



Communications toolkit:

Get to know where to go - keeping you and your loved ones healthy this winter.

Introduction

Winter can bring its own set of challenges, but for some this time of year can be difficult, especially for those most at risk such as elderly people, people with long-term conditions and children. It's also a time when our NHS comes under increased strain so it's more important than ever to help you and your family stay healthy and well, whilst enjoying all the festive seasonal celebrations winter has to offer.

During the colder months, it's important to prioritise our health and well-being, to be prepared for the winter bugs, and to know where to go for the best advice, treatment and support when needed. We are therefore continuing to encourage everyone to understand where to go for advice on minor illnesses from coughs and colds to tummy troubles and earache, to make informed decisions regarding alcohol consumption, and to know the appropriate urgent care services if needed including emergency hotlines.

Also included in this toolkit is our '3 Steps to Keep Healthy and Safe This Winter' - an online guide produced with young children in mind. It offers guidance on everything from putting a first aid kit together, to being aware of common illnesses, and the best room temperature for sleeping babies - plus the latest advice on strep A and bronchiolitis.

Finally, winter can be a difficult time for those struggling with mental health, along with those living with loneliness or experiencing social isolation or dealing with a bereavement. The onset of darker days and run up to the festive season may mean people feel they need extra help and support, so we have included additional information and signposting to advice, support, and self-help services.

This toolkit contains various useful resources including social media graphics, along with accompanying messages, visuals for your waiting room display screens and an advert for you to print or to use in your external communication channels.

How you can get involved

- Use the social media assets to schedule posts on your channels
- Promote the campaign using the suggested copy for your internal newsletters and sharing with your GP practices
- Share this toolkit with partner organisations and with stakeholder lists



GP Practice copy

Get To Know Where To Go – keeping families and vulnerable people healthy this winter

NHS Greater Manchester's seasonal campaign helping families and vulnerable people to stay healthy during winter is back to support people to find the right treatment and care throughout the colder months.

'Get To Know Where To Go' is all about keeping you and your loved ones healthy this winter. It encourages people to be prepared for the onset of cold weather, make informed decisions regarding alcohol consumption, look out for vulnerable or elderly people and know the appropriate urgent care services if needed, including emergency hotlines – be that dental, eyecare or mental wellbeing.

Winter can be challenging, but for some this time of year can be difficult, especially for those most at risk such as elderly people, people with long-term conditions and children. That's why the campaign is signposting to the diverse range of services the NHS has to offer so people can stay well all winter long.

Help us to showcase the fantastic services on offer across our NHS! Download assets [here](#) or [here](#). This includes resources signposting to services, social media graphics along with accompanying messages, visuals for waiting room display screens and an advert you can print or use in your external communication channels. Maybe add this onto your website or social media channels if you have them.

For more information, please visit www.gmintegratedcare.org.uk/GTKWTG.

Newsletter copy

Get To Know Where To Go – keeping you and your loved ones healthy this winter

NHS Greater Manchester's 'Get To Know Where To Go' campaign is back - aiming to support people to find the right treatment and care throughout the colder months.

Originally launched in winter 2022, this year-round campaign is all about carrying important and relevant messaging around appropriate use of NHS services, so you know where to go in times of need or advice - often without having to leave the warmth of your house (or hot water bottle)!



This year's winter phase will focus on enabling effective decisions with simple and timely advice that also celebrates the breadth and depth of expertise in the NHS.

Winter can be challenging, but for some this time of year can be difficult, especially for those most at risk such as elderly people, people with long-term conditions and children. That's why the campaign is signposting to a wide range of the services the NHS offers for both you, your family, and your loved ones.

It's important not only to focus on your physical health and well-being, but also your mental health. Dropping temperatures and darker days, along with the run up to the festive season, may mean some people feel they need extra help and support. Therefore, there is also advice and support for those who may be living with loneliness or experiencing social isolation or dealing with a bereavement.

It's important to look after yourself **and** others. Remember that support is available to those how may need it.

