

# Helpful Tips for a Healthy You

This booklet will hopefully provide you with hints and tips to keep yourself healthy and give information on where and when to seek help.

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# Top Health Tips

- 1 It is your responsibility to register with a GP
- 2 You can request a different doctor if you feel the need
- 3 Don't feel stupid about asking questions
- 4 See a dentist every 6 to 12 months
- 5 See an optician every two years - unless you're advised otherwise
- 6 Recognise your feelings and if you feel low, it's important to talk to someone
- 7 Speak to your Personal Advisor or health professional about financial help with dental and optician costs
- 8 If you have any weight/health issues; you may be entitled to a free gym pass. Speak to your GP about this

# How to register with a GP

It is important that you register with a GP as soon as possible

**You can find your nearest GP practice by visiting [NHS Choices www.nhs.uk](http://www.nhs.uk)**

## **To register**

- Ring your chosen GP or call into the surgery and speak to a receptionist to find out how to register with them
- You'll be asked to complete a form and will be given an initial appointment

## **What you will need**

- NHS Number: should be found within your Health Summary
- Previous GP's name and address

## **You may need to take ID with you for example:**

- Driving License
- Passport
- National Insurance Letter
- Proof of address; e.g. utility bill
- Birth Certificate

# How to register with a Dentist

It is important to keep your teeth and gums healthy. Once registered with a Dentist, they will advise you on how often you need to be seen

**You can find your nearest Dentist by visiting  
NHS Choices [www.nhs.uk](http://www.nhs.uk)**

## **To register**

- Ring your chosen Dentist or call into the surgery and speak to a receptionist to register
- You may be asked to complete a form and will be given an initial appointment

**You can get free NHS dental treatment if, when the treatment start you are:**

- Pregnant or have had a baby in the previous 12 months

**You do not have to pay, during the course of the treatment if you receive:**

- Income support
- Income-based Jobseekers Allowance
- Income-related Employment and support allowance
- Universal Credit
- Disability Living Allowance (DLA)
- Personal Independence Payment (PIP)

## **To maintain healthy teeth**

- Brush your teeth twice a day with a fluoride toothpaste for 2 minutes each time and remember to floss. Buy and use a new toothbrush on a regular basis
- Visit your dentist every 6 months
- Reduce your sugar intake in food and drinks

**For more information visit:**

[www.nhs.uk/live-well/healthy-body/how-to-keep-your-teeth-clean/](http://www.nhs.uk/live-well/healthy-body/how-to-keep-your-teeth-clean/)

# How to access the Optician

It is important to keep your eyes healthy and it is easy to have your vision checked.

**You can find your nearest Optician by visiting NHS Choices [www.nhs.uk](http://www.nhs.uk)**

## What to do

- Just ring or visit a local opticians
- Most opticians can check your eye health as well as your vision

## You can get NHS funded eye sight test if:

- You are partially-sighted (sight impaired) or blind (severely sight impaired)
- You've been diagnosed with diabetes or glaucoma (or at risk of glaucoma)
- You're eligible for an NHS complex lens voucher (your optician can advise about your entitlements)

## If you receive:

- Income support
- Income-based Jobseekers Allowance
- Income-related Employment and support allowance
- Universal Credit
- You have a valid NHS certificate for full or partial help with health costs
- You are named on a valid NHS tax exemption certificate

## To maintain healthy vision

- Visit your optician every 2 years or as advised
- Visit your optician if you notice your vision has got worse or you are struggling to focus on things or things are blurred
- Limit the length of time using 'screens' (phone, tablets, computers, etc) and take regular breaks
- Protect your eyes from the sun - wear good quality sunglasses

**For more information visit:**

<https://www.nhs.uk/live-well/healthy-body/look-after-your-eyes/>

# How to deal with Minor Illnesses

You can treat simple minor illnesses such as headaches, diarrhoea yourself but you need to be prepared.

Have a good supply of simple medication in the house.

