

# Foodbanks



The graphic features a large blue arrow pointing downwards into an open cardboard box. Inside the box are various food items: a carton of milk, a carrot, and some green leafy vegetables. In front of the box are a green apple and two red cans. To the left of the box is a circular arrangement of four arrows pointing in different directions, each with a label: 'GET' (blue), 'TO KNOW' (green), 'WHERE' (yellow), and 'TO GO' (red). In the top right corner, the NHS logo is displayed above the text 'Greater Manchester Integrated Care'.

**Foodbanks near you...**  
get to know where to go

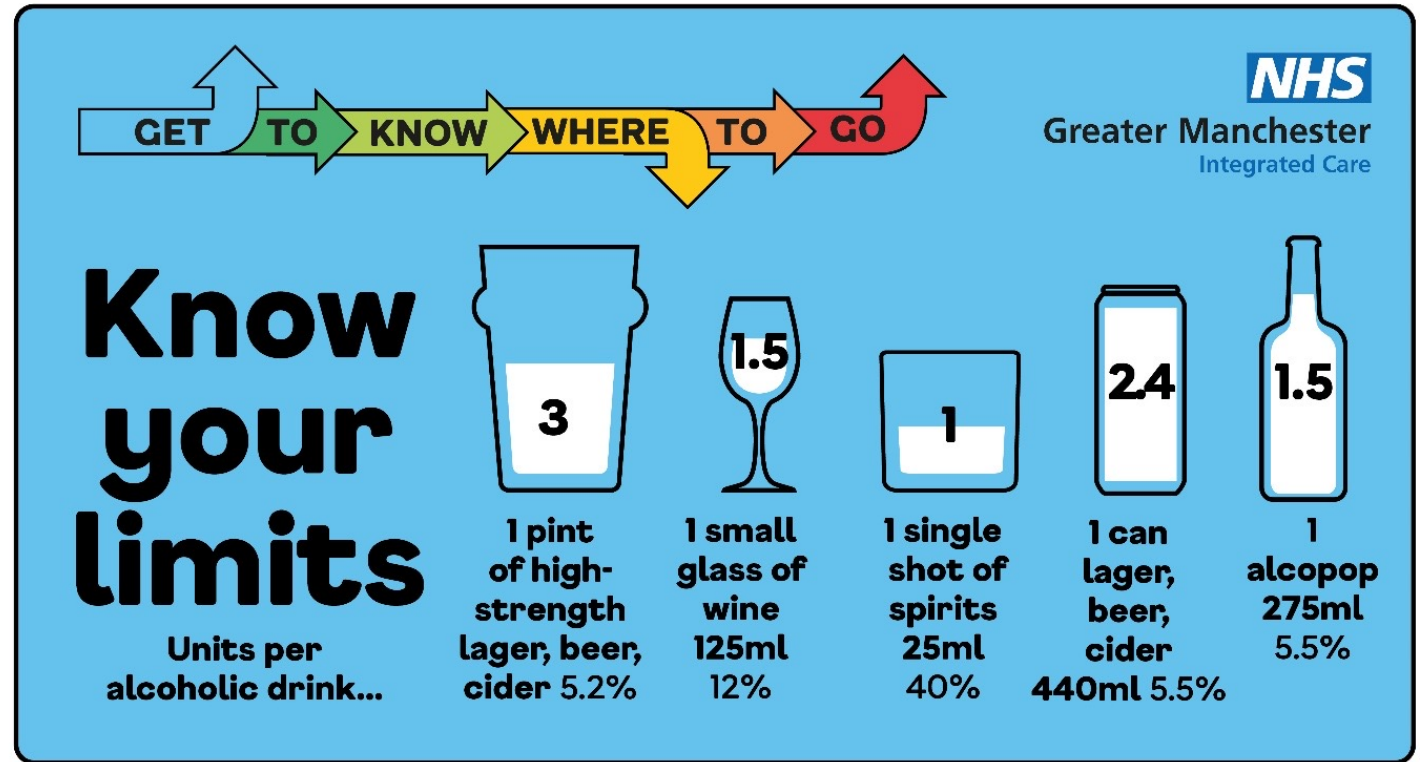
**NHS**  
Greater Manchester  
Integrated Care

During school holidays, you may want to get some help from your local #foodbank 🍏

There are lots of foodbanks across Greater Manchester, many of which offer more than just food.

