



Keep well this winter

A guide for older people, people with long term conditions and their carers or relatives

Welcome to your winter keep well guide

For older people and those with one or more long term conditions, becoming unwell with a minor illness or slips, trips and falls, can turn into something more serious if they are not dealt with quickly.



This collection of useful advice has been put together by local health and social care organisations to help you stay safe and well.

If you are a carer, this information will be helpful for you too. It will help you protect the person you care for, and keep yourself well.

A long term condition is a condition that cannot be cured. It can be controlled by self-management, medication, support and other therapies. There are many long term conditions but some examples are:

- arthritis
- diabetes
- high blood pressure
- asthma
- heart conditions
- stroke and transient ischaemic attacks (TIA)
- epilepsy
- chronic kidney disease
- chronic obstructive pulmonary disease (COPD)
- heart failure.



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Your winter top tips

Your winter top tips to keep you safe and well are listed below as a quick reference guide. You can read more detailed information about them on the following pages.



- Get advice from a pharmacist when you start to feel unwell to prevent symptoms getting worse.



- Make sure you have a flu vaccination every year from your GP practice.



- Arrange to have the pneumonia vaccination if you haven't before.



- Take care going out in icy weather. Wear boots or shoes with good grip.



- Put grit or cat litter on paths and driveways.



- Request repeat prescriptions in plenty of time so you do not run out.



- Keep an eye on the weather forecast to help you plan ahead.



- Stock up on tinned or frozen food so that you don't need to go out.



- Prevent the spread of infection:

- **Wash** your hands regularly with soap and water.
- **Cover** your nose and mouth with a tissue when you cough or sneeze.
- **Throw** tissues **away** in a bin as soon as possible.
- **Clean** surfaces regularly to get rid of germs.



- Heat your home to at least 18°C, even at night.



- Have at least one hot meal a day and regular hot drinks.



- Wrap up warm using layers of clothing.



- Try to move around at least once an hour.



- Eat a balanced diet including:
 - **five portions of fruit and veg a day;**
 - **a good, healthy breakfast.**

You will find more detailed information about all of these on the following pages.

Feeling under the weather?



When you're a bit older, minor winter illnesses, such as coughs, colds and sore throats, could lead to more serious problems if they are ignored. Getting advice when you start to feel unwell can help you avoid becoming severely ill.

Seeing someone like a pharmacist with minor illnesses such as colds and sore throats can feel like you're wasting their time, but you're not – they want to help!

The quicker you get help, the quicker you'll recover and be able to get your life back to normal.

More and more people are visiting their local pharmacist to get help. Pharmacists are a highly trained and trusted source of health advice. You should visit one as soon as you start to feel unwell.

Your local pharmacist can:

- give you expert advice to help prevent conditions such as a bad cough, cold, or a sore throat from getting worse;

Keep Well Top Tips

- **Get early advice from a pharmacist when you start to feel unwell.**
- **Tell your friends, family or carer that you feel unwell so they can help you.**

- help you manage a long term condition, if you have one;
- see you without an appointment and may offer longer opening hours than your GP surgery;
- provide a consultation area to speak privately so other people can't hear;
- tell you if you need to see your GP.

You're not alone. Tell your friends, family and carer if you're feeling under the weather. If you can't make it to the pharmacist for advice, you could ask them to pop in for you.

Flu protection and other vaccinations



For most people, flu is an unpleasant illness. But if you are older or already have a long term condition, it may cause serious illness or even death. You should have a flu vaccine each year.

These medical conditions include, but are not limited to:

- respiratory disease
- heart disease
- kidney disease
- liver disease
- neurological conditions
- diabetes
- problems with your spleen
- a weakened immune system from conditions like HIV and AIDS, or as a result of medication such as steroid tablets or chemotherapy.

If you are not sure whether it applies to you, ask your GP practice.

You should also speak to your GP practice about having the flu vaccine if:

- you live with someone who has a weakened immune system;
- you receive a carer's allowance;

Keep Well Top Tips

If you are older or have a long term condition, protect yourself and the people around you by:

- **having the flu vaccine every year;**
- **having the pneumococcal vaccination. You only need it once and you can have it at any time of year.**

- you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill.

You are eligible to have the vaccine to protect yourself and them.

