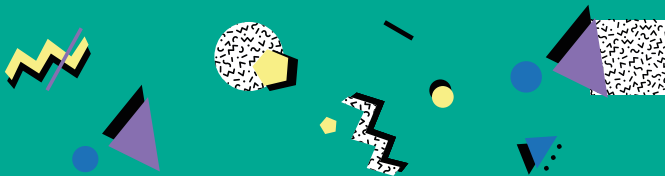




THE LITTLE BOOK OF FEEL BETTER



Brought to you in association with NHS Leeds West CCG






**Your local pharmacy
is here to make you
feel better!**



PHARMACISTS ARE TRAINED MEDICAL PROFESSIONALS!

A pharmacist will give you an expert medical opinion,
and point you in the right direction if they think you
need to go elsewhere.



NO APPOINTMENT NECESSARY!

Avoid waiting to see a doctor, and pop in to see your pharmacist instead! They often have a private consultation room too, if you need privacy.

WHEN TO VISIT YOUR PHARMACIST

- ☐ Cough
- ☐ Cold
- ☐ Earache
- ☐ Sore throat
- ☐ Athletes foot
- ☐ Thrush
- ☐ Hay fever
- ☐ Fever
- ☐ Blocked nose
- ☐ Sprain or strain
- ☐ Sexual health advice
(including the morning after pill)
- ☐ Hangover
- ☐ Rash/skin complaint



Sometimes you can save money by buying your medicine over the counter rather than paying for a prescription.

NOT ON THE LIST?

Pharmacists are great, but there are times when you'll need to make the trip to the doctors, or even wait in line at A&E.

Turn over for more information of which service to use and when.

DID YOU KNOW?

Pharmacies offer specialist services such as allergy tests and blood-glucose tests as well as weight management and stop smoking services. Call or pop in to your nearest pharmacy to see which service they provide (see pharmacy directory at the back).

PICKING THE RIGHT NHS SERVICE TO USE

GP

If you have an ongoing issue, like a cold that just won't budge, call your GP to book an appointment.

***You'll need to be registered with a GP! See next page.**

NHS 111

Not sure if you need professional care or self care? This 24 hour helpline will help you decide which local service will be best for you to use.

A&E or 999

If your condition is serious or life threatening, call 999 or head to A&E right away!

NHS WALK IN CENTRE OR MINOR INJURIES UNIT

If you have a minor illness or injury head to one of the places below.

St George's Centre
Minor Injuries Unit
St George's Road
Leeds LS10 4UZ

Wharfedale Hospital
Minor Injuries Unit
Newall Carr Road
Otley LS21 2LY
0113 392 1647

Shakespeare Medical Centre
Walk-in centre
1 Cromwell Mount
Leeds LS9 7TA
0113 295 1132

REGISTER WITH A GP

Visit www.nhs.uk for a list of GP practices in your area. To register, either pop in or give the surgery a call.

It's important that you register with a GP in Leeds so you can get an appointment if you are unwell. You can still see your GP at home as a temporary resident during holidays.

If you want to stay registered with your GP Practice at home, you can temporarily register with a GP in Leeds for up to 3 months.

REGISTER WITH A DENTIST

To register with a dentist, find a practice at www.nhs.uk and given them a call to book an appointment. You may need to join a waiting list to see a dentist.

If you need emergency dental care, even outside of opening hours, call your dentist – they'll have emergency contact details on their answer phone.

MENTAL HEALTH

Uni can be a stressful and busy time, and mental health issues can often go unnoticed. These can range from a friend needing some support, to medical conditions such as anxiety or depression. If you're worried about your wellbeing, or someone else's, speak to someone you trust or pay a visit to confidential counseling services offered by your University/Union.

Improving Access to Psychological Therapies

0113 843 4388

www.leedscommunityhealthcare.nhs.uk/iapt/home

Samaritans

116 123

www.samaritans.org

Connect Helpline

0808 800 1212

Nightline

Anonymous non-advisory telephone listening and information service

0113 380 1381 for our

listening service

0113 380 1380 for our

information service

listening@leedsnightline.co.uk

LEEDS SEXUAL HEALTH

Your pharmacy will be able to provide sexual health advice including information about contraception. However Leeds Sexual Health, leedssexualhealth.com/offers a specialist service, which includes Sexually Transmitted Infection (STI) screening and treatment, HIV testing and contraception services.

