##### **Social media plan**

**Here to help winter messaging Christmas/bank holidays 2024/25**

(V4. 09/12/24)

This social media plan provides content you can include in your social media posts. Animations and images can be downloaded from our toolkit [here](https://northeastnorthcumbria.nhs.uk/here-to-help/here-to-help-this-winter-toolkit/).

**Please tag us in your social media posts:**

**Handles**: **Facebook** – NorthEastandNorthCumbriaNHS, **X** – @NENC\_NHS, **Instagram** – nenc\_nhs

**Hastags**: #heretohelp

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| **Repeat prescriptions** | | | | |
| **1. Ordering repeat prescriptions in time**  Schedule from:  11 Dec to 20 Dec  &  27 Dec | | Enough repeat medication to last you over the festive bank holiday?  Don’t get caught short this Christmas and New Year!  REMEMBER to order your repeat prescriptions in plenty of time.  Use the [NHS App](https://www.nhsapp.service.nhs.uk/login) or visit your local pharmacy or GP surgery online ordering system.  Find pharmacy bank holiday opening hours in the North East and North Cumbria [here](https://northeastnorthcumbria.nhs.uk/news/posts/christmas-and-new-year-pharmacy-opening-hours-2024/).  #HereToHelp | A dog with a reindeer antlers  Description automatically generated | |
| **2. Forgot your repeat prescription?**  Schedule from:    21 Dec to 24 Dec  &  28 Dec to 31 Dec | | What to do if YOU forget urgent repeat medication over the festive bank holidays!  If your local pharmacy is closed, you can get your medicine from an extended hours community pharmacy.  Click [here](https://northeastnorthcumbria.nhs.uk/news/posts/christmas-and-new-year-pharmacy-opening-hours-2024/) to find available pharmacies and their opening hours over the festive bank holidays.  Or get ONLINE help at [NHS111](https://111.nhs.uk/).  #NHS #HereToHelp | A red clock with gold hands  Description automatically generated | |
| **Well stocked medicine cabinet** | | | | |
| **3. Stock up on healthcare essentials**  Schedule from:  11 Dec to 1 Jan | | Be prepared over the festive holidays by keeping a well-stocked medicine cabinet at home.  Paracetamol, plasters, indigestion remedy, allergy relief and anti-diarrhoeal medicine are a good place to start!  Your local pharmacist can give you more advice.  Find pharmacy bank holiday opening hours in the North East and North Cumbria [here](https://northeastnorthcumbria.nhs.uk/news/posts/christmas-and-new-year-pharmacy-opening-hours-2024/).  #NHS #HereToHelp | A horse wearing a santa hat  Description automatically generated | **Or you can use the video available in our online toolkit.** |
| **4. Think pharmacy first**  Schedule from:  11 Dec to 1 Jan | | Feeling ill this winter?  There are a number of NHS services available to you to provide the best health care for your needs.  Choosing the right NHS service will help get you the best advice, and often more quickly too.   * Think pharmacy first * GP * NHS 111 online for medical help and advice * Keep A&E free for EMERGENCIES ONLY   Help reduce pressure on A&E and other services - so they can help those who need it most.  Click [here](https://northeastnorthcumbria.nhs.uk/news/posts/christmas-and-new-year-pharmacy-opening-hours-2024/) to find available pharmacies and opening hours over the festive holidays. |  | **Or you can use the animation available in our online toolkit.** |
| **5. Think pharmacy first**  Schedule from:  21 Dec to 24 Dec  &  28 Dec to 31 Dec | | If you have a health concern over the festive period, but your GP practice is closed, please think pharmacy first!  Your local pharmacy teams are experts in healthcare and can help with advice and treatment for a range of common conditions like coughs, colds, sore throats, upset stomachs and general aches and pains – no appointment needed.  Click [here](https://northeastnorthcumbria.nhs.uk/news/posts/christmas-and-new-year-pharmacy-opening-hours-2024/) to find available pharmacies and opening hours over the holidays.  If in doubt, contact [NHS111](http://www.nhs.uk/) online 24 hours a day, 7 days a week for advice. | **Or you can use the animation available in our online toolkit.** | |
| **Pharmacy general** | | | | |
| **6. General message**  Schedue from:  11 Dec Nov to 31 Mar  Target more from:  20 Dec to 24 Dec  &  27 Dec to 31 Dec | More than just a place to pick up a prescription!  Your local pharmacy teams are NHS experts in healthcare and can help you with advice and treatment for a range of common concerns including:   * hayfever/allergies * tummy troubles * itchy eyes or skin * coughs * colds * sore throat * aches and pains and many more…….     Find your nearest NHS community pharmacy at: <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>  #NHS #HeretoHelp | |  | |
| **UTI** | | | | |
