

# What can the Access to Care Team help me with?

The Access to Care team will help you to navigate the following services available in Wiltshire:

- **All referrals to Community Teams**  
Nursing, therapy and health related Help To Live At Home domiciliary care
- **Urgent care and help to live @ home**  
Urgent domiciliary social care delivered in the patient's home for up to 72 hours. Access to urgent respite care
- **Health care professional line**  
Access for healthcare staff to medical advice in the out of hours service, without being triaged through NHS 111 pathways
- **Intermediate care**  
A new service including access to step-up beds
- **Acute Trust Hospital Liaison (ATL)**  
The 'in reach' service of Access to Care - facilitating the transfer of patients out of an acute hospital at the earliest possible opportunity
- **Discharge to assess**  
A new seven day service that will enable earlier supported discharge from hospital once the patient is medically stable - providing assessment and extra support after discharge from all three district acute hospitals and established community wards
- **Home from hospital**  
Short-term aftercare services - such as shopping, making the house warm - provided by a member of the voluntary sector for people returning home from hospital
- **End of life**  
Access to extended services provided by all three hospices in Wiltshire

**STAY WELL  
THIS WINTER**

Call the Access to Care Team:

**0300 111 5818**

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**0300 111 5818**

**NHS**

*Wiltshire*

*Clinical Commissioning Group*

# Need urgent medical advice for a resident?

Call the Access to Care telephone line on:

**0300 115 818**

**STAYWELL  
THISWINTER**





Public Health  
England

**NHS**

Wiltshire

Clinical Commissioning Group

# Got a child aged 2, 3 or 4?

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Flu can be serious  
for young children.

Help protect them from  
flu with one simple  
nasal spray. It's free,  
fast and painless.

Don't put it off. Take up the offer  
from your GP as soon as you can.

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**STAYWELL  
THISWINTER**







Public Health  
England

**NHS**

Wiltshire

Clinical Commissioning Group

# Got a child in year 1 or 2 at school?

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Flu can be serious  
for young children.

Help protect them from  
flu with one simple  
nasal spray. It's free,  
fast and painless.

This year all children in school years 1 and 2  
are being offered the free flu vaccination.

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**STAYWELL  
THISWINTER**

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



Melissa Dalton, Nurse



Public Health  
England

**NHS**

Wiltshire

Clinical Commissioning Group

# Have you still not had your flu jab?

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If you're 65 or over or you have an existing health problem, flu can be dangerous.

That's why you're eligible for a free flu jab.

Don't put it off. Get your flu jab straight away.

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**STAYWELL  
THISWINTER**





# Do you have a long-term health condition or are you 65 or over?

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Make sure you get your  
prescription medicines  
before Christmas Eve.

Because many GPs and Pharmacies  
will close over the holidays.

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**STAYWELL  
THISWINTER**



# Do you have a long-term health condition or are you 65 or over?

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Cold weather can  
be seriously bad for  
your health.

Keep yourself warm.  
Your home should be  
at least 18° C (65° F).

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**STAYWELL  
THISWINTER**







Public Health  
England

**NHS**

Wiltshire

Clinical Commissioning Group

# Are you expecting a baby?

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Catching flu could lead to complications.

All pregnant women are entitled to a free flu jab.

Don't put it off. Ask your GP, pharmacist or midwife about the free flu jab now.

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**STAYWELL  
THISWINTER**

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



Dede Efueye, Midwife



# Do you have a long-term health condition?

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If you feel like you're getting a cough or a cold on top of your existing condition, get advice from your pharmacist before it gets more serious.

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**STAYWELL  
THISWINTER**



Heart FM – Digital

<b>Campaign</b>	<p><b><u>Good Morning Partnership:</u></b></p> <p>Lay down: 10" credit ads – 45 x weekly credits</p> <p>06:36 &amp; 06:56 07:36 08:05 &amp; 08:36 09:56 10:15 &amp; 10:56 11:15</p> <p>Client credit includes "client name and 8 word tagline"</p> <p><b>Run of site Online display</b> Includes run of site display on Heart Wiltshire. Guaranteed 60,000 impressions per month.</p> <p><b><u>DAX campaign:</u></b></p> <p>100,000 impressions across Wiltshire (Including Salisbury).</p> <p>Includes production of a 30 second commercial licensed onto all DAX platforms. Ad license for this campaign is for 100,000 impressions.</p>
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## Heart FM – Broadcast airtime

