

Remember to ask your pharmacist for advice regarding any medication that you're not sure about. Unused prescription medicines cost the NHS around £300 million every year.



There are so many ways to stay active and have fun at the same time. Visit **www.livingwellessex.org** or **www.activesouthend.com** for more information, or call your local council for information about local health walks.





To find out more about befriending scheme in Castle Point and Rochford district contact: **01268 638 416**. If you live in Southend, visit **www.southendinfopoint.org** for similar schemes.



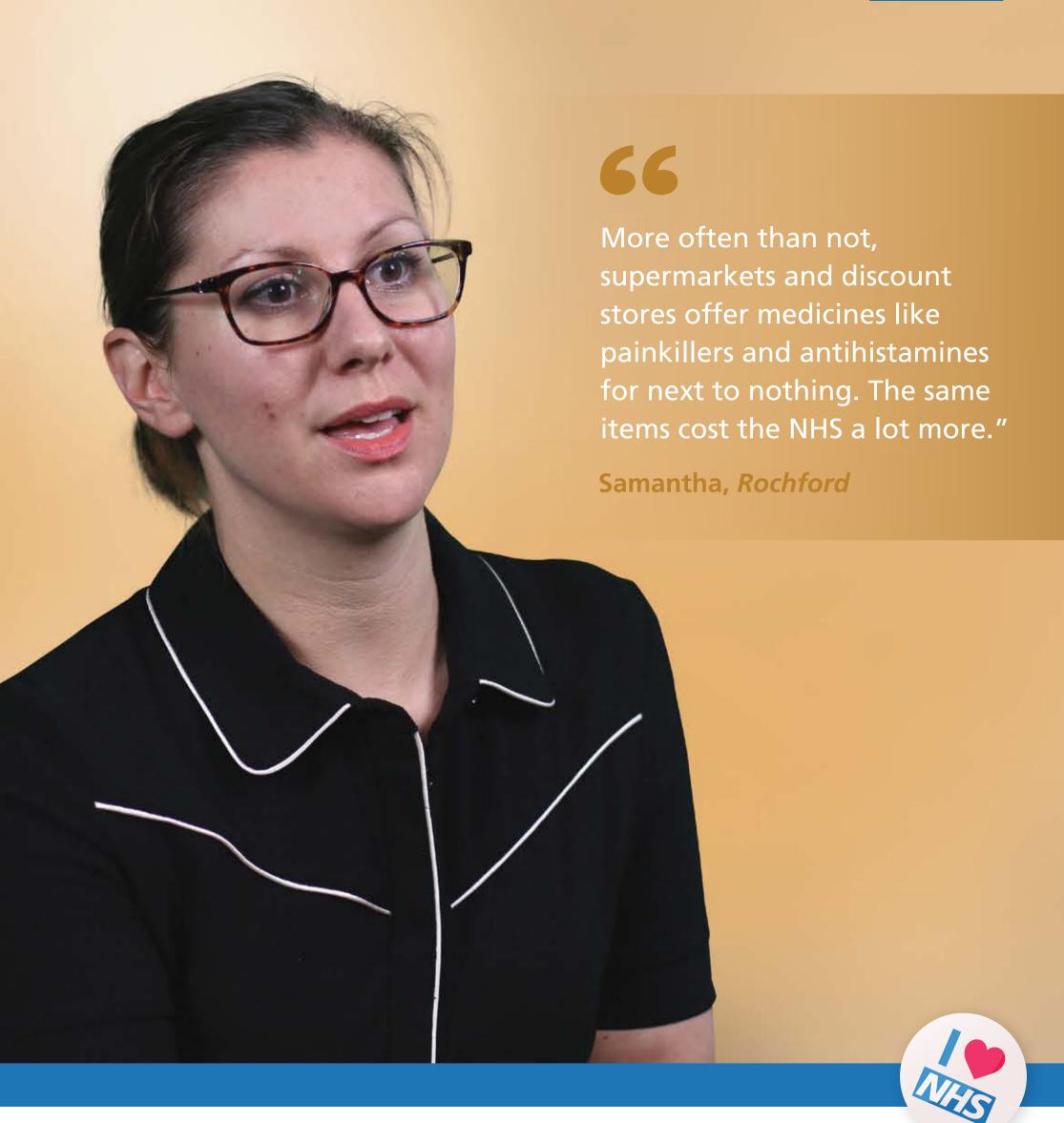


If you have a cough or cold, it is not always necessary to see a GP. Speak to your **local pharmacist** first, over-the-counter medicines can help reduce any fever or discomfort.



Missed appointments are estimated to cost the NHS approx. £160m per year. Cancelling an appointment you no longer need will free it up for someone else who may be in urgent need.





Allergy medication costs the local NHS £228,000 a year, when it can be bought over the counter for approx. £1.55 for a 28-day supply. Pharmacists are able to deal with the majority of allergies and should be the first point of contact.