## Tips to remember:

- Follow the directions on the packet or on the leaflet, never exceed the stated dose
- If you have questions about the medicine, ask your pharmacist
- Keep medicines away from children and animals, preferably in a high, lockable cupboard that is cool, dry and not in direct sunlight
- Regularly check the expiry dates. Never use a medicine when it is past the expiry date, take it to your pharmacist who will safely dispose of it for you

## Suggested medicines or supplies to keep at home:

- Paracetamol (for pain)
- Ibuprofen (avoid if asthmatic or you have stomach problems - ask your pharmacist)
- Re-hydration medicine (useful if you have diarrhoea/vomiting)
- Anti-histamine tablets (useful for insect bites, hayfever, rashes)
- Indigestion remedy
- Antiseptic solution (useful for cleaning cuts and grazes)
- Plasters - range of sizes (for small cuts)
- An elastic bandage and dressings to support sprains or bruises
- Basic dressing pack
- A thermometer for taking temperatures

**For useful information on how to treat minor illnesses visit:**

<https://www.nhs.uk/live-well/healthy-body/home-remedies-for-common-conditions/?tabname=self-help-tips>

# Where to get help if I feel ill

You can get help and advice from several places if you are ill. Remember the Emergency Department at the hospital is for REAL emergencies that can not be treated anywhere else.

**Self care** is the first option to think about with your medicines at home. If you becoming more unwell or you feel you need extra help then consider....

Using your local pharmacy - Pharmacies provide expert advice and medical treatment for a range of common illnesses. They do a lot more than just dispensing medicines, including:

- Treatments for minor ailments (coughs, colds, simple skin problems, head lice, athletes foot) - they may be free if you don't pay a prescription charge via a scheme called 'Pharmacy First' ASK the Pharmacist about the scheme
- Support to stop smoking
- Sexual Health advice and pregnancy testing
- Emergency contraception for up to 72hrs after unprotected sex  
Many pharmacies have private rooms available to speak to your pharmacist confidentially about your health concerns.

**NHS 111** provides fast and reliable medical advice from professionally trained advisors, supported by nurse and paramedics. It's free to call from landlines and mobiles - available 24hours a day, 365 days a year

## Call 111 if:

- Think you need to go to A&E or need another NHS urgent care service
- You don't know who to call or you don't have a GP to call
- You need health information about what to do next

## Visit your General Practitioners (GPs)

- Don't wait until you become unwell, register with a GP as soon as you can

**REMEMBER: in a life threatening emergency dial 999**



# Healthy Lifestyles

It is important to maintain a healthy lifestyle even as a young adult, as the health decisions you make now will affect your health in later life. Make your lifestyle and health decisions **WISELY** and with the **CORRECT** information.

**You can obtain health information about choices by visiting: <https://www.nhs.uk/live-well/>**

## **Key Messages for a healthy lifestyles:**

- Eat well by having your '5 A Day' of fruit/vegetable
- Drink plenty of water
- Have a healthy weight
- Try to do some form of activity every day, including exercise that gets you breathless and strengthens your muscles
- Have adequate sleep and rest – manage your lifestyle well, don't have too many late nights and keep a good sleep routine
- Maintain your sexual health, visit your local service
- Have a positive mind and self esteem
- If you feel you are drinking too much and can't stop then contact your GP, your PA or your local alcohol NHS support service: **www.nhs.uk**
- Quit smoking by getting NHS support by calling 0300 123 1044 or visiting: [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)
- Don't use illegal substances / drugs. If you need advice or support then visit: **www.talktofrank.com** or **www.nhs.uk** for local support services
- If you feel you need support in relation to eating disorders contact, 'B-eat' tel: 0808 801 0711 **www.beateatingdisorders.org.uk**

# Emotional Health and Wellbeing

Emotional wellbeing or mind health is just as important as physical health.

**Evidence suggests that there are 5 steps that we can all take to improve our mental wellbeing. Give them a try:**

## 1 Connect

Connect with people around you; family, friends, colleagues and neighbours. Spend time developing these relationships.

## 2 Be Active

You do not have to go to the gym. Take a walk, go cycling, or play a game of football. Find the activity that you enjoy and make it a part of your life.

## 3 Keep Learning

Learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix a bike?