Visit 👉 [www.greatermanchester-ca.gov.uk/helping-hand/food](http://www.greatermanchester-ca.gov.uk/helping-hand/food).

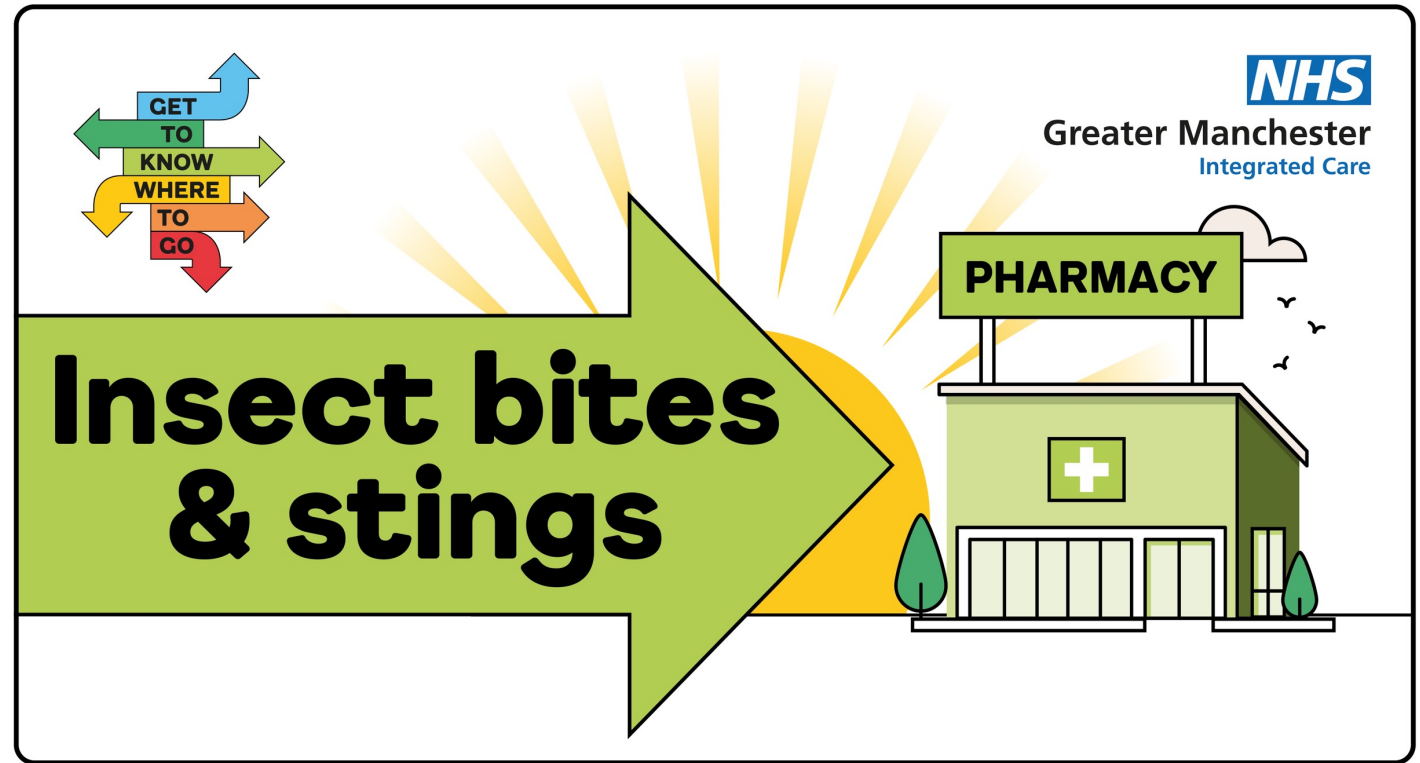
# Know your Limits



Summer is fantastic, but it's important to know the dangers of drinking too much. Please drink responsibly and know your limits.

If you or someone you know struggles with #alcohol, help is available. Find local support 🖱️ [www.nhs.uk/nhs-services/find-alcohol-addiction-support-services](https://www.nhs.uk/nhs-services/find-alcohol-addiction-support-services).