CAVS Ways to Wellness can help you find activities in Castle Point and Rochford. **Contact 01268 638405** or **wellness@castlepointavs.org.uk.** For activities in Southend visit the **SHIP** website at **www.southendinfopoint.org.**





Speak to your GP practice about online services. Local libraries offer courses to help develop online skills and free access to the internet.



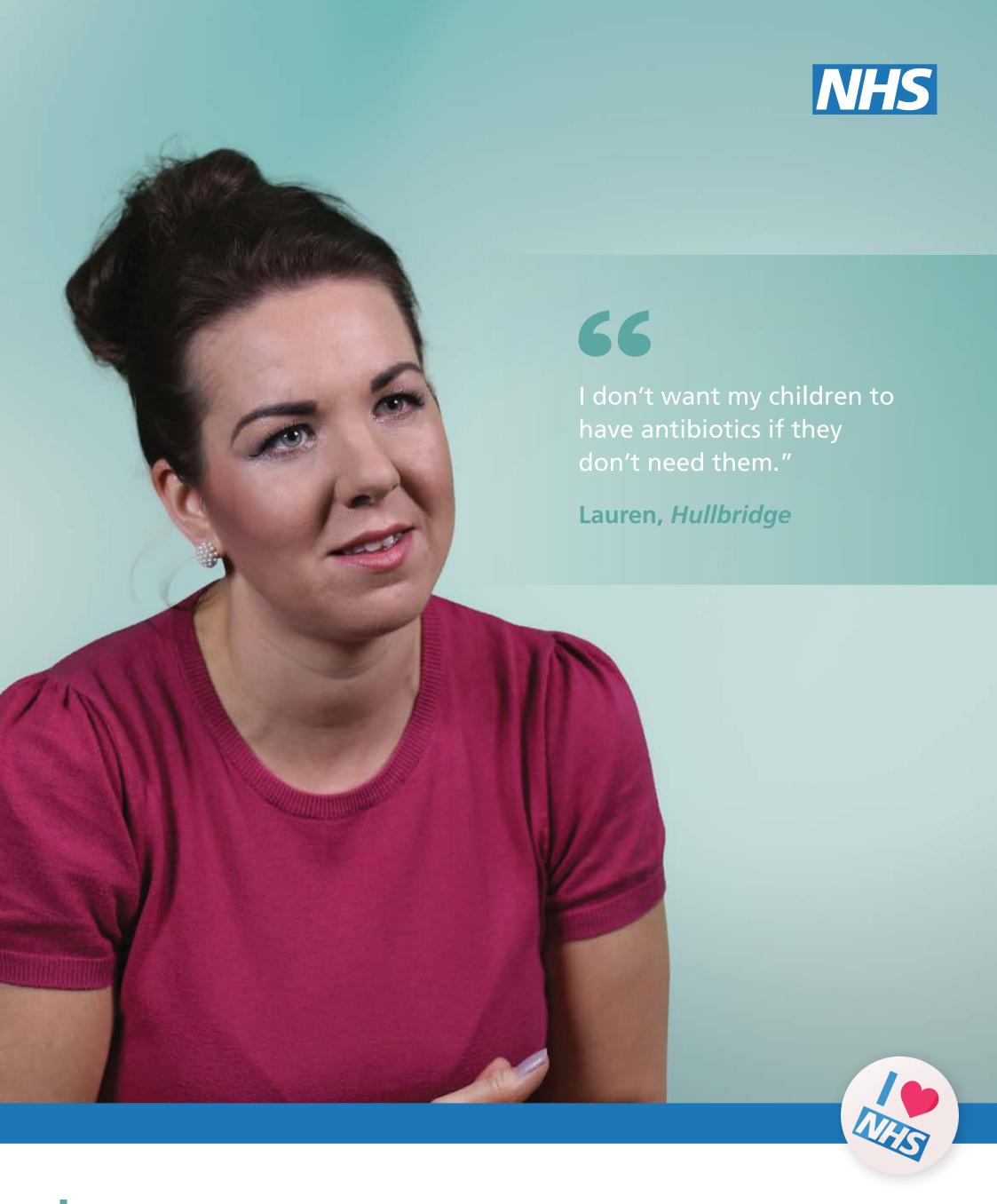


Paracetamol that can be bought for **19p** over-the-counter costs the NHS in South East Essex approximately **£362,000 a year.**





People have an important role in protecting their own health, choosing appropriate treatments and managing long-term conditions. Don't forget to get your free flu jab if you are eligible.



Antibiotics only work on bacterial infections and can cause side-effects that might make **you or your child feel worse**. Colds, most coughs, sinusitis, earache and sore throats can get better without antibiotics.





A&E should only be used in emergency situations. **NHS 111** is available for people to call **(dial 111)** when they need medical help fast.