| **7. UTI message**  Schedule from:  11 Dec to 31 Mar  Target more from:  20 Dec to 24 Dec  &  27 Dec to 31 Dec | **OUCH!**  Burning or stinging sensation when you wee?  Need to wee frequently or urgently?  Now't much coming out?  You may have a Urinary Tract Infection.  Did you know across the North East & North Cumbria community pharmacies can provide immediate advice & treatment for UTIs for women aged 16-64.  No appointment needed.  Ask your local pharmacist today and say #Bye-ByeUTI  #HeretoHelp  Available at participating pharmacies only: <https://www.thinkpharmacyfirst.health/> | | **Or you can use the animation available in our online toolkit.** | |
| **8. UTI message**  Schedule from:  11 Dec to 31 Mar  Target more from:  20 Dec to 24 Dec  &  27 Dec to 31 Dec | **OUCH!**  Do you have a burning sensation when weeing, need to wee frequently or urgently or have cloudy wee?  You may have a Urinary Tract Infection!  Pharmacists in the North East & North Cumbria can provide immediate advice and appropriate treatment for UTIs for **women aged 16-64** with no appointment needed!  Ask your local pharmacist today and say #ByeByeUTI  #HeretoHelp  Available at participating pharmacies only: <https://www.thinkpharmacyfirst.health/> | |  | |
| **Minor ailments** | | | | |
| **9. Got an itch? message**  Schedule from:  11 Dec to 31 Mar  Target more from:  20 Dec to 24 Dec  &  27 Dec to 31 Dec | **Got an Itch?**  Dry skin, eczema, thrush, fungal skin infections  Head straight to your local pharmacy…  Pharmacists are qualified experts in healthcare and medicines and can give you advice and treatment for a range of common health concerns.  Find out more [here.](https://northeastnorthcumbria.nhs.uk/here-to-help-winter/common-conditions/)  #HeretoHelp  #NotJustAPlaceToPickUpAPrescription | | **Or you can use the animation available in our online toolkit.** | |
| **10. Gut feeling? message**  Schedule from:  11 Dec to 31 Mar  Target more from:  20 Dec to 24 Dec  &  27 Dec to 31 Dec | **Gut feeling?**  Constipation, diarrhoea, haemorrhoids, period pain  Head straight to your local pharmacy…  Pharmacists are qualified experts in healthcare and medicines and can give you advice and treatment for a range of common health concerns.  Find your nearest NHS community pharmacy [here](https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy)  #HeretoHelp  #NotJustAPlaceToPickUpAPrescription | | **Or you can use the animation available in our online toolkit.** | |
| **11. Little one not well? message**  Schedule from:  11 Dec to 31 Mar  Target more from:  20 Dec to 24 Dec  &  27 Dec to 31 Dec | **Little one not well?**  Headlice, verruca, chicken pox, nappy rash  Head straight to your local pharmacy…  Pharmacists are qualified experts in healthcare and medicines and can give you advice and treatment for a range of common health concerns for your little ones.  Find your nearest NHS community pharmacy [here](https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy)  #HeretoHelp  #NotJustAPlaceToPickUpAPrescription | | **Or you can use the animation available in our online toolkit.** | |
| **Flu vaccinations** | | | | |
| **12*.* Flu vaccinations**  Schedule from:  11 Dec to 28 Mar | | Be wise – immunise!  It's still not too late to get your flu vaccination to keep you and those around you safe during the festive season.  If you're over 65, pregnant, in a clinical at-risk group, a carer, a health and social care worker, have a learning disability or live with someone who is immunosuppressed, flu vaccinations are available at your GP or local pharmacy. |  | |
| **NHS111** | | | | |
| **13. NHS111**  Schedule from:  11 Dec to 31 Jan | | Get to the help you need ….. when you need it!  When it’s not life threatening but still urgent  or   * You think you might need to go to a hospital or urgent treatment centre but you're not sure * You need urgent advice and your GP surgery is closed.   NHS111 is here is to help 24 hours a day,7 days a week online or by phone.  #HeretoHelp |  | |
| **UTC** | | | | |
| **14. Urgent Treatment Centre**  11 Dec to 31 Jan | | If you have a minor injury or illness that needs medical attention – but is not life threatening - you can get help at your nearest urgent treatment centre!  Urgent treatment centres can treat many conditions including:   * sprains and strains * cuts and grazes * suspected broken limbs * coughs and cold * ear and throat infections   If you're still not sure where to go or what to do, **contact NHS111 online** - or by phone -  **24 hours a day, 7 days a week** - they can help assess and direct you to the right place to go.  NHS, we're #HeretoHelp |  | **Or you can use the animation available in our online toolkit.** |
| **Mental Health** | | | | |
| **15. NHS 111 mental health option**  Schedule from:  11 Dec to 31 Jan | | If someone’s mental or emotional state gets worse quickly, this can be referred to as a mental health crisis or a mental health emergency.  If you, or someone you know experiences this, you should get help as soon as possible.  24/7 support is available by calling NHS 111 and selecting the mental health option.  A mental health professional will listen to you and help you find the right support for you.  Find out more - <https://northeastnorthcumbria.nhs.uk/here-to-help-winter/looking-after-your-mental-health/> | A person wearing headphones and a blue and white sign  Description automatically generated | |
