't sure what to do visit [www.111.nhs.uk](http://www.111.nhs.uk)

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Rachel Barrow  
Emergency Nurse Practitioner

Rachel Barrow, Emergency Nurse Practitioner  
(English)

Emergency Nurse Practitioner, Rachel Barrow, asks "Please only come to A&E for life-threatening medical emergencies and serious injuries. If you have an urgent medical emergency and aren't sure what to do call 111 or visit [www.111.nhs.uk](http://www.111.nhs.uk)"