



Winter Friends

Keep me handy!



Here for you

Help with your health

Write your GP and pharmacy details below so they are to hand when you need them.

GP Practice

Local Pharmacy

Can support with getting your free flu vaccination (if you are over the age of 65, aged 2 to 64 and have a long-term health condition, are pregnant, or a carer).

They can also advise on your medication and when it is due, if on repeat prescription.

NHS111

Visit 111.nhs.uk (for people aged 5+ only) or call 111

For urgent medical attention, but not an emergency.

Help with your home

HomePlus (Leeds)

Visit care-repair-leeds.org.uk or call [0113 240 6009](https://01132406009)

Is a service that helps anyone who might be struggling to heat their home or pay their heating bills. They also offer free home visits to help with repairs, provide safety rails and other support to reduce the risk of falling.

Help with your wellbeing

COVID Malnutrition helpline

Call [0113 843 0905](https://01138430905)

Is a mental health resource for anyone living or working in Leeds.

MindWell

Visit mindwell-leeds.org.uk

Is a mental health resource for anyone living or working in Leeds.

West Yorkshire 24-hour mental health helpline

Call [0800 183 0558](https://08001830558) (Freephone)

Provides confidential support and advice for anyone who is concerned about their mental health, or of the mental health of their family members or those they care for.

Other useful numbers

Use this space to write in any other useful numbers that you may need, such as a next of kin, a neighbour, or local taxi service.

