



## Health & Wellbeing Newsletter January'2



**COVID-19** Positive Tests

Down 2 (-40%)

Last 7 Days

Vaccine Clinic Simmondley **Medical Centre** Thursday 26th January - 5-7PM



# SEEK

### RESOURCES

The government has

released several useful

resources to help search 'cost of living' problems can cause more problems.

**AWARE** 

Be aware of your finances. Ignoring any

There is support available. Scan the QR code overleaf or call Citizens Advice.

SUPPORT





The phone number for Citizens Advice is: 0808 278 7954



Seeking professional financial advice as soon as possible can help prevent problems later down the line.



If you're unsure where to turn, call The Bureau and we will advise you on where to turn next.

> **Don't Ignore** Financial Hardship Find Out More Inside!

This newsletter is created by The Bureau in collaboration with Glossop Health Team, High Peak CVS and Derbyshire County Council Public Health.



Improving care in our community

#### **Glossop Health Team Vaccines have Moved**

Glossop Health Team will no longer be performing Covid-19 vaccines from opposite the Glossop North End AFC football grounds.

At their next clinic on the 26th January, they will be located at:

#### SIMMONDLEY MEDICAL PRACTICE

For more information, please call us on 01457 865722

#### **National Academy for Social Prescribing**

Thriving Communities is a new national support programme for voluntary, community, faith and social enterprise groups, supporting communities in England, working alongside social prescribing link workers. The learning together programme will help you understand the developments of Social Prescribing and how your work is part of Social Prescribing. For more information visit:



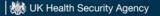




#### **Financial Inclusion Information**

Financial hardship affects many people in the UK. Ignoring the problem can make it worse, but knowing where to turn can be difficult with so much conflicting information from various organisations.

The High Peak Financial Inclusion Group has produced a leaflet in conjunction with The Bureau to provide useful contacts in the event of a financial crisis. For more information, scan the QR code or call **01457 865722** 



#GroupAStrep

#### Group A Strep (GAS)

Parents should trust their judgement when their child is poorly. Speak to your GP or call 111 if your child is poorly and getting worse.

Always call 999 or go to A&E if your child:

- ▶ Is having difficulty breathing such as grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- child's skin, tongue or lips are blue
- is floppy and will not wake up or stay awake.