Airtime details							
	Impacts	Reach (%)	OTH	Spots	Ratings	Pop.	Revenue
Heart	1,036	n/a	n/a	278	n/a	n/a	£7,767.69
Heart West Country - Wiltshire (West Wiltshire) <small>NR</small>	1,036	96 (42)	10.8	278	417.4	228	£7,767.69
Wk 1 (16 Nov - 22 Nov)	68	31 (13.8)	2.2	25	27.4	228	£563.36
Wk 2 (23 Nov - 29 Nov)	65	30 (13.3)	2.1	25	26.0	228	£509.26
Wk 3 (30 Nov - 6 Dec)	84	35 (15.3)	2.4	25	33.7	228	£563.38
Wk 4 (7 Dec - 13 Dec)	74	33 (14.5)	2.2	25	29.6	228	£539.97
Wk 5 (14 Dec - 20 Dec)	98	39 (17.1)	2.5	25	39.3	228	£734.26
Wk 6 (21 Dec - 27 Dec)	100	38 (16.7)	2.6	25	40.1	228	£791.45
Wk 7 (28 Dec - 3 Jan)	117	42 (18.2)	2.8	25	47.0	228	£847.64
Wk 8 (4 Jan - 10 Jan)	114	40 (17.3)	2.9	25	46.0	228	£846.16
Wk 9 (11 Jan - 17 Jan)	107	41 (17.8)	2.6	25	43.0	228	£787.70
Wk 10 (18 Jan - 24 Jan)	110	41 (18)	2.7	28	44.5	228	£827.03
Wk 11 (25 Jan - 31 Jan)	101	40 (17.3)	2.6	25	40.7	228	£757.48
Smooth Radio	467	n/a	n/a	274	n/a	n/a	£1,232.30
Smooth Radio West Country - Swindon & West Wiltshire <small>NR</small>	467	54 (8.3)	8.6	274	72.4	658	£1,232.30
Wk 1 (16 Nov - 22 Nov)	32	18 (2.8)	1.7	25	4.9	658	£97.90
Wk 2 (23 Nov - 29 Nov)	61	23 (3.4)	2.7	25	9.4	658	£159.46
Wk 3 (30 Nov - 6 Dec)	46	21 (3.3)	2.1	25	7.1	658	£122.02
Wk 4 (7 Dec - 13 Dec)	30	18 (2.7)	1.7	24	4.7	658	£81.48
Wk 5 (14 Dec - 20 Dec)	33	18 (2.7)	1.8	25	5.0	658	£93.50
Wk 6 (21 Dec - 27 Dec)	34	19 (2.9)	1.8	25	5.2	658	£91.60
Wk 7 (28 Dec - 3 Jan)	43	20 (3)	2.2	25	6.6	658	£106.63
Wk 8 (4 Jan - 10 Jan)	45	20 (3.1)	2.2	25	7.0	658	£114.76
Wk 9 (11 Jan - 17 Jan)	48	21 (3.2)	2.3	25	7.4	658	£120.33
Wk 10 (18 Jan - 24 Jan)	47	21 (3.2)	2.2	25	7.3	658	£121.28
Wk 11 (25 Jan - 31 Jan)	49	22 (3.3)	2.3	25	7.6	658	£123.34
<b>Airtime totals</b>	<b>1,503</b>	<b>n/a</b>	<b>n/a</b>	<b>552</b>	<b>n/a</b>	<b>n/a</b>	<b>£8,999.99</b>
Start of Week	677	n/a	n/a	267	n/a	n/a	£3,613.46
End of Week	826	n/a	n/a	285	n/a	n/a	£5,386.53
Overnight	36	n/a	n/a	108	n/a	n/a	£290.53
Breakfast	386	n/a	n/a	105	n/a	n/a	£2,442.08
Morning	408	n/a	n/a	76	n/a	n/a	£2,201.29
Afternoon	269	n/a	n/a	69	n/a	n/a	£1,339.11
Drive	257	n/a	n/a	88	n/a	n/a	£1,958.62
Evening	148	n/a	n/a	106	n/a	n/a	£768.36



