



Winter Wellness Check



This check aims to provide help and advice to ensure you maintain good health during the winter.

What to check	Information	Advice	v
Have you had an annual Flu Jab?	Flu jabs are provided free by the NHS to people aged 65 or over and to people under 65 with certain health conditions.	Contact your GP practice to arrange to have a flu jab or ask the pharmacist if they provide free NHS jabs.	
Do you smoke?	When you decide to stop smoking you don't have to do it alone. Stop Smoking Wales is a free NHS service to help people in Wales quit smoking.	Contact Stop Smoking Wales on 0800 085 2219 or ask your pharmacist if they provide support to stop smoking.	
Do you have high blood pressure?	People with high blood pressure are at an increased risk of stroke. Taking medicine that controls your blood pressure can significantly lower your risk.	Speak to your pharmacist about having a medicines use review where you can discuss any problems you might have with taking your medicines.	
Do you regularly take medicines for a long-term illness?	A confidential medicines use review will help you: Find out more about your medicine, identify any problems and help you take your medicines in the best way	Speak to your pharmacist about having a medicines use review where you can discuss any problems you might have with taking your medicines effectively.	
Have you told the pharmacy if you've recently come out of hospital?	When you go into hospital your prescribed medicines might be changed. It's important for your pharmacist to know if this happens so they can make sure that there are no problems with your next prescription.	Speak to your pharmacist about having a medicines use review where you can discuss any problems you might have with taking your medicines effectively.	

Stay warm and heat rooms to 18-21 °C (64 -70 °F)	We are all more likely to catch colds and flu in winter but some more serious health problems can start when your house is too cold.	Your Pharmacist or Local Age Cymru Partner can give you a free room thermometer card to monitor the temperature in your home. To find your local Age Cymru Partner contact 08000 223 444
Energy efficiency	With energy costs at an all time high, simple measures to make your home more energy efficient can have a significant impact on your energy bills.	Nest provides free, impartial advice on whether you're eligible for home improvements at no cost under the scheme. Contact Nest on 0808 808 2244.
Keeping active	Keeping active during the winter months will help keep you mobile and independent. Age Cymru runs Nordic Walking groups in many areas across Wales. Swimming is free for all over 60.	Contact Age Cymru on 029 2043 1555 for more information on Nordic Walking or your local leisure centre for swimming.
Money worries	If you are struggling to pay your bills, it is worth checking your benefits entitlements and if you are able to access any grants or financial support.	To find your local Age Cymru Partner for advice on benefits contact 08000 223 444
Avoid slips, trips or falls	Gradual changes to our health and hazards around the home can contribute to an increased risk of falling.	Age Cymru's Avoiding slips, trips and falls leaflet will give you tips and advice on preventing falls. Contact the Advice Line to order a copy: 08000 223 444

The Keep Well this Winter Campaign is a Welsh Government initiative that is coordinated by Age Cymru.

For more information contact our Advice Line: **08000 223 444**
www.agecymru.org.uk/kwtw kwtw@agecymru.org.uk



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