Don't let things snowball this winter - help us to help you and your family stay healthy and well, whilst enjoying all the festive seasonal celebrations winter has to offer!

The toolkit contains various useful resources including signposting to services, social media graphics along with accompanying messages, visuals for waiting room display screens and an advert for your external communication channels. You can access it [here](#) or [here](#). We'd appreciate it if you could post these important messages on your social media channels and share the assets with your groups and networks.

For more information, please visit www.gmintegratedcare.org.uk/GTKWTG.

People are reminded that:

Your local pharmacy can offer advice and treatment for lots of minor illnesses and ailments - without the need for an appointment!

Dental support can be accessed via the Greater Manchester dental helpline (0333 332 3800), available from 8am to 10pm every day, including weekends and bank holidays for those who need help urgently when their practice is closed, or do not have a regular dentist.

Greater Manchester's Urgent Eye Care Service can provide assessments and treatment quickly if a sudden change in vision, red or painful eyes or new flashes or floaters are seen. This is a free NHS service, made up of local optician teams. Available to anyone registered with a Greater Manchester GP. To find out more, visit www.primaryeyecare.co.uk



Foodbanks - There are lots of foodbanks across Greater Manchester. Many of these services offer more than just food, some may offer support around mental health and wellbeing, food parcels, financial advice and support, community ran groups and much more. For support in your local area, visit www.greatermanchester-ca.gov.uk/helping-hand/food.

Mental health crisis support - Free, 24/7 mental health crisis support is available across Greater Manchester. If you feel you need mental health support, please contact one of these 24/7 helplines - they're available to anyone of any age:

- For Bolton, Manchester, Salford, Trafford and Wigan residents, call 0800 953 0285.
- For Bury, Heywood, Middleton and Rochdale, Oldham, Stockport, Tameside and Glossop the number is 0800 014 9995.

Bereavement support - If you have been bereaved and need support or advice, call the Greater Manchester Bereavement Service on **0161 983 0902** or visit www.greater-manchester-bereavement-service.org.uk. This service is available for anyone living or working in Greater Manchester who has been bereaved or affected by a death by whatever cause, no matter how long ago.

Loneliness and social isolation support (Chatty Cafes) - The Chatty Café Scheme is a non-profit organisation tackling loneliness and offers three services designed to reduce loneliness and/or social isolation. They include face to face meet ups at venues offering 'Chatter and Natter' tables where customers can get together and have a chat, virtual sessions, and a telephone service. For more information or to find your local Chatty Café visit www.thechattycafescheme.co.uk.

Support for older people (Winterwise Guide) - Greater Manchester is supporting older people to stay warm, safe and well this winter. The guide brings together key information for older people on cost-of-living support. Visit greatermanchester-ca.gov.uk/what-we-do/ageing/winterwise-guide

Free digital mental wellbeing support - Access free, safe, and anonymous professional support online. There are no waiting lists for support and no referral needed. Access to these platforms is available instantly 24/7. Support available includes: Live chat or messaging with qualified mental health professionals; self-help tools and activities; Visit **Kooth** (for ages 10 to 25) www.kooth.com or **Qwell** (for ages 26+) and www.qwell.io/.




You can also access SilverCloud, an online therapy programme for adults proven to help with stress, anxiety, low-mood and depression - gm.silvercloudhealth.com/signup.




- [SilverCloud for adults 16yrs +](#)
- Supporting an Anxious Child (for parents and carers of children aged 5 to 11)
- Supporting and Anxious Teen (for parents and carers of teenagers aged 12 to 18)




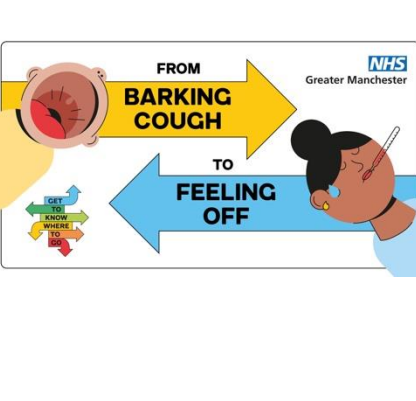
As always the first port of call for **non-emergency** health needs should be [NHS 111 Online](#) or call 111.