# Spire FM broadcast airtime

			S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	Spots	Spot Rate	Total	
Nov-15	Timezone	Length	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					
	SPI	05-10	30	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	60	10.00	600.00	
	SPI	10-14	30	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	30	10.00	300.00		
	SPI	14-18	30	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	60	10.00	600.00		
				T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T			
Dec-15	Timezone	Length	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Spots	Spot Rate	Total	
	SPI	05-10	30	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	62	10.00	620.00	
	SPI	10-14	30	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	31	10.00	310.00	
	SPI	14-18	30	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	62	10.00	620.00	
				F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S			
Jan-16	Timezone	Length	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Spots	Spot Rate	Total	
	SPI	05-10	30	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	62	10.00	620.00
	SPI	10-14	30	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	31	10.00	310.00
	SPI	14-18	30	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	62	10.00	620.00
				Total booked spots for all stations																												460		4,600.00			

## **PRESS RELEASE**

**ISSUED: 23 October 2015**

### **Stay well this winter and avoid the flu**

With the drop in temperature over the last few weeks you can't fail to notice that winter is on its way and with it comes the start of the cold and flu season.

To help you to stay well this winter, GPs and pharmacies throughout the county are offering an annual flu vaccination to people most at risk from developing complications. Pregnant women, those over 65, people with long term health conditions and their carers, are all eligible to receive a free vaccination to help them to stay well this winter.

In addition, children in school years one and two and children aged two, three and four are entitled to receive a free nasal spray vaccine that is quick, painless and non-invasive. Parents of children aged two to four are encouraged to book an appointment with their GP to vaccinate their child against the flu virus. Parents of children in school years one and two are asked to complete a consent form to allow the school immunisation teams to administer the nasal spray flu vaccine to their children. For children in areas where the vaccination is not offered through their school, parents should make an appointment with the local GP.

Dr Lindsay Kinlin, spokesperson for Wiltshire Clinical Commissioning Group and GP at The Avenue Surgery in Warminster comments: "Most people with the flu start to feel better after a few days. Bed rest, plenty of liquids and a mild pain relief such as paracetamol is often all that is required. However, for more vulnerable people, like the very young or the elderly, flu can be extremely dangerous and in some serious cases, can be fatal.

"For those people, having the flu vaccine is the best way to help them to stay healthy this winter. If you are pregnant, over 65, have a long term health condition or care for someone that does make sure you remember to take up the offer of your free flu vaccination. You can make an appointment with your local doctor or there are a number of pharmacies in the county that are offering the vaccination to people in vulnerable groups free of charge."

Wiltshire Council corporate director, Maggie Rae said: "We want as many families as possible protected and the flu vaccine is the best protection we have against an unpredictable virus that can make people seriously unwell, particularly those in at risk

groups.

“I would urge people to get the vaccination as soon as possible as the virus does evolve and we want families to stay safe during the winter months and beyond.”

Dr Lindsay Kinlin continues: “To help stop the spread of flu and the chance of catching it, good hygiene is really important. Washing your hands regularly with soap and water, using a tissue to cover your mouth when you cough or sneeze and putting used tissues in the bin all help to prevent catching or spreading the flu virus.”

The flu is not the same as the common cold. The flu is caused by a different group of viruses and often tends to start more suddenly, be more severe and last for longer. If you think you have the flu try to avoid interacting too much with other people until you start to feel better.

The main differences between the flu and a common cold are:

Flu symptoms:

- Come on quickly
- Usually include fever and aching muscles
- Make you feel too unwell to continue your usual activities

Cold symptoms:

- Come on gradually
- Mainly affect your nose and throat
- Are fairly mild, so you can still get around and are usually well enough to go to work

Wiltshire Council cabinet member for public health, Keith Humphries said: “A flu vaccination is the type of thing that’s easily put off and put off until it’s forgotten about.

“However, the vaccination process is quick and simple and will help protect people as much as possible from this virus, which for some people can have particularly devastating consequences.”

For further information on how to stay well this winter visit <http://www.wiltshireccg.nhs.uk/stay-well-this-winter>.

**ENDS**

**Notes for Editors:**

**About Wiltshire Clinical Commissioning Group**



NHS Wiltshire Clinical Commissioning Group (CCG) is the commissioner of health care services for the population of Wiltshire. The CCG is led by local GPs who have first-hand experience of what their patients need.

The CCG consists of 58 GP member practices and works closely with local partners including Wiltshire Council, local NHS providers, patients and the public to manage existing NHS services and implement new services to ensure that high quality health and social care is delivered to the population as close to their home as possible. Further information can be found on the website [www.wiltshireccg.nhs.uk](http://www.wiltshireccg.nhs.uk)

### **About Wiltshire Council**


Wiltshire Council, formed in 2009, is one of the largest unitary authorities in the country. The council is made up of 98 councillors and is one of the biggest employers in Wiltshire.