The flu vaccine does not contain an active flu virus and so it cannot give you the flu. It takes 10-14 days for the vaccine to become effective. During this time you may be unlucky enough to catch a cold or the flu. This is nothing to do with the flu vaccine.

**Contact your GP practice to book your vaccinations
Find out more at: www.leicestercityccg.nhs.uk/keepwell**

Flu protection and other vaccinations



Pneumococcal vaccination

If you are over 65 or you have a long term condition you are at higher risk of complications from pneumonia.

Your GP practice can offer you the pneumococcal vaccination which significantly reduces your risk of developing pneumonia.

You may only have to have this once and it should protect you for life. If you are eligible and you haven't had this vaccination, contact your GP practice.

Unlike the flu vaccine, you can have the pneumonia vaccine at any time of year. Getting vaccinated not only protects you but helps to protect those close to you.



Contact your GP practice to book your vaccinations
Find out more at: www.leicestercityccg.nhs.uk/keepwell

Preventing the spread of coughs, colds and flu



Good hygiene can help prevent the spread of coughs, colds and flu. This will help protect yourself and others from becoming unwell.

Cold and flu viruses can be passed very easily through tiny droplets of mucus that are sneezed or coughed out into the air by an infected person, and breathed in by another person.

If an infected person sneezes into their hand, and then touches an object (such as a doorknob, or railing on a bus) the virus can pass from the object to the next person who touches it.

There are some simple steps you can take to prevent the viruses from spreading and to reduce the risk to yourself.

Always:

- Make sure you wash your hands regularly with soap and water (or handy wipes) to get rid of any viruses you have picked up on them. It is especially important after going to the toilet and touching surfaces such as light switches, door handles in public buildings or call bells on buses.
- Clean surfaces such as your keyboard, telephone and door handles regularly to get rid of germs.
- Carry tissues and use them to cover your mouth and nose when you cough or sneeze.
- Put used tissues in a bin as soon as possible as germs can live for several hours on a tissue.

Keep Well Top Tips

- **Wash your hands regularly with soap and water.**
- **Cover your nose and mouth with a tissue when you cough or sneeze.**
- **Dispose of tissues in a bin as soon as possible.**
- **Regularly clean surfaces to get rid of germs.**

Planning ahead



In the winter, the weather conditions can change quickly. Reacting to these changes can be more difficult if you are older or you are trying to manage a long term condition. By planning ahead, you will help to protect yourself.

Repeat prescriptions

It would be a good idea to ask your GP to prescribe some extra medication so that you can keep some as spare in case you are unable to go out.

Many pharmacies now offer a prescription service. You can arrange for them to collect your prescription from your GP practice and prepare your prescription. Some will even deliver it to your home. There may be a small charge for this but if you find it difficult to get to your GP practice, then it may be worth considering.

You can also arrange to leave your repeat prescription with a community pharmacy during the winter months. When they deliver your prescription they will ask you what you will need next time and request it from your GP practice for you.

Remember to take your regular medication with you if you plan to go on holiday or visit family and friends.

Keep Well Top Tips

- **Request repeat prescriptions in plenty of time so you do not run out of medication.**
- **Keep an eye on the weather forecast to help you plan ahead.**
- **Stock up on tinned or frozen food so that you don't need to go out in very harsh weather.**

Weather warnings

The Met Office provides the weather forecasts for broadcasts on radio and TV. By listening to these bulletins regularly you will keep up-to-date with the weather and it will be easier to prepare. Severe weather warnings are also issued on the Met Office website www.metoffice.gov.uk, through their Twitter feed or you can ring the Weather Desk on 0870 900 0100.

Food supplies

Keep in a good supply of tinned and frozen foods so that you don't have to go out too much if it is cold or icy. You could ask a neighbour if they would pick some things up for you while they are out. Most people would be happy to help if asked.

Avoiding slips, trips and falls



Around 6,000 people a year in Leicester are admitted to hospital following a fall. Many of these falls are preventable.

Slips, trips and falls are more likely in winter. In older people they can have a significant impact on a person's health and independence.

Travel carefully in icy weather:

Icy pavements and roads can be extremely slippery. Take extra care if you go out, and wear boots or shoes with good grip on the soles. The Met Office advises putting grit or cat litter on paths and driveways to lessen the risk of slipping. If you are travelling by car, you should wait until the roads have been gritted.

