



Slough Urgent Care Centre



Frimley Health and Care **Slough Urgent Care Centre**



- Winter is always an incredibly busy time for our local NHS services and we are already seeing increased demand across our General Practice teams, hospitals and community health services.
- To ease these pressures and ensure that those in most urgent need can access services quickly, it's important to make the right choice when feeling unwell. Using services wisely can help all people receive the best care without unnecessary delays.





Make the Right Choice





Slough Urgent Care Centre

- Frimley Health and Care has launched a service ready for winter located in , to increase access to
 - same day urgent care
- The service provides more primary care appointments for Slough residents
- Open seven days a week, from 8am 8pm
- Located in Priors Close, Slough
- Call your local General Practice or 111 for an appointment.
- You may also be redirected to this service if you attend A&E.
- A number of walk-in appointments are also available however, booking is strongly recommended to avoid long waiting times as those with urgent clinical needs will be prioritised.





Minor Illness- What is it?

Minor illness tends to refer to common illnesses that can be dealt with at home (self care), with advice from a pharmacist or supported by general practice.

Minor illnesses include conditions such as the following:

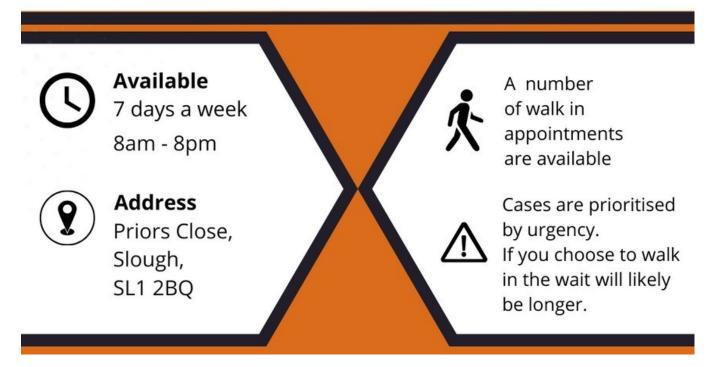
- Coughs and colds, including blocked nose (nasal congestion) and sore throats
- Hay fever, dry eyes and allergies (including rashes, bites and stings)
- Aches and pains, including earache, headache, migraine, back pain and toothache
- Vomiting, heartburn, indigestion and diarrhoea
- Period pain, thrush and cystitis





Slough Urgent NHS Care Centre

From November, patients who are registered with a practice in Slough, and need urgent care, will be able to book a same day appointment through their General Practice teams.







Winter Campaign



Winter Communications



Get winter ready

Frimley Health and Care **⋜**





Get winter ready



It's important that we all make the right choice when we or someone we care for needs help with their physical or mental health. This winter get to know the services available to you.



Look out for those who may need a bit of extra help over the winter including older neighbours, friends and family



Keep a well-stocked medical cabinet. This could include: pain killers, rehydration mixture, indigestion remedies, cold and flu remedies and a first aid kit.



Seasonal flu and COVID-19 vaccinations help protect you and others. If you're at higher risk of getting seriously ill from these illnesses or if you care for someone who is at risk, take up the free vaccination offer.



If you or someone you care for has a long term condition its important to take your medication as prescribed, order your repeat prescriptions on time and ensure you attend your regular reviews with your healthcare team.



Staying warm is a key part of looking after yourself this winter, its vital you heat your home to 18 degrees Celsius.



Have enough warm clothing ready; hats, scarves and gloves and several thinner layers work best. Know where these are before you need them.



Get to know the weather - check it regularly so you can be prepared for what is coming up.



If at any time you are feeling unwell, stay home, keep warm and seek advice from the appropriate health service. If you are worried about heating your home, seek advice from your local council.

STAY **WELL THIS** 12)inter



Winter Communications



Tips on looking after yourself and others this winter







Winter Communications

Tips for looking after your lungs and heart this winter









Winter Communications Support your mental wellbeing this winter













Frimley Health and Care **⋜**♥23





🥻 Caring for children 👬





It can be extremely stressful when your child is unwell. We know that there is a huge amount of information available at your fingertips, frimleyhealthiertogether.nhs.uk provides clear and accurate information.



It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell. For guidance visit:

frimley-healthiertogether.nhs.uk/childunwell-ok-go-nurseryschool



Keep a well-stocked medical cabinet with items suitable for children. This could include: pain killers, rehydration mixture, cold and flu remedies and a first aid kit.

One of the best ways to protect your

child this winter is to make sure they

have all of their vaccinations at the

including the children's flu vaccine.

time they are recommended



It's important that we all make the right choice when we or someone we care for needs help with their physical or mental health. This winter get to know the services available to you before you need them.



Rates of Respiratory Syncytial Virus (RSV) peak in the winter months and can can cause Bronchiolitis in young children. For more information visit: frimleyhealthiertogether.nhs.uk/bronchiolitisand-rsv



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Ensuring children stay warm is key winter, its vital you heat your home to 18 degrees Celsius. Wear appropriate clothing if you need to go outside and keep an eye on the changing weather.



Understanding your child's condition, triggers and symptoms can help them stay well. Get to know when to seek help. If unsure, ask your healthcare team for advice and information.



If at any time you are feeling unwell, stay home, keep warm and seek advice from the appropriate health service. If you are worried about heating your home, seek advice from your local council.

STAY **WELL THIS** Winter





General Practice Access





Here to help your GP practice team

- Contact us online, on the phone or in person
- Appointments 8am-8pm and at weekends
- Contact NHS 111 out of hours or if you are unsure



Here to help your GP practice team



- Improved phone systems, reducing waiting times and offering call backs
- Larger team of healthcare professionals there when you need them
- Contact NHS 111 out of hours or if you are unsure





https://www.frimleyhealthandcare.org.uk/your-health/choose-the-right-service/