The council is responsible for providing around 350 services including children and adult social care, waste collection, highways maintenance, and planning and leisure services. Additionally, in April 2013, the responsibility of public health services formally transferred to the council. More information about the council can be found at [www.wiltshire.gov.uk](http://www.wiltshire.gov.uk)

### **Further information:**




Wiltshire Clinical Commissioning Group Communications team:  
[Communications.wiltshireccg@nhs.net](mailto:Communications.wiltshireccg@nhs.net)





Wiltshire Council Communications team:  
[pressteam@wiltshire.gov.uk](mailto:pressteam@wiltshire.gov.uk)



Date	Twitter content	Facebook content
14/10/2015		Are you eligible for a free flu jab? Find out on our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a>
15/10/2015	Are you eligible for a free flu jab? Find out on our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a> #staywell	
16/10/2015		
17/10/2015 (W)		
18/10/2015 (W)	When is it a cold or when is it #flu? Find out on our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a> #staywell	<p>Pharmacists are not just experts in medicines, they can also offer advice on a range of illnesses and injuries. Find your local Pharmacy here: <a href="http://bit.ly/YourPharmacy">http://bit.ly/YourPharmacy</a></p> 
19/10/2015		
20/10/2015		
21/10/2015	You need a flu vaccination every year to make sure you are protected. So book yours now	Do you know how to spot the difference between a cold and the flu? Find out more on our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a>

Date	Twitter content	Facebook content
	<p>before flu starts to circulate #staywell</p> <p>Pharmacists are not just experts in medicines, they can also offer advice on a range of illnesses and injuries. Find your local Pharmacy here: <a href="http://bit.ly/YourPharmacy">http://bit.ly/YourPharmacy</a> #staywell</p>	
22/10/2015	<p>Adult #flu vaccine eligibility: pregnant women, over 65s &amp; under 65s with long term conditions #staywellthiswinter <a href="http://bit.ly/1G5pep0">http://bit.ly/1G5pep0</a></p>	<p>The flu vaccine is now available, so why not make an appointment with your Pharmacist or GP to get a flu jab before flu starts to circulate.</p> 
23/10/2015	<p>For the first time all youngest primary school children are eligible to receive the free nasal spray #flu vaccine #staywell</p>	
24/10/2015 (W)		
25/10/2015 (W) <b>Clocks go back</b>	<p>The flu vaccine is now available. Make an appointment with your Pharmacist or GP now before flu starts to circulate #staywell</p>	<p>If you're pregnant, you're eligible for a free flu jab. Find out more on our website <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a></p>








Date	Twitter content	Facebook content
		
26/10/2015	<p>Flu is a viral infection &amp; cannot be treated by antibiotics. Drink plenty of fluids &amp; stock up on remedies for home treatment #staywell</p>	
27/10/2015	<p>What are the common myths around #flu? Find out in this great video from @PHE <a href="http://bit.ly/1MX180W">http://bit.ly/1MX180W</a> #staywell</p>	<p>Do you have a child aged 2-4? Help protect them from flu with a free flu vaccination nasal spray. Find out more on our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a></p> 
28/10/2015	<p>Are you eligible for a free flu jab? Find out on our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a></p> 	<p>Do you know how long a cold normally lasts? The answer may surprise you! <a href="http://bit.ly/ColdRecovery">http://bit.ly/ColdRecovery</a> Cold image at:</p>



Date	Twitter content	Facebook content
		
29/10/2015	<p>If you're #pregnant, you're eligible for a free #flu jab. Find out more on our website <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a> #staywell</p> 	<p>Are you eligible for a free flu jab? Find out on our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a></p> 
30/10/2015		<p>Did you know that the flu is a virus which means that vitamin C can't protect you?</p> 
31/10/2015	We urge over 65s and those with	Do you know about the common myths associated with flu? Find out in this great little video from

