

Where can I get help?

You'll find more information in the Sandwell Self Care Guide, which contains hints, tips, information and contact details for local services including

- Family health and first aid
- Midlife planning
- Looking after your eyes
- Looking after your hearing
- Looking after your feet

The guide is available on our website, at Sandwell libraries and from the Sandwell Self Care Team.



Not sure what to do?

Self care also means knowing when and where to seek help when you feel unwell. You can get help from:

Your Local Pharmacy

For free, quality advice about your health, medicines and wellbeing, and about treating minor ailments, particularly if you have a long term condition.

NHS Direct

For health advice 24 hours a day
0845 46 47
www.nhsdirect.nhs.uk

Local NHS Walk-in Centre

For illnesses and injuries that do not need emergency care. Same standard of care as Accident and Emergency but with shorter waiting times – no need for an appointment.

Open from 8am – 8pm
365 days a year

NHS Parsonage Street Health Centre
West Bromwich B70 4DL

Accident and Emergency

For life-threatening conditions and emergencies
Dial **999**



Learning to live well

Self Care in Sandwell

Put yourself in control of your health and wellbeing



A mini guide for the public and professionals

November 2010

Sandwell **NHS**
Primary Care Trust

Sandwell
Metropolitan Borough Council
Adult & Community Services

www.webwell.org.uk/selfcare

What is Self Care?

Self Care is about taking control of your own health and wellbeing. It is how you treat minor ailments, take medicines and seek help when you need it as well as keeping fit and healthy.

People spend on average one hour a year with a healthcare professional – the rest of the time they look after themselves.

People with a long term condition spend on average four hours a year with a healthcare professional, the rest of the time they need to look after themselves. Some have learned to be experts in their own care.



Why bother?

Learning to look after your health is a good thing – puts you in control, improves your quality of life and helps you stay healthy.

It also helps to shorten waiting times and hospital stays in your local health and social care services.

What help is available?

There is lots of information and support available to help you. Our new local self care web page has links to local and national services and resources:

www.webwell.org.uk/selfcare

There are services in Sandwell to help you look after yourself, for example:

- Living with long term health conditions

**Call Sandwell Self Care Team
0121 612 1502**

- Stop smoking
- Drinking
- Healthy eating
- Physical activity
- Confidence and wellbeing
- Looking after your teeth
- Sexual health

**Call Healthy Lifestyle Services
0800 011 46 56**

- Adult Social Care
- Caring for someone
- STAY (Telecare)

**Call Sandwell Council ASSIST
0845 352 22 66**