Bear in mind that black ice on pavements or roads might not be visible, and compacted snow may turn to ice and become slippery.

Tips for preventing falls in the home all year round include:

- Mop up spillages straight away.
- Remove clutter, trailing wires and frayed carpet.
- Use non-slip mats and rugs.

Keep Well Top Tips

- **Take care if you go out in icy weather. Wear boots or shoes with good grip.**
- **Put grit or cat litter on paths and driveways.**
- **If you are over 75, get a home hazard assessment from the Care Navigator Service available through your GP practice.**
- Use high-wattage light bulbs in lamps and torches to see clearly.
- Get help to do things that you are unable to do safely on your own.
- Don't walk on slippery floors in socks or tights.
- Don't wear loose-fitting, trailing clothes that might trip you up.
- Wear well-fitting shoes that are in good condition and support the ankle. In the house, wear slippers with a good grip.

Avoiding slips, trips and falls



- Some medications may have side effects that increase your chances of having a fall. If you have not had your medicines reviewed for more than a year, or you are concerned about how your medication is affecting you, contact your GP practice.
- Organise your home so that climbing, stretching and bending are kept to a minimum, and to avoid bumping into things.
- Take care of your feet by trimming toenails regularly, using moisturiser and seeing a GP or chiropodist about any foot problems.
- Regular exercises can improve your strength and balance and can help reduce your risk of having a fall (see page 14 for advice on being active).
- If you are concerned that poor vision is increasing your risk of having a fall, make an appointment to have a sight test. If you wear glasses, make sure you clean them every day.
- Drinking alcohol can lead to loss of co-ordination and exaggerate the effects of some medicines. This can significantly increase the risk of a fall, particularly in older people. Avoiding alcohol or reducing the amount you drink can help reduce your chances of having a fall.

Home hazard assessment

You can request a home hazard assessment if you are concerned that you or a relative may be at risk of having a fall, or if you know someone who has recently had a fall.

The assessment will involve a healthcare professional with experience in falls prevention visiting your or your relative's home to identify potential hazards and giving advice about how to deal with them.

For example, as the bathroom is a common place where falls occur, many older people can benefit from having bars fitted to the inside of their bath to make it easier for them to get in and out.

The person who carries out the assessment may also recommend getting a personal alarm system so that you or your relative can signal for help in the event of a fall. An alternative would be to keep a mobile phone in close reach so it is possible to phone for help after having a fall.

If you require more information or you would like to request an 'Assistive Technology' assessment call Adult Social Care on 0116 454 1004 or ask your GP practice about the Care Navigator Service.

Keeping warm



Cold homes have a significant impact on people's health. One of the best ways of keeping yourself well and preventing colds and flu during winter is to stay warm.

If you are older or you have a long term condition, you are more vulnerable to cold related illnesses.

Keep your home warm

- If you have reduced mobility, are 65 or over, or have a health condition such as heart or lung disease, you should heat your home to at least 18°C and make sure you wear enough clothes to stay warm. It's a good idea to keep your bedroom at this temperature all night.
- You can also use a hot water bottle or electric blanket (but not both at the same time) to keep warm while you're in bed.
- Leicester City Council's Home Energy Team can offer advice, including how to access government schemes to support heating improvements in your home. Call 0116 221 1170.
- If you are struggling to cope with heating bills, tell your energy provider.

Keep Well Top Tips

- **Heat your home to at least 18°C, even at night.**
- **Have at least one hot meal a day and regular hot drinks.**
- **Wrap up warm with layers of clothing.**
- **In freezing weather, try to wait until mid-morning to go outside.**

Eat well in winter

- Food is a vital source of energy, which helps keep your body warm. Try to make sure that you have at least one hot meal a day and hot drinks regularly throughout the day.
- Keep active in the home if you can (see page 14).

Wear warm clothes

- Wrap up warm, inside and out.
- Layer your clothing to stay warm and wear shoes with a good grip if you need to go outside.
- Have a blanket to hand to wrap around you.

Keeping warm



- Heat is lost through the head and neck, so wear a hat and scarf, even indoors.
- Warm socks will help to keep the circulation in the lower legs moving.
- If possible, stay inside during a cold period if you have heart or respiratory problems.

Help with heating your home

Depending on your circumstances, you may be able to get financial assistance to help you keep your home warm.