Date	Twitter content	Facebook content
(W)	long-term health conditions to prepare for winter as well as get the #flu vaccine #staywellthiswinter	Public Health England <a href="http://bit.ly/1MX180W">http://bit.ly/1MX180W</a>
01/11/2015 (W)		
02/11/2015	Don't wait until there is a flu outbreak this winter: contact your GP or pharmacy to get your free flu jab now #staywell	<p>Find out more on our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a></p>  <p>Flu is an acute viral infection of the respiratory tract (nose, mouth, throat bronchial tubes and lungs).</p> <p>STAY WELL THIS WINTER NHS Wiltshire Clinical Commissioning Group</p> <p>Have you had your flu jab yet? Don't forget, you need one every year.</p>  <p>STAY WELL THIS WINTER NHS Wiltshire Clinical Commissioning Group</p>
03/11/2015		
04/11/2015	Is your child aged 2-4? Protect them from #flu with a free flu vaccination nasal spray: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a> #staywell	








Date	Twitter content	Facebook content
		
05/11/2015		<p>If you're going outside to watch the fireworks tonight, make sure you wrap up warm!</p> <p>Hypothermia can start to set in if your body temperature drops just 2°C.</p> 
06/11/2015		
07/11/2015 (W)		
08/11/2015 (W)	<p>20% of people think that alcohol keeps the cold out. This is a myth. Find out the truth here:<a href="http://bit.ly/1M16ZDI">http://bit.ly/1M16ZDI</a></p>	<p>Find out more on our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a></p>  <p>The flu vaccine is now available. Make an appointment with your Pharmacist or GP now!</p>



Date	Twitter content	Facebook content
		
09/11/2015	<p>It's Ask Your Pharmacist Week Pharmacists can offer advice on a range of illnesses. Find your local Pharmacy here: <a href="http://bit.ly/YourPharmacy">http://bit.ly/YourPharmacy</a> #staywell</p>	<p>It's Ask Your Pharmacist Week. Did you know pharmacists are not just experts in medicines, they can also offer advice on a range of illnesses and injuries. Find your local Pharmacy here: <a href="http://bit.ly/YourPharmacy">http://bit.ly/YourPharmacy</a> #staywell</p> 
10/11/2015	<p>Hyppothermia can start setting in if your body temperature drops just 2°C, so make sure you wrap up warm! <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a> #staywell</p> <p>If you start to feel unwell, don't wait until it gets worse. Seek immediate advice from your pharmacist <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a> #staywell</p>	<p>Stocking up for winter? Go and talk to your Pharmacist about what medicines you should always have in your medicine cupboard.</p>
11/11/2015	Did you know the flu is a virus	Feeling a bit under the weather? Did you know that salt can ease a sore throat? Find out more



Date	Twitter content	Facebook content
	<p>which means that it can't be cured with antibiotics?<a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a> #staywell</p> <p>Stocking up for winter? Talk to your Pharmacist about what medicines you should always have in your medicine cupboard. #staywell</p>	<p>here: <a href="http://bit.ly/1LypGZK">http://bit.ly/1LypGZK</a></p> 
12/11/2015	<p>It's Ask Your Pharmacist Week Pharmacists can offer advice on a range of illnesses. Find your local Pharmacy here: <a href="http://bit.ly/YourPharmacy">http://bit.ly/YourPharmacy</a> #staywell</p>	<p>Want a few tips to help you stay well this winter? Visit our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a> Use blue stay well image</p> 
13/11/2015		
14/11/2015 (W)		<p>If you start to feel unwell, even if it's only a cough or cold, go and talk to your pharmacist. The sooner you get advice the better - pharmacists are here to help you stay well.</p>
15/11/2015 (W)	<p>Have you had your flu jab yet? Don't forget, you need one every year. <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a> #staywell</p>	<p>Find out more on our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a></p>






Date	Twitter content	Facebook content
	 <p>Think carefully before visiting hospital if you or anyone in your family has even the mildest symptoms of stomach upset. #staywell</p>	
<p>16/11/2015</p> <p><b>Start of Self Care Week</b></p> <p><b>Start of Alcohol Awareness Week</b></p>	<p>It's Self Care Week, so we'll be tweeting lots of tips to help you take better care of yourself. Watch this space! #selfcare</p> <p>How long does a cold normally last? The answer may surprise you! <a href="http://bit.ly/ColdRecovery">http://bit.ly/ColdRecovery</a> #selfcare #RT</p> <p>Self Care Week Tip #1: Hypothermia can set in if your temperature drops just 2°C, so wrap up warm and keep your heating above 18°C #staywell</p>	<p>It's Self Care Week! Over the next seven days, we'll be posting lots of tips and advice to help you stay safe and well over Winter. Tip #1 is Warm. Hypothermia can start to set in if your body temperature drops just 2°C, so make sure you wrap up warm and keep your heating above 18°C</p> 
<p>17/11/2015</p>	<p>It's the season of colds and sniffles, so what can you do to stop germs spreading? Find out here: <a href="http://bit.ly/StopSpreading">http://bit.ly/StopSpreading</a> #selfcare</p> <p>Self Care Week Tip #2: Flu can be dangerous for people with long-term health conditions. The</p>	<p>Tip #2 for Self Care Week is Immunisations. Having the flu is never nice, but it can be especially dangerous for children, pregnant women, the elderly or people with long-term health conditions. The easiest way to avoid the flu is to get a flu vaccination. Find out more here: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a></p>