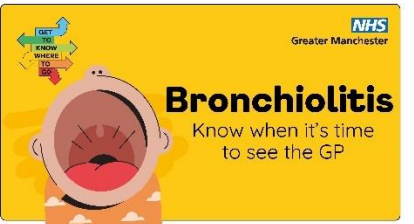
Social media assets: To be used throughout DECEMBER AND FEBRUARY.




All assets can be found on the following download links: [Google Drive](#) or [here](#).





Asset	Long copy (Facebook and Instagram)	Short copy 280 characters (X)	Alt text
	<p>Cold weather can be bad for our health, especially for people aged 65 and older. As we age it takes longer to warm up, which raises the risk of increased blood pressure, heart attacks and strokes.</p> <p>The good news is there are things you can do to stay warm and well this winter: www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/stay-healthy-in-winter #GTKWTG</p> <p>It's chilly out there 🥶</p> <p>Keep your home heated to at least 18°C, dig out the hot water bottle and layer up. Check in on elderly friends, family or neighbours and stay safe in cold weather.</p> <p>Here's some advice on how to keep well through winter: www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well #GTKWTG</p>	<p>Cold weather can be bad for our health, especially for people aged 65 and older 🥶</p> <p>The good news is there are things you can do to stay warm and well this winter: www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/stay-healthy-in-winter #GTKWTG</p> <p>It's chilly out there 🥶</p> <p>Keep your home heated to at least 18°C, dig out the hot water bottle and layer up. Check in on elderly friends, family or neighbours and stay safe.</p> <p>Here's some advice on how to keep well through winter: www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well #GTKWTG</p>	<p>Graphic contains image of a snowflake in a triangle warning sign. Text reads cold weather is forecast.</p> <p>Graphic contains image of a snowflake and a post it note with text. Text reads it's getting colder, keep warm, heat rooms to at least 18C, reduce draughts, keep</p>








			bedroom windows closed, layer up with several layers of thinner clothing.
 <p>Pharmacy Opening Times Christmas and New Year</p>	<p>Do you have enough medicine for the festive period? Some local pharmacies might have different opening times so make sure you order your repeat prescriptions early. Check your local pharmacy opening times: www.gmintegratedcare.org.uk/bankholidaypharmacy #GTKWTG</p>	<p>Do you have enough medicine for the festive period? Some local pharmacies might have different opening times so make sure you order your repeat prescriptions early. Go to: www.gmintegratedcare.org.uk/bankholidaypharmacy #GTKWTG</p>	<p>Graphic contains image of a pharmacy bag. Text reads pharmacy opening times, Christmas and New Year.</p>
 <p>Looking for a pharmacy... Get to know where to go</p>	<p>It's winter, and that means germs are spreading!</p> <p>Did you know pharmacists offer free help and advice on many minor illnesses such as coughs or colds, earache, or tummy troubles, and can recommend the most effective treatments without the need to see a GP? 🧐 Find your nearest pharmacy 📍 nhs.uk/find-a-pharmacy #GTKWTG</p> <p>If you have a minor health concern, don't wait to see your GP. There's a quicker way of getting the help you may need. Pharmacists can offer advice on many minor illnesses. Find your nearest pharmacy 📍 nhs.uk/find-a-pharmacy #GTKWTG</p>	<p>Germs are spreading! Did you know pharmacists offer free help and advice on many minor illnesses such as coughs or colds, earache, or tummy troubles, and can recommend the most effective treatments without the need to see a GP? 🧐 📍 nhs.uk/find-a-pharmacy #GTKWTG</p> <p>If you have a minor health concern, don't wait to see your GP. There's a quicker way of getting the help you may need. Pharmacists can offer advice on many minor illnesses. Find your nearest pharmacy 📍 nhs.uk/find-a-pharmacy #GTKWTG</p>	<p>Graphic contains image of a pharmacy bag and Christmas baubles. Text reads looking for a pharmacy, get to know where to go.</p>
 <p>Remember Don't leave it too late to order and collect repeat prescriptions</p>	<p>Make sure you get your repeat prescriptions in early before the festive period 🧑‍🎄 Visit our website to view your local pharmacy opening times: www.gmintegratedcare.org.uk/bankholidaypharmacy #GTKWTG</p>	<p>Make sure you get your repeat prescriptions in early before the festive period 🧑‍🎄 Visit our website to view your local pharmacy opening times: www.gmintegratedcare.org.uk/bankholidaypharmacy #GTKWTG</p>	<p>Graphic contains image of a pharmacy bag. Text reads remember, don't leave it too late to order and collect repeat prescriptions.</p> <p>Graphic contains image of a</p>