# Insect Bites and Stings



Insect #bites and #stings aren't usually serious and get better in a few days, but sometimes they can become infected or cause an allergic reaction 🐝

A **pharmacist** can advise on how to ease your symptoms.

Find your nearest pharmacy 📍 [nhs.uk/find-a-pharmacy](https://www.nhs.uk/find-a-pharmacy).

If your symptoms worsen, call 111 or visit [111.nhs.uk](https://111.nhs.uk).

# Urgent Dental Care Treatments



## Urgent dental care service

If you don't have a dentist, or your dentist is closed

**T: 0333 332 3800**



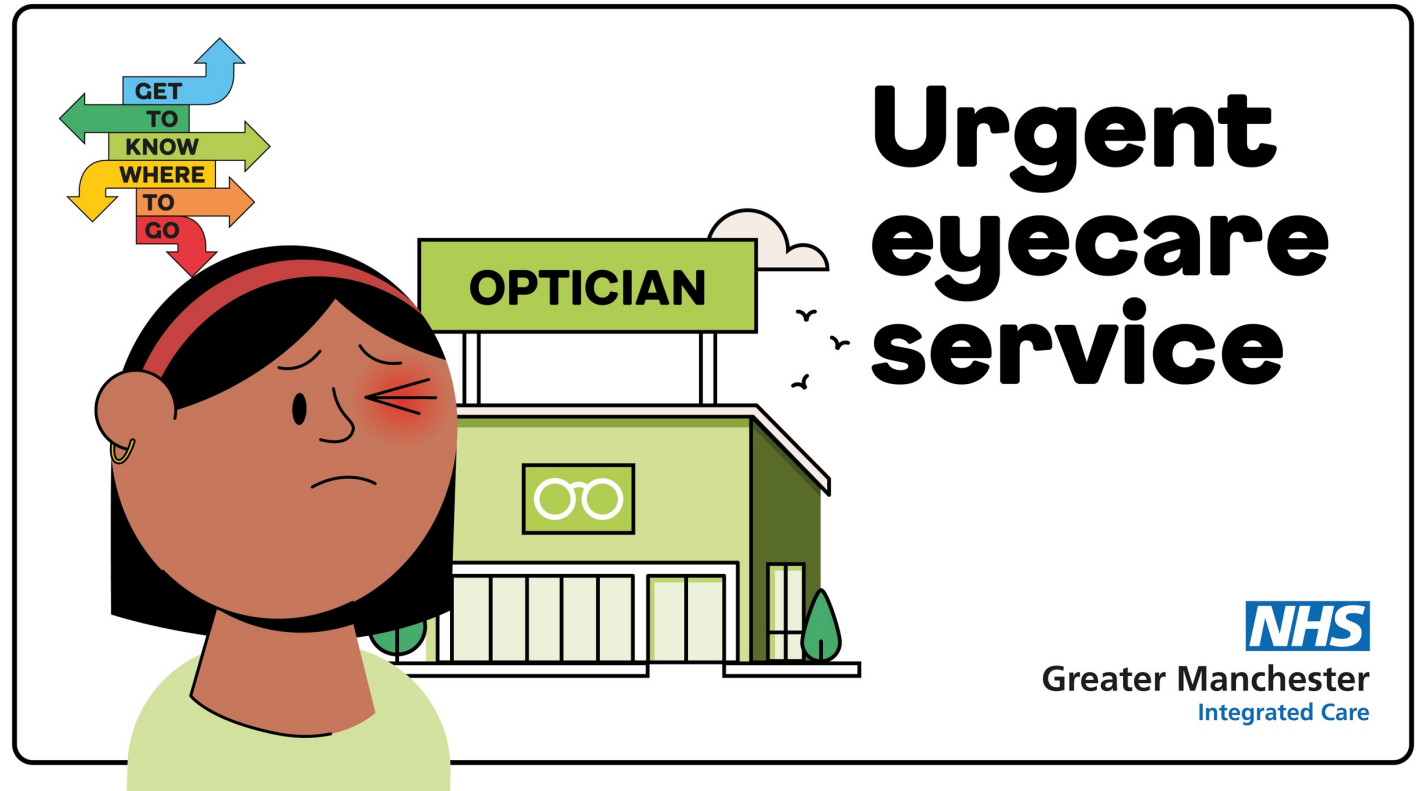
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If you have pain in your mouth, teeth or gums contact your dentist.

