THE LITTLE BOOK OF FEEL BETTER

Brought to you in association with NHS Leeds West CCG
A pharmacist will give you an expert medical opinion, and point you in the right direction if they think you need to go elsewhere.

Your local pharmacy is here to make you feel better!

PHARMACISTS ARE TRAINED MEDICAL PROFESSIONALS!
Avoid waiting to see a doctor, and pop in to see your pharmacist instead! They often have a private consultation room too, if you need privacy.

WHEN TO VISIT YOUR PHARMACIST
- Cough
- Cold
- Earache
- Sore throat
- Athletes foot
- Thrush
- Hay fever
- Fever
- Blocked nose
- Sprain or strain
- Sexual health advice (including the morning after pill)
- Hangover
- Rash/skin complaint

Pharmacies offer specialist services such as allergy tests and blood-glucose tests as well as weight management and stop smoking services. Call or pop in to your nearest pharmacy to see which service they provide (see pharmacy directory at the back).

Sometimes you can save money by buying your medicine over the counter rather than paying for a prescription.

NOT ON THE LIST?
Pharmacies are great, but there are times when you’ll need to make the trip to the doctors, or even wait in line at A&E.

Turn over for more information of which service to use and when.

DID YOU KNOW?
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PICKING THE RIGHT NHS SERVICE TO USE

GP
If you have an ongoing issue, like a cold that just won’t budge, call your GP to book an appointment.

NHS 111
Not sure if you need professional care or self care? This 24 hour helpline will help you decide which local service will be best for you to use.

A&E or 999
If your condition is serious or life threatening, call 999 or head to A&E right away!

NHS WALK IN CENTRE OR MINOR INJURIES UNIT
If you have a minor illness or injury head to one of the places below.

- St George’s Centre
  Minor Injuries Unit
  St George’s Road
  Leeds LS10 4UZ

- Wharfedale Hospital
  Minor Injuries Unit
  Newall Carr Road
  Otley LS21 2LY
  0113 392 1647

- Shakespeare Medical Centre
  Walk-in centre
  1 Cromwell Mount
  Leeds LS9 7TA
  0113 295 1132

*You’ll need to be registered with a GP! See next page.

REGISTER WITH A GP
Visit www.nhs.uk for a list of GP practices in your area. To register, either pop in or give the surgery a call.

It’s important that you register with a GP in Leeds so you can get an appointment if you are unwell. You can still see your GP at home as a temporary resident during holidays.

If you want to stay registered with your GP Practice at home, you can temporarily register with a GP in Leeds for up to 3 months.

REGISTER WITH A DENTIST
To register with a dentist, find a practice at www.nhs.uk and given them a call to book an appointment. You may need to join a waiting list to see a dentist.

If you need emergency dental care, even outside of opening hours, call your dentist – they’ll have emergency contact details on their answer phone.

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MENTAL HEALTH
Uni can be a stressful and busy time, and mental health issues can often go unnoticed. These can range from a friend needing some support, to medical conditions such as anxiety or depression. If you’re worried about your wellbeing, or someone else’s, speak to someone you trust or pay a visit to confidential counseling services offered by your University/Union.

Improving Access to Psychological Therapies
0113 843 4388
www.leedscommunityhealthcare.nhs.uk/iapt/home

Samaritans
116 123
www.samaritans.org

Connect Helpline
0808 800 1212

Nightline
Anonymous non-advisory telephone listening and information service
0113 380 1381 for our listening service
0113 380 1380 for our information service
listening@leedsnightline.co.uk

LEEDS SEXUAL HEALTH
Your pharmacy will be able to provide sexual health advice including information about contraception. However Leeds Sexual Health, leedssexualhealth.com/offers a specialist service, which includes Sexually Transmitted Infection (STI) screening and treatment, HIV testing and contraception services.

Leeds Sexual Health
www.leedssexualhealth.com

ALCOHOL/DRUGS SERVICE
Forward Leeds is an alcohol and drug support service for young people and adults across Leeds. They offer a range of services including advice, support and a range of interventions for people with concerns about their alcohol and/or drug use.

Forward Leeds
www.forwardleeds.co.uk
0113 887 2477

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Concentration
Listening to Mozart can help you focus and complete tasks – the perfect soundtrack when you need to crack on with revision!

Pain relief
Music has been shown to ease pain! A song that makes you feel good can reduce your perception of pain.

Exercise performance
Listen to an upbeat playlist to boost your motivation and endurance level.

Lift your Mood
A recent study found that music helped put people in a better mood, as well as maintaining their mood.

Anxiety
One study found that music’s effect on anxiety levels is comparable to getting a massage!

Sleep
Tuning in to some soft jazz for 45 minutes before you head to bed may help you get a better night’s sleep.

Stress
Lower levels of cortisol (the stress hormone) with 50 minutes of your favourite dance music.

Immune system
Listening to your favourite tracks has been scientifically proven to help your body produce more virus-fighting antibodies.

Music can make us feel better and research shows it may have a positive effect on health and wellbeing.

Protect your ears by keeping the music volume down
Pharmacies are often open later than a doctor’s surgery, and many are open on weekends too. Plus it’s pretty likely that you won’t have to go far to find your nearest pharmacy.
Tylee Andrew Ltd
25 Hyde Park Road
LS6 1PY
0113 245 0494

Hyde Park Pharmacy
46 Woodsley Road
LS3 1DT
0113 244 1551

WOODHOUSE
Boots
1 Moseley Place
LS6 2RY
0113 245 7835

Lloyds Pharmacy
HEADINGLEY
Well
203 Kirkstall Lane
LS6 3EJ
0113 275 2103

Boots
35 Otley Road
LS6 3AA
0113 275 1823

Headingley Pharmacy
St Michaels Court
1 Shire Oak Street
LS6 2DP
0113 230 5588

Lloyds Pharmacy
KIRKSTALL
24 Kirkstall Lane
LS5 3BH
0113 278 5559

Boots
Unit 2 Kirkstall Retail Park
Savins Mill Way
LS5 3RP
0113 275 7175

MEANWOOD
Lloyds Pharmacy
569-571 Meanwood Road
LS6 4AY
0113 278 6352

Meanwood Pharmacy
597 Meanwood Road
LS6 4AY
0113 230 7519

Well
203 Kirkstall Lane
LS6 3EJ
0113 275 2103

Boots
35 Otley Road
LS6 3AA
0113 275 1823

Meanwood Pharmacy
597 Meanwood Road
LS6 4AY
0113 230 7519

Lloyds Pharmacy
8 The Arndale Centre
Otley Road
LS6 2UE
0113 274 0233

Lloyds Pharmacy
569-571 Meanwood Road
LS6 4AY
0113 278 6352

Meanwood Pharmacy
597 Meanwood Road
LS6 4AY
0113 230 7519

For a pharmacy outside of these areas, visit www.nhs.uk and use the service finder.
Like us, we’ll make you feel better!

facebook feelbetterleeds

www.feelbetterleeds.org.uk

Brought to you by

NHS Leeds West
Clinical Commissioning Group