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	<p>easiest way to avoid it is to get a flu jab #staywell</p>	
<p>18/11/2015</p>	<p>It's getting colder by the minute, so make sure you wrap up warm! #staywell</p> <p>Self Care Week Tip #3: Cold weather can be dangerous for elderly people, so make sure they're warm enough and have enough supplies #staywell</p>	<p>Tip #3 for Self Care Week is Neighbours. The cold weather can be dangerous for elderly or frail people, so keep an eye on your older neighbours and relatives - make sure they're warm enough and have enough supplies so they don't need to go out.</p> 
<p>19/11/2015</p>	<p>Here's the NHS' top 5 tips to help you stay healthy in #Winter: <a href="http://bit.ly/5HealthyTopTips">http://bit.ly/5HealthyTopTips</a> What's your #1 tip? #selfcare</p> <p>Self Care Week tip #4: If you feel unwell, talk to your pharmacist - they can offer advice on a range of minor illnesses and injuries. #staywell</p>	<p>Tip #4 for Self Care Week is Timely. Pharmacists are not only medicine experts, but they can also offer advice and information on a range of minor illnesses and injuries. If you start to feel unwell, go and have a chat with your pharmacist - it might help you avoid a trip to the doctors.</p>

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20/11/2015	<p>Are you getting the most out of your Pharmacy? Find out more in this handy leaflet <a href="http://bit.ly/PharmacyLeaflet">http://bit.ly/PharmacyLeaflet</a> #selfcare</p> <p>Self Care Week tip #5: Over Christmas, GPs and pharmacies may have reduced hours so order and collect your prescriptions in plenty of time #staywell</p>	<p>Tip #5 for Self Care Week is Enough. Over the coming weeks, GP surgeries and pharmacies may have reduced working hours (especially around the Christmas holidays) so make sure you order and collect your prescriptions in plenty of time.</p> 
21/11/2015 (W)	<p>Self Care Week tip #6: Stock up on essentials e.g. medicines and non-perishable foods so you don't need to venture out into the icy weather #staywell</p>	<p>Tip #6 for Self Care Week is Restock. No one likes to be out in the cold - especially if they don't feel well. So make sure you stock up on the essentials like medicines and non-perishable foods.</p>

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22/11/2015 (W)	It's now the end of Self Care Week and we hope you've enjoyed our #selfcare tweets! #staywell	<p>It's now the end of Self Care Week. Here's a reminder about our six tips to stay well this WINTER.</p> 
23/11/2015		
24/11/2015		
25/11/2015		<p>Did you know that 'beer jackets' are a myth? Alcohol dilates the blood vessels near your skin, which means more blood flows to these vessels. However this takes blood and heat away from the core of your body. So your organs aren't as warm as you might think they are. So if you're drinking alcohol this weekend, remember to take your jacket!</p>



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26/11/2015	<p>The cold can be especially dangerous for frail or elderly people, so try and make sure they keep their thermostat above 21°C</p> 	<p>Find out more on our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a></p> 
27/11/2015	<p>Do you know about the common myths associated with #flu? Find out in this great little video from @PHE <a href="http://bit.ly/1MX180W">http://bit.ly/1MX180W</a></p>	<p>Did you know that the flu is a virus? This means antibiotics won't help make you feel better. Find out more on the NHS website: <a href="http://bit.ly/1QM1Nld">http://bit.ly/1QM1Nld</a></p>

Date	Twitter content	Facebook content
		
28/11/2015 (W)	The flu is a virus which means Vitamin C won't protect you. The only thing that will protect you is a flu vaccine. Find out more: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a> #staywell	
29/11/2015 (W)		<p>Find out more on our website: <a href="http://bit.ly/WiltsWinter">http://bit.ly/WiltsWinter</a></p> 