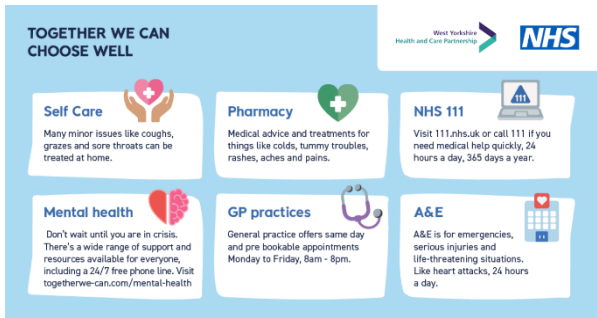




Message	Graphic	Alt text
<p>#TogetherWeCan Choose Well.</p> <p>togetherwe-can.com has advice to help you choose the right service.</p> <p>Local health services are really busy this winter, so it's useful to know about the services available if you become unwell.</p> <p>Visit: <a href="https://togetherwe-can.com/">togetherwe-can.com/</a></p>	 <p>The graphic is a light blue rectangular card with the title 'TOGETHER WE CAN CHOOSE WELL' at the top left. It features six white boxes arranged in a 2x3 grid, each with an icon and text: 'Self Care' (hands holding a heart), 'Pharmacy' (green heart with cross), 'NHS 111' (NHS logo), 'Mental health' (brain), 'GP practices' (stethoscope), and 'A&amp;E' (ambulance). The NHS logo is in the top right corner.</p>	<p>Together we can choose well. Text boxes with images for self-care, pharmacy, NHS 111, mental health, GP practices and A&amp;E advising when and how to access the services.</p> <p>The West Yorkshire Health and Care Partnership and NHS logo are included.</p>
<p>#TogetherWeCan look out for each other this winter – particularly older and vulnerable people in our communities.</p> <p>There's lots you can do to stay well and help yourselves and others this season. Visit <a href="https://togetherwe-can.com/winter-protection/">https://togetherwe-can.com/winter-protection/</a></p>	 <p>The graphic is a light blue rectangular card with the title 'TOGETHER WE CAN CHOOSE WELL' at the top left. The main text 'Look out for others' is in large, bold, dark blue font. Below it, a subtext reads: 'Check in on older or vulnerable people during the colder months and help them stay well this winter.' The card features icons of hands holding a heart, a pharmacy sign, and a green heart with a cross. The NHS logo is in the top right corner.</p>	<p>Wording says 'look out for others'. Images of self-care heart, medicine, syringe, helping hands and heart with pharmacy sign. The West Yorkshire Health and Care Partnership and NHS logo is included.</p>
<p>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.</p> <p><a href="https://togetherwe-can.com/familyhealth/">https://togetherwe-can.com/familyhealth/</a></p> <p>#TogetherWeCan Choose Well.</p>	 <p>The graphic is a light blue rectangular card with a central image of a heart with lines connecting to it, symbolizing a network or support. The NHS logo is in the top right corner.</p>	<p>The wording 'healthier together this winter' with an image of a heart connecting people. Logos include West Yorkshire Health and Care Partnership, West Yorkshire Heathier Together and NHS.</p>



## Healthier together this winter



Find lots of useful information and advice for families with babies and children.

TOGETHER WE CAN CHOOSE WELL

If you're worried about your child's health this winter, you can find online healthcare advice - recommended by local healthcare professionals whenever you need it.

<https://togetherwe-can.com/familyhealth/>



## Find trustworthy online healthcare advice if you're worried about your child's health.



TOGETHER WE CAN CHOOSE WELL

The wording 'find trustworthy online healthcare advice if you're worried about your child's health'. Cartoon image of a poorly teddy bear and a heart connecting people. Logos include West Yorkshire Health and Care Partnership, West Yorkshire Healthier Together and NHS.

Support the NHS by making the right choice when you need health and care services this winter.

A&E is for emergencies, serious injuries and life-threatening situations.

<http://111.nhs.uk> is for urgent medical advice.

Find out when to go to A&E: <http://togetherwe-can.com/when-to-visit-ae/>

TOGETHER WE CAN  
CHOOSE WELL



## Is it an emergency?

**A&E is for emergencies, serious injuries  
and life-threatening situations.**

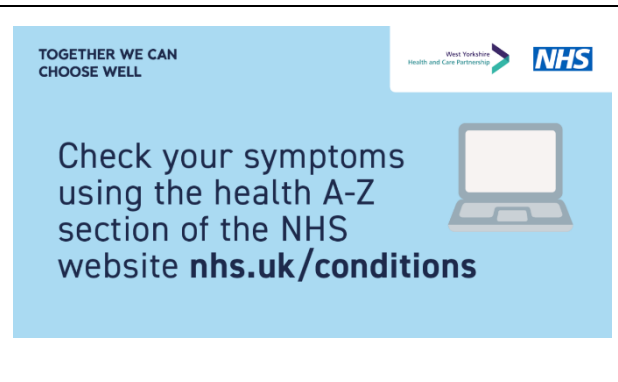


The wording 'is it an emergency?' and 'A&E is for emergencies, serious injuries and life-threatening situations' with a cartoon image of A&E with a love heart. The West Yorkshire Health and Care Partnership and NHS logo are included.

It's dark, it's cold, and common illnesses like coughs, colds, sickness and diarrhoea are on the rise.

A big part of your recovery from minor ailments is to rest and drink plenty of fluids.