| **16. NHS 111 mental health option**  Schedule from:  11 Dec to 31 Jan | | If you, or someone you know, is struggling with their mental health, there is a range of support available:   * Self help * Mental health support from your GP practice * Talking Therapies * Urgent crisis support   In a mental health crisis, you may feel unable to cope with day-to-day life or work, you might think about harming yourself, or you might experience hallucinations and hear voices.  If this happens, it’s important to get help quickly.  You can call NHS 111 and select the mental health option for 24/7 support from mental health professionals.  Find out more - <https://northeastnorthcumbria.nhs.uk/here-to-help-winter/looking-after-your-mental-health/> |  | |
| **17. NHS 111 mental health option**  Schedule from:  11 Dec to 31 Jan | | If you, or someone you know, is experiencing a mental health crisis, call NHS 111 and select the mental health option. NHS 111 is available 24/7.  Call if you are worried about:   * thoughts about your life not being worth living or about harming yourself * feeling out of control or unable to cope * feeling anxious about leaving the house * hearing voices or seeing things that others can’t   To help you get the support you need, you will speak to a mental health advisor who will ask you some questions and listen to you.  If you or someone else have physically harmed themselves, or if their life is at risk, then you should still call 999 or go to A&E.  If you are deaf or have hearing loss please use NHS 111 – SignVideo or use the 18001 111 Relay UK app. |  | |
| **18. NHS 111 mental health option**  Schedule from:  11 Dec to 31 Jan | | If you experience mental health problems, it can be frightening, and you may feel alone.  A mental health crisis can mean different things to different people, but often means that you no longer feel able to cope or in control of your situation.  If you, or someone you know experiences this, it is important to get help quickly.   * Call NHS 111 and select the mental health option.   Available 24/7, you will speak to a mental health professional who can listen to you and help you find the right support.  Find out more - <https://northeastnorthcumbria.nhs.uk/here-to-help-winter/looking-after-your-mental-health/> | A person wearing headphones  Description automatically generated | |
| **19. Self care**  Schedule from:  11 Dec to 31 Jan | | There are some tried-and-tested ways to understand how you’re feeling and feel better.  Clinical experts, and people who’ve faced these problems themselves, have written our self-help guides. The guides give advice and walk you through some practical exercises. They’re based on techniques proven to help people feel better.  The guides cover topics like   * alcohol * anxiety * bereavement / grief * depression * childhood and domestic abuse * eating disorder * hearing voice * managing anger * obsessions and compulsions * panic attacks * post-traumatic stress * postnatal depression * self-harm * sleeping problems * stress * and more   These self-help guides are available for free online. You can get versions in large print, Easy Read, audio and BSL.  Online mindfulness and relaxation exercises might help you to feel better. And you can try free, online ‘Recovery College’ courses.  Explore self-help information at <https://northeastnorthcumbria.nhs.uk/here-to-help-winter/looking-after-your-mental-health/> |  | |
| **20. GP**  Schedule from:  11 Dec to 31 Jan | | It's not always easy to start a conversation about your personal feelings with your GP, especially when you're not feeling well. But it's usually the first step towards working out what kind of treatment and support might help you.  Lots of GPs in the North East and Cumbria have mental health nurses and practitioners working in their surgeries. So, you may be able to get specialist support and treatment at your usual GP practice. |  | |
| **21. Talking Therapies**  Schedule from:  11 Dec to 31 Jan | | Struggling with feeling depressed, worrying a lot, social anxiety, post-traumatic stress, or obsessions and compulsions? NHS Talking Therapies are here to help.    You don’t need a diagnosis to get support. The sooner you reach out, the sooner we can help you feel better.    Talking Therapies are free, and confidential. You’ll be treated by trained clinicians, online, on the phone, or in person.  Your GP can refer you, or you can refer yourself at nhs.uk/talk |  | |
| **GP practices** | | | | |