Winter Fuel Payment

A Winter Fuel Payment of between £100 and £300 is available to help pay your heating bills if you were born on or before July 5 1952. Most payments are made automatically between November and December. If you qualify but don't get paid automatically, you'll need to make a claim.

Telephone: 08459 15 15 15

Textphone: 0845 606 0285

Monday to Friday, 8am to 6pm

www.gov.uk/winter-fuel-payment

Cold Weather Payment

This may be available to you if you receive certain benefits.

You'll get a payment of £25 for each seven-day period between November 1st 2014 and March 31 2015 where the local temperature is recorded as, or forecast to be, an average of 0°C or below over seven consecutive days. If you're eligible to get a Cold Weather Payment, you'll be paid it automatically. If not, talk to your pension centre or Jobcentre Plus office.

Reducing your energy bills

The Energy Saving Trust (EST) has advice on how to reduce bills and make your home more energy efficient. They can also advise on grants and schemes available around the UK. Call 0300 123 1234 (9am-8pm Monday to Friday and 10am-2pm Saturday) or visit www.energysavingtrust.org.uk. Leicester City Council's Home Energy Office provides advice and assistance to private sector households wishing to make their home more energy efficient. Their services include general advice on energy efficiency and referral to grant-aided schemes, e.g. free insulation, and will put you in touch with reputable heating contractors.

They are currently based at 35 Rowsley Street, Leicester. LE5 5JP. Telephone 0116 221 1170.

Keeping active



Exercise is good for you all year round, but it is especially good in winter because it can help to keep you warm.

As you get older, it becomes even more important for you to remain active if you want to stay healthy and maintain your independence. If you don't stay active, all the things you've always enjoyed doing and taken for granted may start to become that little bit harder and you may also be more vulnerable to falling.

Physical activity is anything that gets your body moving. It can include anything from walking to recreational sport.

The first thing to bear in mind as you get older is to keep moving. On a basic level, that means making sure you don't spend hours on end sitting down during the day.

This means avoiding long periods of TV viewing, computer use, driving and sitting. If possible try to move around at least once an hour

In addition to reducing how much time you spend sitting down, you are advised to do at least 150 minutes (2 hours and 30 minutes) of moderate-intensity aerobic activity every week, as long as you feel safe doing so. It is advisable though to speak to your GP before starting any exercise plans.

Keep Well Top Tips

- **Try to move around at least once an hour.**
- **Build up gradually to 150 minutes per week of moderate intensity aerobic activity, if it is safe for you to do so.**
- **Speak to your GP before starting any exercise plans.**

Age Concern offer a number of group exercise opportunities aimed at older people which are both fun and useful. Call 0116 2992233 for more details.

If you've been inactive for a while, you don't have to rush into exercising. You can build up activity gradually to reach recommended levels. You will still be improving your health in the process, and you'll reduce your risk of falls and other ailments.

Walking is good for you, but make sure you wrap up and wear shoes with a good grip. If you are not able to go out, try to get up and walk around the house instead. Chair exercises are also a good way to keep warm and active.

Eating well



Eating healthily will make you less susceptible to winter illnesses and will help to keep you warm.

Eat more fruit and veg

When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food, but it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day.

Have a good, healthy breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre and gives you energy.

Food for warmth

Food helps to keep your body warm. Try to make sure that you have at least one hot meal a day and hot drinks regularly throughout the day. You can read more about keeping warm on page 12.

Keep Well Top Tips

- **Eat five portions of fruit and veg a day.**
- **Have a good, healthy breakfast.**
- **Have at least one hot meal a day and regular hot drinks.**



Caring for carers



You are a carer if you are looking after someone else because of age, illness or disability. This could be your spouse, partner, parent, another relative or a friend. You may not think you are a carer. 'Hidden' carers care for their family or partner as part of everyday life and may not know about the help available.

It is important that you remember to look after your own health and make sure you are cared for too. The advice in this booklet may also help you to do that. Make sure you do not miss check-ups and health appointments. If you are unwell, it will make it more difficult for you to carry out your caring role as well as you would like to.

Being a carer is hard work. You may face issues you may not have had to deal with before and it can be hard to adjust to having someone dependent on you for support.