Check your symptoms and find out more by visiting:  
<https://togetherwe-can.com/online-services/>



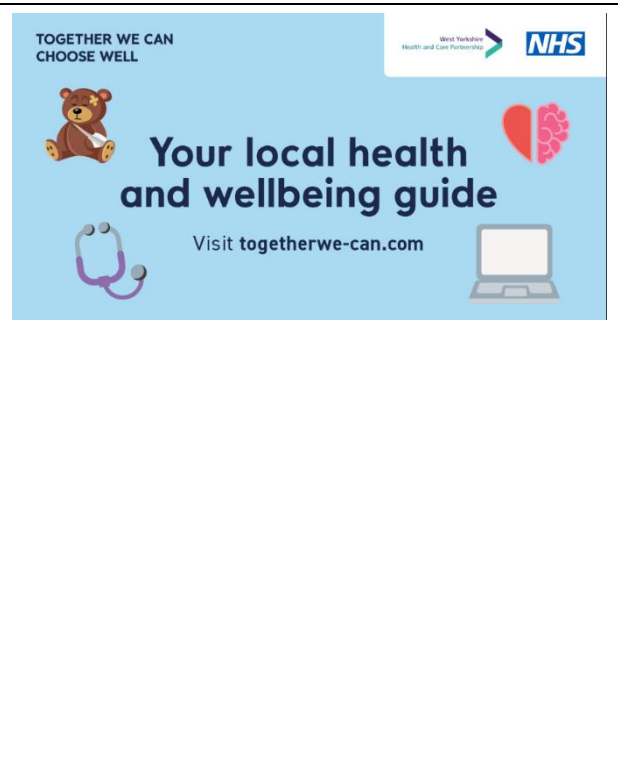
The wording 'check your symptoms using the health A-Z section of the NHS website' and the website URL. There is a cartoon image of a laptop. The West Yorkshire Health and Care Partnership and NHS logo are included.

togetherwe-can.com is your local health and wellbeing guide this winter.

You'll find information on:




- 🌿 Seasonal advice
- 👨‍👩‍👧‍👦 Family health
- 💻 Local & online services
- 🏠 GP practice and pharmacy finder
- 🧠 Mental health
- 🏠 Cost of living











...and much more.



The wording 'your local health and wellbeing guide' with website URL and cartoon images of a poorly teddy bear, a stethoscope, a laptop and mental health heart. The West Yorkshire Health and Care Partnership and NHS logo are included.

## GIFS/MP4s

<p><b>No 1</b> <b>First aid kit</b></p> <p>This is available as an mp4 rather than GIF. The only difference between the two formats is that mp4s won't automatically loop on twitter and linked in, but they will still loop on Facebook and Instagram as that's the settings.</p>	<p>A well-stocked first aid kit can help you treat many minor injuries and conditions at home.</p> <p>Stock-up in your local <a href="#">#pharmacy</a>, shop or supermarket.</p> <p>Find out more at: <a href="https://togetherwe-can.com/stay-well/">https://togetherwe-can.com/stay-well/</a></p>	 <p>TOGETHER WE CAN CHOOSE WELL</p> <p>West Yorkshire Health and Care Partnership</p> <p><b>Is your first aid kit stocked up?</b></p>	
<p><b>No 2</b> <b>If you feel unwell</b></p>	<p>Coughs, colds, sore throats and minor ailments can be treated at home.</p> <p>If you need health advice or over-the-counter treatments, speak to a local community pharmacist.</p> <p>If you need medical help or advice quickly, go to <a href="https://111.nhs.uk">111.nhs.uk</a></p> <p><a href="https://togetherwe-can.com/">togetherwe-can.com/</a></p>	 <p>TOGETHER WE CAN CHOOSE WELL</p> <p>West Yorkshire Health and Care Partnership</p> <p><b>If you feel unwell</b></p> <p>Coughs, colds, sore throats and minor injuries can be treated at home with a well-stocked medicine cabinet.</p> 	

<p><b>No 3</b> <b>Mental health</b></p>	<p>Boost your mood this winter and don't let the dark days get you down.</p> <ul style="list-style-type: none"> <li> Keep moving</li> <li> Stay connected</li> <li> Eat well</li> </ul> <p>It's important that we look after our mental health and wellbeing the same way we do with our physical health.</p> <p>Visit: <a href="https://togetherwe-can.com/mental-health/">togetherwe-can.com/mental-health/</a></p>	 <p>TOGETHER WE CAN CHOOSE WELL</p> <p>West Yorkshire Health and Care Partnership</p> <p><b>Boost your mood this winter</b></p>
<p><b>No 4</b> <b>Local health and wellbeing guide</b></p>	<p><a href="https://togetherwe-can.com">togetherwe-can.com</a> is your local health and wellbeing guide this winter.</p> <p>You'll find helpful information on:</p> <ul style="list-style-type: none"> <li> Seasonal advice</li> <li> Family health</li> <li> Local &amp; online services</li> <li> GP practice and pharmacy finder</li> <li> Mental health</li> <li><input type="checkbox"/> Cost of living</li> </ul> <p>...and much more.</p>	 <p>TOGETHER WE CAN CHOOSE WELL</p> <p>West Yorkshire Health and Care Partnership</p> <p><b>Your local health and wellbeing guide</b></p> <p>Visit <a href="https://togetherwe-can.com">togetherwe-can.com</a></p>

**No 5  
Young adults**

**(This refers to the health A-Z  
not NHS 111)**

Your local NHS is busy.

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

To find out more about online services visit:  
[togetherwe-can.com/online-services/](https://togetherwe-can.com/online-services/)

**TOGETHER WE CAN  
CHOOSE WELL**

West Yorkshire  
Health and Care Partnership



## If you feel unwell

Coughs, colds, sore throats  
and minor injuries can be  
treated at home.