			<p>Christmas tree. Text reads remember, don't leave it too late to order and collect repeat prescriptions.</p>
	<p>Chilly weather can make your teeth sensitive 🦷 If you have pain in your mouth, teeth or gums you should contact your dentist. If your dentist is closed or you don't have a regular dentist, call the Greater Manchester Urgent Dental Care Service on 0333 332 3800.</p> <p>Following an initial assessment, patients will be offered a same day or next day appointment, given advice or signposted to other services. #GTKWTG</p>	<p>Chilly weather can make your teeth sensitive 🦷 If you have pain in your mouth, teeth or gums you should contact your dentist. If your dentist is closed or you don't have a regular dentist, call the Greater Manchester Urgent Dental Care Service on 0333 332 3800.</p>	<p>Graphic contains image of a tooth. Text reads urgent dental care service, if you don't have a dentist or your dentist is closed call 03333323800</p>
	<p>Do you know where to go if you start seeing flashes or new floaters across your eyes, have a sudden change in vision, or red or painful eyes or eyelids? If you live in Greater Manchester and are registered with a GP, book an assessment with the Urgent Eye Care Service 👁️ www.primaryeyecare.co.uk #GTKWTG</p>	<p>Started seeing flashes or new floaters across your eyes, have a sudden change in vision, or red or painful eyes or eyelids? If you live in Greater Manchester and are registered with a GP, book an assessment with the Urgent Eye Care Service 👁️ www.primaryeyecare.co.uk #GTKWTG</p>	<p>Graphic contains image of person closing one eye in pain. Text reads Urgent eyecare service.</p>
	<p>Feeling unwell but not sure where to go? Get expert advice, 24/7 📞 Visit www.111.nhs.uk or call 111. For help in BSL visit signvideo.co.uk/nhs111 If you have a hearing problem, use text relay. Call 18001 111 using the Relay UK app or a text phone. #GTKWTG #NHS111</p> <p>Do you need help for your symptoms but not sure where to go? 📞 Visit www.111.nhs.uk or call 111. For help in BSL visit signvideo.co.uk/nhs111 If you have a hearing problem, use text relay. Call 18001 111 using the Relay UK app or a text phone. #GTKWTG #NHS111</p>	<p>Feeling unwell but not sure where to go? Get expert advice, 24/7 📞 Visit www.111.nhs.uk or call 111. For help in BSL visit signvideo.co.uk/nhs111 If you have a hearing problem, use text relay. Call 18001 111 using the Relay UK app or a text phone. #GTKWTG #NHS111</p> <p>Do you need help for your symptoms but not sure where to go? 📞 Visit www.111.nhs.uk or call 111. For help in BSL visit signvideo.co.uk/nhs111 If you have a hearing problem, use text relay. Call 18001 111 using the Relay UK app or a text phone. #GTKWTG #NHS111</p>	<p>Graphic contains image of baby crying and person with a thermometer in their mouth. Text reads from barking cough to feeling off.</p>