Being a carer can mean major changes in your life as well as the life of the person you are caring for. You may need to make practical changes with adaptations and improvements to your home such as bath rails or making a home suitable for wheelchair access.

Keep Well Top Tips

- **Remember to look after your own health and wellbeing.**
- **If you feel under pressure, ask for help.**
- **Let your GP practice know that you are a carer.**

If you feel under pressure there are people who can help:

- Let your GP practice know you are a carer so they can support you by looking after your health.
- You are not alone. Ask for help. Talk to your GP or Leicester City Council Customer Services. They will be able to guide you to the best source of help or support. Alternatively call 0844 800 4361 or visit www.carersuk.org.

Caring for carers



- A carer's assessment is a way of finding out what help you need with caring and will help you to maintain your own health and wellbeing along with your life, work and family commitments. Contact Leicester City Council's Adult Social Care team on 0116 454 1004 to ask for more details. Alternatively talk to your GP.
- Financial support may be available.
- There are websites that offer useful advice for carers. These include:
 - www.nhs.uk
 - www.ageuk.org.uk and websites devoted to specific conditions such as:
 - www.mssociety.org.uk,
 - www.alzheimers.org.uk
 - www.parkinsons.org.uk and many more.
- CLASP – the Carers' Centre can also offer lots of advice or support to people in a caring role. Telephone 0116 251 0999.
- Try to keep doing your hobbies and meeting friends.



Become a winter buddy



For some people winter can be daunting with the days getting darker earlier, snow and ice increasing the risk of falls and illness and the cold weather making keeping warm more difficult.

Leicester City Council are piloting a voluntary scheme whereby you can become, or ask a friend or neighbour to be your winter buddy.

A winter buddy is someone who can help make the cold and dark winter months a bit easier by keeping an eye out for older or more vulnerable people.

Being a buddy can mean watching for signs that might indicate that people need a bit of help, for example curtains not being opened (or shut), lights not going on, not seeing the person for a while or when you do they seem unwell or confused. If you know the person well enough to visit you may notice the house being cold (or damp) and/or evidence of them not being able to feed themselves adequately.

Leicester City Council also suggest that you could agree an 'I'm OK' sign with each other, an informal way to make sure the individual is fine.

As a buddy, you can also help with practical tasks such as shopping or collecting prescriptions.

Keep Well Top Tips

- **Ask a friend or neighbour if they will become your winter buddy to help you manage over the winter.**
- **Become a winter buddy and keep an eye on older and more vulnerable people to help make the winter months easier for them.**

There are a number of things that people can do to help themselves prepare for winter. For example, make sure they get all the benefits and assessments they are entitled to, that their home is adequately heated (around 18°C), that they are eating warming food and drink and are keeping active.

A winter buddy is not meant to take the place of a health or social care professional. If you become concerned about their health or wellbeing you can call a family member or their GP.

The Better Care Fund



When a person is unwell or has been injured the care that they need will be different for each individual. Sometimes they just need the services of one NHS organisation to nurse them back to health but, in other cases, they may need the support of a range of organisations. This can include providing health care in hospital, in the community or social care to get them back on their feet.

From time to time, we may need the types of services that are only available in hospital. We also know that it is better for the patient if the time spent in hospital is no longer than absolutely necessary. Most people, especially

older people, do best when they are cared for in their own homes. Health, social care and voluntary sector services, such as charities, can work together to help you in your home. This helps to get you over periods of ill health quickly so that you can return to doing as much as you can for yourself.

The Better Care Fund (BCF) is a way of bringing all of these health and social care services together under one umbrella so that individual care solutions can be provided more easily for patients regardless of which health or social care organisation is providing that care.

The Better Care Fund



The Leicester City Fund is being used for the patients that are likely to benefit from it most:

- patients who are aged 60 years of age and above;
- younger adults with three or more health conditions;
- anyone with dementia.

Under the Better Care Fund, these patients will benefit from a range of new and existing health and social care services brought together in a unique combination for them. Some of these services are explained on the following pages.

These services will help to prevent patients from becoming unwell. More patients will be treated in their own homes instead of being

admitted to hospital and patients that do need to stay in hospital will be allowed home more quickly so that they can get back to living independent lives.

The Leicester City Better Care Fund is a collaboration between Leicester City Clinical Commissioning Group and Leicester City Council, supported by local health and social care partners including Leicestershire Partnership NHS Trust, East Midlands Ambulance Service, University Hospitals of Leicester NHS Trust, SSAFA Care and Leicester City GP practices.