Leeds Sexual Health

www.leedssexualhealth.com

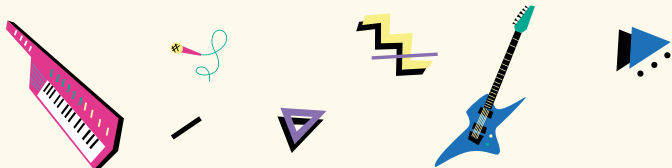
ALCOHOL/DRUGS SERVICE

Forward Leeds is an alcohol and drug support service for young people and adults across Leeds. They offer a range of services including advice, support and a range of interventions for people with concerns about their alcohol and/or drug use.

Forward Leeds

www.forwardleeds.co.uk

0113 887 2477



PLEASE DON'T STOP THE MUSIC

Music can make us feel better and research shows it may have a positive effect on health and wellbeing.

Sleep

Tuning in to some soft jazz for 45 minutes before you head to bed may help you get a better night's sleep.

Stress

Lower levels of cortisol (the stress hormone) with 50 minutes of your favourite dance music.

Immune system

Listening to your favourite tracks has been scientifically proven to help your body produce more virus-fighting antibodies.



Concentration

Listening to Mozart can help you focus and complete tasks – the perfect soundtrack when you need to crack on with revision!

Pain relief

Music has been shown to ease pain! A song that makes you feel good can reduce your perception of pain.

Exercise performance

Listen to an upbeat playlist to boost your motivation and endurance level.

Lift your Mood

A recent study found that music helped put people in a better mood, as well as maintaining their mood.

Anxiety

One study found that music's effect on anxiety levels is comparable to getting a massage!

Protect your ears by keeping the music volume down





YOUR PHARMACY IS CONVENIENT!

Pharmacies are often open later than a doctor's surgery, and many are open on weekends too. Plus it's pretty likely that you won't have to go far to find your nearest pharmacy.

PHARMACIES DIRECTORY



CITY CENTRE

Boots

49-51 Merrion
Centre
LS2 8PJ
0113 242 8194

Superdrug

31-35 Merrion
Centre
LS2 8NG
0113 245 7671

Boots

Trinity Leeds
19 Albion Street
LS1 5ET
0113 243 3551

Boots

The Public
Concourse
City Station
LS1 4DT
0113 242 1713

Boots

Leeming House
12-14 Vicar Lane
LS1 7JH
0113 245 5097

Superdrug

13 Kirkgate
LS1 6BY
0113 243 1589

Boots

3a Crown Point
Shopping Park
Junction Street
LS10 1ET
0113 244 8039



UNIVERSITIES

Lloyds Pharmacy

166 Woodhouse
Lane
LS2 9HB
0113 246 9988



HYDE PARK

Brudenell Road Pharmacy

58 Brudenell Road
LS6 1EG
0113 278 5831

Cardigan Road Pharmacy

136 Cardigan Road
LS6 1LU
0113 278 3976

Tylee Andrew Ltd
25 Hyde Park Road
LS6 1PY
0113 245 0494

**Hyde Park
Pharmacy**
46 Woodsley Road
LS3 1DT
0113 244 1551



Boots
1 Moseley Place
LS6 2RY
0113 245 7835



Well
203 Kirkstall Lane
LS6 3EJ
0113 275 2103

Boots
35 Otley Road
LS6 3AA
0113 275 1823

**Headingley
Pharmacy**
St Michaels Court
1 Shire Oak Street
LS6 2DP
0113 230 5588

Lloyds Pharmacy
8 The Arndale
Centre
Otley Road
LS6 2UE
0113 274 0233



Well
275 Burley Road
LS4 2EL
0113 278 5840



Lloyds Pharmacy
24 Kirkstall Lane
LS5 3BH
0113 278 5559

Boots
Unit 2 Kirkstall
Retail Park
Savins Mill Way
LS5 3RP
0113 275 7175



**Golden Bank
House**
Broadgate Lane
LS18 4SE
0113 258 3209

Co-operative
74 Town Street
LS18 4AP
0113 258 2436



Lloyds Pharmacy
569-571
Meanwood Road
LS6 4AY
0113 278 6352

**Meanwood
Pharmacy**
597 Meanwood
Road
LS6 4AY
0113 230 7519

For a pharmacy
outside of these
areas, visit
www.nhs.uk
and use the
service finder



WE'RE HERE!

Like us, we'll make you feel better!



www.feelbetterleeds.org.uk

Brought to you by

NHS

Leeds West
Clinical Commissioning Group