	<p>Winter's here, but are you ready? ❄️ Don't get caught without the essentials. Stock up with a winter first aid kit in case you start to feel poorly 🩹 Include items such as paracetamol and ibuprofen, a thermometer, plasters and antiseptic cream.</p> <p>For more self-care advice visit www.gmintegratedcare.org.uk/GTKWTG. If in doubt, contact 111.nhs.uk or your local pharmacy. #GTKWTG</p>	<p>Winter's here, but are you ready? ❄️ Stock up your cabinets with a winter first aid kit 🩹 Include items such as paracetamol and ibuprofen, plasters and antiseptic cream.</p> <p>Visit www.gmintegratedcare.org.uk/GTKWTG. If in doubt, contact 111.nhs.uk or your local pharmacy. #GTKWTG</p>	<p>Graphic contains image of first aid kit, plasters, antiseptic cream, bandages and tablets. Text reads winter is here are you stocked up?</p>
	<p>Getting woken up in the middle of the night by your little one with a snotty cold isn't fun, and worse when you don't have supplies to help! Think ahead - stock up with a winter first aid kit 🩹 Include items like a bottle of infant or children's paracetamol (Calpol) or Ibuprofen, a thermometer and plasters so you're ready at short notice.</p> <p>See our handy guide to keep your family healthy this winter 📖 www.gmintegratedcare.org.uk/3-steps-to-keep-healthy #GTKWTG</p>	<p>Getting woken up in the middle of the night by your little one with a snotty cold isn't fun, and worse when you don't have supplies to help! Stock up with a winter first aid kit 🩹 See our handy guide to keep your family healthy this winter 📖 www.gmintegratedcare.org.uk/3-steps-to-keep-healthy #GTKWTG</p>	<p>Graphic contains image of teddy bear, first aid kit, bottle of calpol, antiseptic cream. Text reads snotty noses and sleepless night are you stocked up?</p>
	<p>Having young children can sometimes feel like the winter bugs are non-stop, and colder weather can make some health problems worse 🧒👶</p> <p>Check out our handy 3-step guide to keep your family healthy, safe and well this winter 📖 www.gmintegratedcare.org.uk/3-steps-to-keep-healthy #GTKWTG</p>	<p>Having young children can sometimes feel like the winter bugs are non-stop, and colder weather can make some health problems worse 🧒👶</p> <p>Check out our handy 3-step guide to keep your family healthy, safe and well this winter 📖 www.gmintegratedcare.org.uk/3-steps-to-keep-healthy #GTKWTG</p>	<p>Graphic contains image of first aid kit and teddy bear. Text reads 3 steps to keep healthy this winter. For you and your little ones.</p>
	<p>Bronchiolitis is a common viral infection which affects 1 in 3 children under two.</p> <p>Early symptoms are similar to a common cold, but can develop into a dry persistent cough, dry nappies, a fever or hot to touch, too tired or breathless to feed, and a wheezing (rasping noise when breathing). If you're</p>	<p>Bronchiolitis is a common chest infection that affects babies and children under 2. It's usually mild and can be treated at home, but it can be serious.</p> <p>If you're concerned, contact your GP. For more advice go to www.nhs.uk/conditions/bronchiolitis #GTKWTG</p>	<p>Graphic contains image of baby crying. Text reads bronchiolitis, know when its time to see your GP.</p>