## 4 Give to others

Even the smallest act can count whether it's a smile, a thank you or a kind word. Large acts, such as volunteering at your local community centre can improve your mental wellbeing and help you build new social networks.

## Be mindful

5 Be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Some people call this awareness "mindfulness" and it can positively change the way you feel about life and how you approach challenges.

(Taken from [www.nhs.uk](http://www.nhs.uk))

If you need support for your emotional health contact:

Kooth online **[www.kooth.com](http://www.kooth.com)** - Free, safe and anonymous online support for young people, Monday - Friday 12pm - 10pm, Saturday - Sunday 6pm - 10pm

Talk to a health professional or someone you trust if you are feeling low, feeling stressed or worried. Don't keep the feelings hidden, remember others can help and support you.

## Helpful Websites for Emotional Health and Wellbeing

**Issues with Anxiety** [www.youth.anxietybc.com](http://www.youth.anxietybc.com)

**The Mix** support for under 25s Freephone: 0808 808 4994

**Samaritans Telephone counselling** 08457 909090

**Emotional Health Advice** [www.YoungMinds.co.uk](http://www.YoungMinds.co.uk)

**Livewell** [www.nhs.uk/livewell](http://www.nhs.uk/livewell)

**Mental Health Foundation** [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Mind - The mental health charity** [www.mind.org.uk](http://www.mind.org.uk)

**Kooth online** [www.kooth.com](http://www.kooth.com) free, safe and anonymous online support

# Healthy Relationships

Have a look at the checklist below and consider your own relationship...

Healthy	Unhealthy	Abusive
<p><b>Communication</b> - you talk openly together about your feelings without shouting or swearing</p>	<p><b>Not Communicating</b> - you can talk openly normally but on occasions one of you will shout the other person down</p>	<p><b>Communicating abusively</b> - during disagreements there is often swearing, abusive comments and your partner will 'ignore' you as a punishment</p>
<p><b>Respectful</b> - you value each other. You are able to keep your own beliefs and opinions and they are respected</p>	<p><b>Disrespectful</b> - you or both of you are inconsiderate. There is occasional disregard of your opinions or values and laugh at what you say or do</p>	<p><b>Totally disregards your views</b> - your partner doesn't care what you think or feel. They may also not consider your safety by making you drink too much or getting you to take drugs when you don't want to</p>
<p><b>Equal</b> - you are able to make your own decisions on where you go. You are able to see your friends and family when you want to</p>	<p><b>Unequal</b> - one of you makes the majority of decisions about what you do or where you go. Your partner puts pressure on you to do what they want</p>	<p><b>Totally controlling</b> - your partner makes all the decisions for you. Your partner is allowed to go out, see friends and family when they like but you aren't</p>
<p><b>Compassionate</b> - you feel loved and cared for. You can be open about how you are feeling and your partner supports you emotionally</p>	<p><b>Unkind</b> - your partner is dismissive about your emotions and feelings. They may sometimes laugh or belittle you when you do open up</p>	<p><b>Cruel</b> - your partner seems to take pleasure in making you feel down or actively winds you up or upsets you for no reason</p>

Healthy	Unhealthy	Abusive
<p><b>Trusting</b> - you trust each other equally and the trust is demonstrated</p>	<p><b>Untrusting</b> - there is often suspicion that your partner is doing things behind your back or your partner suspects you without reason</p>	<p><b>Obsessively jealous</b> - your partner won't allow you to be around other people. They put pressure on you to end friendships. They continually check up your whereabouts and may follow you</p>
<p><b>Making consensual sexual decisions</b> - you talk openly about your sexual activity, contraception and make decisions together</p>	<p><b>Pressuring into sexual activity or ignoring consequences</b> - one of you is trying to convince the other to have sexual activity, or there is lack of consideration to consequences eg: pregnancy</p>	<p><b>Forcing sex or unwanted sexual activities</b> - your partner dictates when, how and where you have sexual activity. They may threaten you if you don't want to or they pressure you to have sex with someone else</p>
<p><b>Enjoying personal space</b> - you both enjoy and are able to have your own time alone</p>	<p><b>Smothering or trying to stop you spending time with others</b> - one of you is feeling uncomfortable about the level of time spent together</p>	<p><b>Isolating you from friends / family</b> - your partner controls where and when, who you can see and talk to. Your partner isolates you from other people and can make up lies about friends and family to try and make you not want to see them</p>