| **22. Phones lines busy?****Schedule from:****11 Dec to 31 Jan** | | GP phone lines can be very busy, especially in the mornings.Save yourself a wait by calling later in the day, if possible, for non-urgent appointments or test results.Alternatively, if available, you can use your practice's online booking services, available on their website, or use the NHS app.You may also be able to email your practice for medication requests and other general queries.Need help using the app?Visit [www.nhs.uk/helpmeapp](http://www.nhs.uk/helpmeapp)Or visit your practice website for more information.#HeretoHelp |  | **Or you can use the animation available in our online toolkit.** |
| **A&E and 999 – only use these assets in times of high pressure!** | | | | |
| **22.**  **A&E**  **Only for use in times of high pressure** | | This festive season - Please remember ONLY call 999 or go to A&E if you or someone else has a life -threatening emergency, such as:  • **signs of a heart attack** chest pain, pressure, heaviness, tightness or squeezing across the chest  • **signs of a stroke** face dropping on one side, cannot hold both arms up, difficulty speaking  • **sudden confusion** cannot be sure of own name or age  • **suicide attempt** by taking something or self -harming  • **severe difficulty breathing** not being able to get words out, choking or gasping  • **choking** on liquids or solids right now  • **heavy bleeding** spraying, pouring or enough to make a puddle  • **severe injuries** after a serious accident or assault 9  • **seizure (fit)** shaking or jerking because of a fit, or unconscious (cannot be woken up)  • **sudden, rapid swelling** of the lips, mouth, throat or tongue  If you need EMERGENCY care, call 999, or go to your nearest A&E.  British Sign Language (BSL) speakers can make a BSL video call to 999.  Deaf people can use 18000 to contact 999 using text relay.  If in doubt, contact NHS111, online or by phone, to get assessed and directed to the right place for you - including emergency care.  #HereToHelp |  | |
| **23. A&E is very busy**  **Only for use in times of high pressure** | | A&E departments are extremely busy  **Think pharmacy, GP or NHS111 first!**  Too many people who come to A&E don't need to be there. Their illnesses and injuries can be dealt with quicker by an alternative service freeing up emergency services for those who really need them.  If in doubt, contact NHS111 online or by phone, to get assessed and directed to the right place for you - including emergency care.  If you go to A&E and your condition isn't life threatening, you may experience a very long wait.  #HereToHelp |  | |
| **24. A&E and 999 are busy**  **Only for use in times of high pressure** | | A&E and 999 are extremely busy  **Think pharmacy, GP or NHS 111 first!**  Too many people who come to A&E don't need to be there. Their illnesses and injuries can be dealt with quicker by an alternative service freeing up emergency services for those who really need them.  If in doubt, contact NHS111 online or by phone, to get assessed and directed to the right place for you - including emergency care.  If you go to A&E and your condition isn't life threatening, you may experience a very long wait.  #HereToHelp | A yellow and red ambulance with lights on  Description automatically generated | |
| **Self-care** | | | | |
| **25. Little orange book**  Schedule from:  11 Dec to 31 Jan | | Poorly baby or child this winter?  Download the LITTLE ORANGE BOOK!  It contains online advice for parents of under 5s on a wide range of illnesses in children from common minor concerns to more serious conditions.  Find out more here: [www.nenc-healthiertogether.nhs.uk](http://www.nenc-healthiertogether.nhs.uk)  #NHS #HereToHelp |  | |
| **21. Healthier together**  Schedule from:  11 Dec to 31 Jan | | Little one not well?  Visit the Healthier Together website  [www.nenc-healthiertogether.nhs.uk](http://www.nenc-healthiertogether.nhs.uk)  For online advice to help manage and improve the health and wellbeing of babies, children and young people.  #NHS #HereToHelp |  | **Or you can use the animation available in our online toolkit.** |
| **Smoking** | | | | |
| **22. Quit smoking**  Schedule from:  11 Dec to 31 Feb | | If you smoke, quitting is an important part of looking after your health this winter.  Quitting reduces the risks from flu, pneumonia and COVID-19, as well as COPD, heart attack and stroke!  **We’re here to help** this winter.  Visit [www.freshquit.co.uk](http://www.freshquit.co.uk) for support to quit | To download campaign material go to:  <https://www.fresh-balance.co.uk/campaigns/smoking-survivors/> | |
| **Priority register – stay switched on** | | | | |
| **23. Sign up to the priority register**  Schedule from:  11 Dec to 31 Feb | | As winter bites it's good to have all bases covered!  Every energy supplier has a priority services register.  Signing up lets them know you may need extra free support like advance notice of power cuts, priority support in an emergency or sending bills to a family member or carer and much more.  Check if you're eligible at [www.ofgem.gov.uk/get-help-your-supplier-priority-services-register](http://www.ofgem.gov.uk/get-help-your-supplier-priority-services-register)  @ofgem | A person and person sitting on a couch reading a book  Description automatically generated | |