If your dentist is closed or you don't have a regular dentist,  
call the Greater Manchester Urgent Dental Care Service

on 0333 332 3800.

# Urgent Eyecare Service



Greater Manchester Urgent Eye Care Service can provide assessments and treatment quickly if you experience a sudden change in your vision, red or painful eyes or see new flashes or floaters across your eyes 🧐

It's a free NHS service, made up of local optician teams in your area, which is available to anyone registered with a Greater Manchester GP.

Find out more 🖱️ [www.primaryeyecare.co.uk](http://www.primaryeyecare.co.uk)

# Children's Vaccinations



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## School ready...

Is your child up to date  
with their vaccinations?

Are your child's vaccinations up to date ready for the new school term?

It's important that vaccines are given on time for the best protection - but it's never too late to catch up!

Contact your GP practice to book an appointment.

Find out what they need to have and when: [www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them](https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them)

# Exam Results Day



For many students, #resultsday can be a stressful time. If you need support or a safe space to talk, #Kooth is available.

Access anonymous support when you need it.

Visit [www.kooth.com](https://www.kooth.com)



# Mental Health Crisis Line



**Mental health crisis helpline**  
**Free 24/7**

Bolton, Manchester, Salford, Trafford and Wigan:  
**T: 0800 953 0285**

GET TO KNOW WHERE TO GO

**NHS**  
Greater Manchester  
Integrated Care

The poster features a green background with a black border. At the top, the text 'Mental health crisis helpline' is in bold black font, followed by 'Free 24/7' in a larger bold black font. Below this, the text 'Bolton, Manchester, Salford, Trafford and Wigan:' is in a smaller black font, followed by the phone number 'T: 0800 953 0285' in a large bold black font. At the bottom, there is a sequence of five arrows pointing right, each containing a word: 'GET' (blue), 'TO' (green), 'KNOW' (yellow), 'WHERE' (orange), and 'TO' (red), followed by 'GO' (red). To the right of the arrows is the NHS logo and the text 'Greater Manchester Integrated Care'.

Please remember - the mental health crisis helpline is there if you are concerned about yourself, a loved one, neighbour, friend or family member.

It's open 365 days per year and is free of charge.

Visit 🖱️ [www.gmintegratedcare.org.uk/GTKWTG](http://www.gmintegratedcare.org.uk/GTKWTG).



# Taking Care in the Sun

**Sunburn can be really sore, but it's easy to treat at home:**

- 🚿 cool your skin with a shower, bath or damp towel
- 🧴 apply aftersun cream or spray
- 👕 cover the skin until it's fully healed

**Stay safe by following these simple rules:**

- ☂️ Find shade between 11am and 3pm
- 🧴 Wear at least SPF30 sunscreen
- 👨👩 Take extra care with children
- 👕 Cover up with suitable clothing and a hat

For help with sunburn: 📄 [www.nhs.uk/conditions/sunburn](https://www.nhs.uk/conditions/sunburn)



# Weed Pollen



We're finally starting to see less pollen however during August, weed pollen allergies might cause hay fever symptoms to return 🤧

Weed pollen can cling to laundry as it dries so if you're tempted to hang washing outside, pop on some sunglasses to help to keep pollen out of your eyes. You can usually treat #allergies with antihistamine medication available at **pharmacies**.

Find your nearest pharmacy 📍 [nhs.uk/find-a-pharmacy](https://nhs.uk/find-a-pharmacy)

# Free Child Vitamins



The graphic features a large blue downward-pointing arrow. Below the arrow are two medicine bottles, one orange and one green, with two yellow pills in front of them. To the left of the bottles is a circular arrangement of four arrows pointing outwards, each with text: 'GET' (blue), 'TO' (green), 'KNOW' (yellow), 'WHERE' (orange), 'TO' (red), and 'GO' (blue). In the top right corner is the NHS logo and the text 'Greater Manchester Integrated Care'.

**Free child vitamins**  
get to know, where to go

NHS  
Greater Manchester  
Integrated Care

Don't miss out on a Healthy Start for your family!

 FREE vitamin tablets and drops

 Help to buy fruit and vegetables and milk

For more info – including eligibility - ask your midwife or health visitor, or go to  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) #GTKWTG