## If you think your relationship is unhealthy then talk to someone you trust:

- Talk to your GP, nurse or other health professional
- Women can call 0808 2000 247, the free 24-hour National Domestic Violence Helpline run in partnership between Women's Aid and Refuge
- Men can call the Men's Advice Line free on **0808 801 0327** (Monday to Friday 9am to 5pm) or ManKind on **01823 334 244**
- Victim Support - **0333 270 2799** or visit [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

# Sexual Health and Identity.

**Looking after your sexual health is very important, this includes:**

- using contraception and ensuring your partner uses contraception
- regular testing for sexually transmitted infections (STI)
- pregnancy advice
- getting screening for cervical and testicular cancers

Pharmacies may be able to provide free contraception and emergency contraception, otherwise visit your local Sexual Health service.

You can locate your nearest **Sexual Health Service** online: [www.nhs.uk](http://www.nhs.uk) and put in 'sexual health service' into the search bar

## **Have you got your C-card?**

The C-Card (condom card) is a small credit card size card which means that you can get free condoms at various places which are part of the scheme. Both young men and women can get a c-card but you must be under 25 years old.

Look out for the C-card stickers or go online to find your local C-card collection point.

## **Other Services Available:**

**Family Planning Association (FPA)** [www.fpa.org.uk](http://www.fpa.org.uk)  
FPA provide sexual health information and advice on contraception, sexually transmitted infections, pregnancy choices, abortion, planning a pregnancy

**Brook Sexual Health** [www.brook.org.uk](http://www.brook.org.uk)  
Provides free and confidential sexual health advice to young people, pregnancy advice, contraception help and have text & webchat services

**East Midlands Children and Young People's Sexual Assault Service** [www.emcypsas.co.uk](http://www.emcypsas.co.uk) or 0800 183 0023

EMCYPAS can help and support you if you have experienced a sexual assault or rape.

## Think you are pregnant and don't know what to do?

**It is important to make the right decisions for you and an essential part of this is having all the information you need.**

Talk to someone you trust and get health advice from one of the following as soon as possible: GP, Pharmacy, Personal Advisor, Sexual Health Service, Brook Sexual Health, Family Planning Association or Marie Stopes (0345 300 8090 - open for support 24 hrs a day)

## Information about relationships

(whether you are straight, gay, bisexual or trans)

**Relate** can provide helpful advice and support, [www.relate.org.uk](http://www.relate.org.uk)

**Sexuality** advice is also available for those that consider themselves to be lesbian, gay, bisexual or transgender (or want to talk about their sexuality feelings) - contact:

[Stonewall UK](http://StonewallUK.org), [www.stonewall.org.uk](http://www.stonewall.org.uk)

[Brook Sexual Health](http://BrookSexualHealth.org), [www.brook.org.uk](http://www.brook.org.uk)

**Gender Identity** is it more common than you think to feel confused about your gender identity but if you need help and advice about how you are feeling, then contact

[The Gender Identity Development Service](http://TheGenderIdentityDevelopmentService.org) (NHS) via telephone: 020 8938 2030/1 or visit: [www.gids.nhs.uk](http://www.gids.nhs.uk)

# Financial Support

If you find yourself in financial difficulties then ACT, do not ignore letters or reminders. If you need advice/support with managing your finances or debt...

