



#HelpUsHelpYou

Just a reminder from the NHS in Norfolk and Waveney about how to help us help you this winter.

All of us should be making sure our medicine cabinets are stocked. It's also sensible to order any regular medicines you need in good time so you don't run out, taking care to only order what you need.

But if you do feel poorly, seek advice from your local pharmacist before it gets worse. If it's urgent, then a call to your GP or NHS111 is the next step, and they'll advise you what to do.

Common sickness bugs

Suffering from norovirus or other common sickness bugs? Don't spread it around by visiting your GP or other public places. Stay at home and rest. #HelpUsHelpYou Find [more advice here](#)

HomeFirst – your bed is the best bed!

None of us want to go into hospital or a care bed, but if we do it's good to get home if we can. The NHS and social care across all of Norfolk and Waveney are stressing that if someone needs a hospital or temporary care bed they will get one, but our aim is always to help people get back home as soon as possible. This is because older people in particular can lose independence rapidly. Being back home can also help a speedier recovery. So if you know a friend or relative, particularly if they are older, who has to go into hospital it would be kind to make sure they have all they need to get back home, including checking the heating works and they will have food in the house, the washing is done and they feel OK.

New Year, New You

With the start of a New Year people's thoughts turn to getting fit and improving their health. To stay healthy or improve health, adults need to do two types of physical activity each week: aerobic and strength exercises.

How much physical activity you need to do each week depends on your age. Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility should try to be active daily by doing at least 150 minutes of moderate aerobic activity such as cycling or walking, and strength exercises on two or more days a week.

Why not join a local walking group, go for a swim or join a local class, your library should have information about groups near you.

There are many local services that can enable older people to be more active. A wealth of information can be found through the [Norfolk Community Directory](#).

Communications

Norfolk and Waveney STP