This guide has been put together on behalf of these organisations to help keep patients well, and to help prevent them from needing services such as these in the first place.





If you live in Leicester City, you may receive the following health services that are being provided as part of the Better Care Fund.

GP care plans

If you have been identified as being at increased risk of being admitted to hospital as a result of chronic long term conditions such as heart disease, diabetes or lung conditions, you will have a care plan put in place by your GP. This may mean that you may receive more frequent routine assessments to monitor your condition more closely. If your health gets worse it can be picked up sooner, helping to avoid a spell in hospital.

The personalised plan acts as a complete guide for everyone involved in your care. The care plan contains information about your condition and individual care needed to manage the condition safely and well. It holds information such as your medication, when you will need a health review, a history of your appointments and details about your general health and wellbeing. It may also outline what steps are to be taken if you become unwell.

Your GP practice will contact you if they think that you will benefit from a care plan.

Unscheduled Care Team

The aim of the service is to prevent you from being admitted unnecessarily to hospital and if you do need to go into hospital, ensuring that you are discharged as soon as you are able to safely return home so you can continue your care there.

The team is made up of a GP, nurses, occupational therapists, physiotherapists, support staff, social workers, and a primary care mental health nurse. They work together to provide whatever health and social care you need for up to 72 hours and arrange for appropriate care to continue after this if required, all in your own home.

You may come into contact with the Unscheduled Care Team following an assessment by your GP, a paramedic, NHS 111 or another health or social care professional.



Services



Care Navigator Service

If you are over 75, a care navigator may work with you in your own home to review your health and social care needs. They will help you access a range of services that will help you to live independently and safely and will help keep your physical and mental health and wellbeing in tip top condition.

Assistive Technologies

Assistive technologies are a range of aids that can be put in place to help you live independently and safely. Examples include a speaking microwave, pendant alarms and medication organisers.

Assessment to see if you might be suitable to have one or more of these devices as well as general advice about what assistive technology can offer you is available from Leicester City Council's Assistive Technology Team. You can contact them via Customer Services on 0116 454 1004.

Clinical Response Team

The Clinical Response Team is a team of Emergency Care Practitioners and GPs who visit patients at the request of a GP, a care home or where 999 has been dialled. In most cases the team will be able to quickly assess you and put in place the care that you will need to stabilise your

condition and will look after you in your own home.

Hospital 2 Home

Hospital 2 Home provide short-term practical support for up to six weeks if you are aged over 55 years and are being discharged from hospital OR you have recently been discharged and are now struggling to manage things at home.

Community volunteers will support you back to independence, help restore your confidence and reduce any feelings of anxiety or isolation. The service is free of charge and would be tailored to your individual needs. It can include:

- preparing your home for your return after a stay in hospital;
- transport and assistance with visits to medical appointments, shopping, collecting prescriptions, and social activities;
- helping you to write and post letters or birthday cards;
- befriending you either in person or over the telephone;
- letting you know about other sources of support.

Your GP, friends or family members can refer you to the service, or you can request the support directly yourself. Telephone: 0116 2667712.



Keep well this winter

Hadii aad u baahantahay in lagaa caawiyo fahmida qoraalka ku qoran documintigaan fadlan nagala soo xiriir telefoonkaan 01162954743.

Jeśli potrzebujesz pomocy w zrozumieniu treści tego dokumentu prosimy o telefon pod numer 0116 2954743.

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倘若您需要幫助，以便瞭解本文件的內容，請致電 0116 2954743

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إذا كنت بحاجة إلى مساعدة في فهم محتويات هذه الوثيقة، يرجى الاتصال بالرقم 0116 2954743

**This guide has been
put together on behalf
of the partners in the
Leicester City Better
Care Fund (BCF).**

Leicester City Clinical
Commissioning Group

Leicester City Council

Leicestershire Partnership
NHS Trust

East Midlands
Ambulance Service

University Hospitals of
Leicester NHS Trust

SSAFA Care

Leicester City
GP practices



ssafa



Leicester City Clinical Commissioning Group
Leicestershire Partnership NHS Trust
East Midlands Ambulance Service
University Hospitals of Leicester NHS Trust