	<p>concerned, contact your GP. More info: www.nhs.uk/conditions/bronchiolitis #GTKWTG</p>		
	<p>Strep A is a common type of bacteria. Most strep A infections are mild and easily treated but some can be more serious. Look out for symptoms in your child 😞 If you think your child is poorly and getting worse, contact www.111.nhs.uk or your GP. A pharmacist can also give advice: nhs.uk/find-a-pharmacy</p> <p>More info: www.nhs.uk/conditions/strep-a #GTKWTG</p>	<p>Strep A is a common type of bacteria. Most strep A infections are mild and easily treated but some can be more serious. If your child is poorly and getting worse, contact www.111.nhs.uk or your GP. A pharmacist can also give advice: nhs.uk/find-a-pharmacy #GTKWTG</p>	<p>Graphic contains image of post it note. Text reads remember these symptoms, sore throat, headache, fever, fine rash. Strep A get to know where to go.</p>
	<p>Winter is a great time to celebrate with family and friends, but it's important not to get carried away. Please drink responsibly and know your limits.</p> <p>If you or someone you know struggles with #alcohol, help is available. Find local support today 📍 www.nhs.uk/nhs-services/find-alcohol-addiction-support-services #GTKWTG</p>	<p>Winter is a great time to celebrate with family and friends, but please drink responsibly and know your limits.</p> <p>If you or someone you know struggles with #alcohol, help is available. Find local support today 📍 www.nhs.uk/nhs-services/find-alcohol-addiction-support-services #GTKWTG</p>	<p>Graphic contains image of bottle of mulled wine and wine glass. Text reads christmas drinks, eat before or while drinking. Swerve the salty snacks, alternate each alcoholic drink with a non alcoholic one. Know your limits.</p>
	<p>It's common to feel 'blue' during the winter months, and not just from the cold. If you're feeling low, tearful, worried or anxious, please reach out for help. Visit hub.gmintegratedcare.org.uk/mental-health/whats-new/if-you-need-support-were-here-to-help/ #GTKWTG</p> <p>It can be a stressful, hectic, even a lonely time for many of us on the lead up to Christmas, but help is available. It's important to seek early help before the issues become worse. Visit hub.gmintegratedcare.org.uk/mental-health/whats-new/if-you-need-support-were-here-to-help/ #GTKWTG</p>	<p>It's common to feel 'blue' during the winter months, and not just from the cold. If you're feeling low, tearful, worried or anxious, please reach out for help. Visit hub.gmintegratedcare.org.uk/mental-health/whats-new/if-you-need-support-were-here-to-help/ #GTKWTG</p> <p>It can be a stressful, hectic, even a lonely time for many of us on the lead up to Christmas, but help is available. It's important to seek early help before the issues become worse. Visit hub.gmintegratedcare.org.uk/mental-health/whats-new/if-you-need-support-were-here-to-help/ #GTKWTG</p>	<p>Graphic contains image of leaves blowing in the wind. Text reads things getting on top of you? Know where to go for mental health support.</p>