**Citizens Advice Bureau** - [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**National Debt Line** - free on 0808 808 4000 or visit:  
[www.nationaldebtline.org](http://www.nationaldebtline.org)

**Government Advice online:**

[www.gov.uk/options-for-paying-off-your-debts](http://www.gov.uk/options-for-paying-off-your-debts)

**Talk to your Personal Advisor  
(Care Leaver Service)**

**Talk to who you owe money to  
and make a repayment schedule**

**Benefits:**

There are several types of benefits that you may be able to claim (even if you are working), check out the Government website to find out your entitlements:  
[www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits)

You can access a computer and the internet free at your local library



## Am I eligible for free health treatments (such as eye tests, prescriptions, free medicine from your pharmacist)?

You will qualify for help with NHS medical costs if you and/or your partner receive any of the following benefits:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Working Tax Credit or Child Tax Credit (in some circumstances)
- Universal Credit
- If you receive any of the benefits listed above, all you need to do to get help with NHS costs, is to show your benefit award letter or HC2 or HC3 certificate to health care staff as proof at point of payment
- If you don't receive any of these benefits, but have a low income, you may still get some help with health costs through the NHS Low Income Scheme - call: **0300 330 1343** to find out more

## Learn about managing your money:

- Record your spending every week
- Record your regular payments eg: rent, electric, mobile phone
- Save money for the unpredictable event - even if it's a small amount
- Plan / budget
- Decide on your priorities
- Don't delay bills that need paying

# Advocacy for you

A useful service that can support you and act on your behalf if you are struggling to access services contact 'coramVoice' organisation:  
[www.coramvoice.org.uk](http://www.coramvoice.org.uk)  
Tel: 0808 800 5792



## coramVoice can help you if:

- You want some help in saying the things you need to say to those who make decisions about you
- If you are unhappy about the way you are being treated by your Social Worker, Care Leavers Service or Personal Advisor
- If you need information and advice and want to know your rights
- If you need an advocate who can make sure you understand what people are saying and help you say what you want to say and make sure people listen to you
- If you want an advocate to be with you at important meetings

# Local Services and Useful Links

<p><b>NHS 111</b> For medical advice This helpline is open 24 hours a day. 365 days a year</p>	<p><b>Dial 111</b></p>
<p><b>NHS Choices</b> Provides a comprehensive health information service to help you make the best choices about health and lifestyle</p>	<p><b><a href="http://www.nhs.uk">www.nhs.uk</a></b></p>
<p><b>NHS Patient and Liaison Service (PALS)</b> Contact them if you have issues or need to make a complaint about an NHS service</p>	<p><b>To find your nearest office enter:</b> PALS into the search bar</p>
<p><b>Refugee Council</b></p>	<p>020 7346 6700 <a href="http://www.refugeecouncil.org.uk">www.refugeecouncil.org.uk</a></p>
<p><b>Health for Teens</b></p>	<p><a href="http://www.healthforteens.co.uk">www.healthforteens.co.uk</a></p>
<p><b>Change for Life</b></p>	<p><a href="http://www.nhs.uk/change4life">www.nhs.uk/change4life</a></p>
<p><b>Live well Health &amp; Fitness</b></p>	<p><a href="http://www.nhs.uk/livewell/fitness">www.nhs.uk/livewell/fitness</a></p>
<p><b>Live well Healthy-eating</b></p>	<p><a href="http://www.nhs.uk/livewell/healthy-eating">www.nhs.uk/livewell/healthy-eating</a></p>
<p><b>National Bullying Helpline</b></p>	<p><a href="http://www.nationalbullyinghelpline.co.uk">www.nationalbullyinghelpline.co.uk</a></p>
<p><b>Child Exploitation &amp; Online Protection</b></p>	<p><a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a></p>
<p><b>Missing People Runaway Helpline</b></p>	<p><a href="http://www.missingpeople.org.uk">www.missingpeople.org.uk</a> (116000 -free from mobiles)</p>
<p><b>Shelter</b> Provides housing advice and those struggling with homelessness</p>	<p><a href="http://www.england.shelter.org.uk">www.england.shelter.org.uk</a></p>
<p><b>Victim support</b> Available to give tailored support to help people recover from the effects of crime and traumatic events</p>	<p>0808 168 9111 <a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a></p>
<p><b>Safeguarding support</b> contact your Local Authority to find how to gain support if you are at risk or report a concern about an adult or child</p>	<p>Internet search: 'how to report a concern about an adult/child in....' add in your local area</p>
<p><b>Your Local Care Leavers Service:</b></p>	

