



A further suite of ‘Together We Can’ graphics have been compiled and can be used alongside existing message included in this year’s winter campaign. Local healthcare staff have kindly supported this year’s winter messages that can help people to receive the right care first time and to ease system pressures wherever possible. It also helps to promote that we can all do our bit to stay well and choose well this winter.

Message	Graphic	Alt text
<p>Winter is a very busy time for health services so it’s useful to know about all the services available to you should you become unwell.</p> <p>Visit: togetherwe-can.com</p> <p>Thank you for supporting our #NHS by choosing well.</p>	 <p>TOGETHER WE CAN STAY WELL THIS WINTER </p> <p>“Winter is a very busy time for health services so please make sure you choose the service that's right for your needs.”</p> <p>Tom Ladlow, Head Nurse, Urgent and Emergency Care</p>	<p>Photograph of Tom Ladlow, Head Nurse, Urgent and Emergency Care is encircled. Quote reads “Winter is a very busy time for health services so please make sure you choose the service that’s right for your needs.”. Together we can stay well this winter wording and NHS logo also included.</p>

Stay well this winter and help to prevent the spread of seasonal bugs.

Catch, bin and kill those coughs and sneezes. 🧻 🗑️ 🧼

Getting your winter vaccines if eligible will also help you to #StayWell

Visit: togetherwe-can.com/winter-protection

TOGETHER WE CAN
STAY WELL THIS WINTER



“Using tissues to catch coughs or sneezes and washing our hands afterwards can help prevent the spread of seasonal bugs this winter.”



Charlotte Jewell,
Clinical Educator -
Paediatric Surgery

Photograph of Charlotte Jewell, Clinical Educator – Paediatric Surgery is encircled. Quote reads “Using tissues to catch coughs or sneezes and washing our hands afterwards can help prevent the spread of seasonal bugs this winter.”. Together we can stay well this winter wording and NHS logo also included.

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

NHS 111 is available for urgent medical advice, both over the phone and online.

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

Visit: togetherwe-can.com

TOGETHER WE CAN
STAY WELL THIS WINTER



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



Dr Alex Danecki,
Consultant in
Emergency Medicine

Photograph of Dr Alex Danecki, Consultant in Emergency Medicine is encircled. Quote reads “Please only come to A&E for life-threatening medical emergencies and serious injuries.”. Together we can stay well this winter wording and NHS logo also included.

Health services are very busy, especially at this time of year and colleagues are working hard to provide the care that's needed.

📱 togetherwe-can.com has lots of useful information and advice and can help you choose the right service if you become unwell this winter.

TOGETHER WE CAN
STAY WELL THIS WINTER



"Health services are very busy, especially at this time of year and our teams are working hard to provide the care that's needed."



Jamil Ahmed,
Patient Service
Manager

Photograph of Jamil Ahmed, Patient Service Manager is encircled. Quote reads "Health services are very busy, especially at this time of year and our teams are working hard to provide the care that's needed.". Together we can stay well this winter wording and NHS logo also included.

This winter, get ahead and download the [#NHSapp](#) and order repeat prescriptions at a time that's convenient for you.

You can also

- 👍 book GP appointments
- 👍 find information and advice
- 👍 view your medical records.

Find out more at: togetherwe-can.com/onlineservices

TOGETHER WE CAN
STAY WELL THIS WINTER



"I downloaded the NHS app so I can order my repeat prescriptions at a time when it's convenient for me."



Jodie Hearnshaw,
Hospital Charity
Manager

Photograph of Jodie Hearnshaw, Hospital Charity Manager is encircled. Quote reads "I downloaded the NHS app so I can order my repeat prescriptions at a time when it's convenient for me.". Together we can stay well this winter wording and NHS logo also included.

NHS 111 is available if you need medical help or advice quickly.

Reach the team by visiting 111.nhs.uk or call 111.

Find out more at: togetherwe-can.com/onlineservices

TOGETHER WE CAN
STAY WELL THIS WINTER



"NHS 111 is available if you need medical help or advice quickly. Reach us by visiting 111.nhs.uk or calling 111."



NHS 111
Call Handler

Photograph of an NHS 111 Call Handler is encircled. Quote reads "NHS 111 is available if you need medical help or advice quickly. Reach us by visiting 111.nhs.uk or calling 111.". Together we can stay well this winter wording and NHS logo also included.

If you're feeling unwell and unsure of where to turn this winter think NHS 111 first. The team at 111.nhs.uk are there for you 24 hours a day, 7 days a week.

Find out more at: togetherwe-can.com/onlineservices/

TOGETHER WE CAN
STAY WELL THIS WINTER



"Feeling unwell and unsure of where to turn? Think 111.nhs.uk first. We're here for you 24 hours a day, 7 days a week."



NHS 111
Call Handler

Photograph of an NHS 111 Call Handler is encircled. Quote reads "Feeling unwell and unsure of where to turn? Think 111.nhs.uk first. We're here for you 24 hours a day, 7 days a week.". Together we can stay well this winter wording and NHS logo also included.

If you're a parent or carer you can find trusted online healthcare advice whenever you need it this winter.

wyhealthiertogether.nhs.uk has been developed by local healthcare professionals and helps you decide where to find advice or treatment and much more.

TOGETHER WE CAN
STAY WELL THIS WINTER



"As a parent of a young child, it can be worrying when they are unwell. That's why I use West Yorkshire Healthier Together for trustworthy online healthcare advice."



Tim Beardwood,
Project Manager

Photograph of Tim Beardwood, Project Manager is encircled. Quote reads "As a parent of a young child, it can be worrying when they are unwell. That's why I use West Yorkshire Healthier Together for trustworthy online healthcare advice.". Together we can stay well this winter wording and NHS logo also included.

If you become unwell many minor illnesses and injuries can be treated at home.

You can also speak to your local pharmacy team. They can advise on a range of over-the-counter treatments.

Visit: togetherwe-can.com/find-a-pharmacy/

TOGETHER WE CAN
STAY WELL THIS WINTER



"There are lots of coughs, colds, sickness and stomach bugs about. Your local pharmacy can offer expert advice on over-the-counter treatments."



David Smith,
Chief Pharmacist
NHS West Yorkshire ICB

Photograph of David Smith, Chief Pharmacist, NHS West Yorkshire ICB. Quote reads "There are lots of coughs, colds, sickness and stomach bugs about. Your local pharmacy can offer expert advice on over-the-counter treatments.". Together we can stay well this winter wording and NHS logo also included.