 <p>Don't let things snowball Know where to go for mental health advice</p>	<p>One in four of us will experience a mental health issue every year, and the winter months can be especially tough.</p> <p>Help is available, but it's important to seek it as early as possible. For support visit hub.gmintegratedcare.org.uk/mental-health/whats-new/if-you-need-support-were-here-to-help/ #GTKWTG</p>	<p>One in four of us will experience a mental health issue every year, and the winter months can be especially tough.</p> <p>Help is available, but it's important to seek it as early as possible. For support visit hub.gmintegratedcare.org.uk/mental-health/whats-new/if-you-need-support-were-here-to-help/ #GTKWTG</p>	<p>Graphic contains image of snowflakes. Text reads don't let things snowball. Know where to go for mental health advice.</p>
 <p>Don't deal with grief alone Call our Bereavement Service T: 0161 983 0902</p>	<p>Winter can mean isolation and loneliness for those grieving but remember, you don't have to deal with your grief alone. Greater Manchester Bereavement Service can help you find the support you may need. Call 0161 983 0902 or visit www.greater-manchester-bereavement-service.org.uk #GTKWTG</p>	<p>Winter can mean isolation and loneliness for those grieving but remember, you don't have to deal with your grief alone. Greater Manchester Bereavement Service can help you find the support you may need. Call 0161 983 0902 or visit www.greater-manchester-bereavement-service.org.uk #GTKWTG</p>	<p>Graphic contains image of leaves. Text reads don't deal with grief alone. Call our Bereavement Service 0161 983 0902.</p>
 <p>Conversation feeling a bit one way? Someone is always there to talk...</p>	<p>Loneliness can affect us all, but the darker months can make loneliness seem overwhelming. @Chattycafe offers three services designed to reduce loneliness or social isolation either online, via phone or in person. For more info visit thechattycafescheme.co.uk Someone is always there to talk to. #GTKWTG</p>	<p>Loneliness can affect us all, but the darker months can make loneliness seem overwhelming. @chattycafe offers three services designed to reduce loneliness or social isolation either online, via phone or in person. For more info visit thechattycafescheme.co.uk #GTKWTG</p>	<p>Graphic contains image of a speech bubble, text reads conversation feeling a bit one way? Someone is always there to talk.</p>
 <p>Conversation feeling a bit one way? Get to know where to go</p>	<p>Winter can be a difficult time for people living with loneliness or experiencing social isolation, especially those who are elderly or vulnerable.</p> <p>@ageuk have lots of advice to help if you or someone you know is lonely. Visit www.ageuk.org.uk/information-advice/health-wellbeing/loneliness #GTKWTG</p>	<p>Winter can be a difficult time for people living with loneliness or experiencing social isolation, especially those who are elderly or vulnerable.</p> <p>@age_uk have lots of advice to help if you or someone you know is lonely. Visit www.ageuk.org.uk/information-advice/health-wellbeing/loneliness #GTKWTG</p>	<p>Graphic contains image of a speech bubble, text reads conversation feeling a bit one way? Get to know where to go.</p>

	<p>If you're struggling, the 24/7 crisis mental health helpline is here for you. It's free to call and open for anyone who lives in in Bolton, Manchester, Salford, Trafford and Wigan.</p> <p>For more information go to  www.gmintegratedcare.org.uk/GTKWTG. #GTKWTG</p>	<p>If you're struggling, the 24/7 crisis mental health helpline is here for you. It's free to call and open for anyone who lives in in Bolton, Manchester, Salford, Trafford and Wigan.</p> <p>For more information go to  www.gmintegratedcare.org.uk/GTKWTG. #GTKWTG</p>	<p>Graphic contains image of a sun and moon on a dark background, text reads day or night, we're here to help. Call our 24/7 crisis mental health helpline 08009530285.</p>
	<p>If you're struggling, the 24/7 crisis mental health helpline is here for you. It's free to call and open for anyone who lives in Bury, Oldham, Rochdale, Stockport, Tameside and Glossop.</p> <p>For more information go to  www.gmintegratedcare.org.uk/GTKWTG. #GTKWTG</p>	<p>If you're struggling, the 24/7 crisis mental health helpline is here for you. It's free to call and open for anyone who lives in Bury, Oldham, Rochdale, Stockport, Tameside and Glossop.</p> <p>For more information go to  www.gmintegratedcare.org.uk/GTKWTG. #GTKWTG</p>	<p>Graphic contains image of a sun and moon on a dark background, text reads day or night, we're here to help. Call our 24/7 crisis mental health helpline 08000149995.</p>
	<p>Greater Manchester is supporting older people to stay warm, safe and well this winter.</p> <p>The Winterwise guide brings together lots of information to help older people with cost-of-living support. Visit greatermanchester-ca.gov.uk/what-we-do/ageing/winterwise-guide</p> <p>#GTKWTG</p>	<p>Greater Manchester is supporting older people to stay warm, safe and well this winter.</p> <p>The Winterwise guide brings together lots of information to help older people with cost-of-living support. Visit greatermanchester-ca.gov.uk/what-we-do/ageing/winterwise-guide</p> <p>#GTKWTG</p>	<p>Graphic contains image of an older person smiling. Text reads support for all. Help is at hand. There is lots of support for older people in your life.</p>

Please contact the NHS GM campaigns team if you have any problems downloading from the links provided – gmhscp.gm-campaigns@nhs.net.