

A portrait of an elderly woman with short, spiky white hair, wearing glasses and a purple scarf. She is looking slightly to the right with a serious expression.

“

People have told me that they've just nodded at the doctors, got a prescription and they didn't even know what the tablets were for. To me, that's wrong.”

*Kath, Canvey*



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.**



“

As I grow older, I've realised that being active and getting out the house is more important than ever. I feel better, not just physically but mentally too. It also gives me the opportunity to meet up with other people.”

*Liz, Canvey*



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





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Loneliness and isolation can make people ill. Look out for lonely neighbours – be their medicine.”

*Carol, Canvey*



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](http://www.southendinfopoint.org)** for similar schemes.



“

Cold remedies can be bought cheaply from supermarkets and chemists giving doctors more time to treat people who are really poorly.”

*Jane, Hockley*



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.



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People don't realise the knock on effects of missing their appointments. If you can't make it, cancel it."

*Penny, Leigh-on-Sea*



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**.

A woman with dark hair tied back, wearing glasses and a black polo shirt with white piping, is speaking. The background is a solid light orange color.

“

More often than not, supermarkets and discount stores offer medicines like painkillers and antihistamines for next to nothing. The same items cost the NHS a lot more.”

*Samantha, Rochford*



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**.





“

Socialising can be the best tonic, there's so much going on so don't be afraid to reach out.”

Janis,  
*Castle Point Association  
of Voluntary Services*



CAVS Ways to Wellness can help you find activities in Castle Point and Rochford. Contact 01268 638405 or [wellness@castlepointavs.org.uk](mailto:wellness@castlepointavs.org.uk). For activities in Southend visit the SHIP website at [www.southendinfopoint.org](http://www.southendinfopoint.org).



A lot of people are unaware you can book GP & nurse appointments and order repeat prescriptions online. It can be sent straight to a pharmacy of your choice, why wait?"

*Eric, CAVS Volunteer*



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





“

Too many people feel it is their right to have medicines free, even if it is just paracetamol. People don't realise that by draining the NHS now there will be nothing left for the future. Just because we can, doesn't always mean we should.”

*Ashleigh, Shoebury*



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



“

It's my responsibility to take ownership of my long term condition, I know what's normal for me and I've taken control.”

*Lucy, Rayleigh*



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.



A large, stylized teal quotation mark icon.

I don't want my children to have antibiotics if they don't need them."

Lauren, *Hullbridge*



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.



“

Stop going to A&E for  
headlice and broken finger  
nails and stubbed toes,  
leave it for people with life  
threatening conditions.”

**Bethany, Benfleet**



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.