

# Hull Connect to Support

Information, ideas and tips to keep safe and well this winter.



**Councillor Gwen Llunn**  
Portfolio Holder for  
Adult Social Care and Public Health

## Welcome

Over the course of the pandemic, it has become apparent that it is vitally important we ensure our health and well-being is not something that we take for granted. Therefore, I would encourage all of us to do as much as possible to stay as well as we can and continue to enjoy our lives.

With our busy lives it is very easy to forget the very simple things like having the 'flu jab', which makes a real difference to keeping us safe and well.

**Below is a list of things that you can do to help stay safe and well and also where to access help and support:**

### Covid-19 vaccine

The Covid-19 vaccines are safe and effective, and they will give you the best protection against Covid-19. Have you had both your jabs? Have you had your booster jab if you're eligible?

To book your Covid-19 vaccine or booster online visit here - [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/) - or you can **call 119 to make an appointment.**

### Flu vaccine

The flu vaccine is a safe and effective vaccine. It's offered every year on the NHS to help protect people at risk of getting seriously ill from flu.

If you're eligible for a free flu vaccine, you can book an appointment at your GP surgery or a pharmacy that offers it on the NHS. You may also get an invitation to get the vaccine, but please do not wait for this before booking an appointment. To find out if you're eligible visit [www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/](http://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/)

### PPE (Personal Protective Equipment)

Do you provide care for a family member, friend or neighbour or do they provide care for you? If so, you may be entitled to free PPE (personal protective equipment) To find out more contact **Hull Churches Home from Hospital on 01482 447 673.**

### Lateral flow tests

Many people are asymptomatic and don't know they have Covid-19 which can then be passed onto friends and family. People can now receive self-testing kits to use at home through the post. Visit here to order a lateral flow test - [www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](http://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)

### Loneliness

Restrictions have impacted on lots of people in many different ways and if people are experiencing loneliness or isolation, please visit here for support and information on how you can get help - [www.hull.connecttosupport.org/stay-healthy/mental-health/dealing-with-loneliness/](http://www.hull.connecttosupport.org/stay-healthy/mental-health/dealing-with-loneliness/)

### Ageing well

As we age it is vitally important that we keep moving, remain independent and be as active as possible. To help you with this, there is lots of information, practical support and emotional support here - [www.hull.connecttosupport.org/stay-healthy/mental-health/emotional-and-mental-wellbeing/](http://www.hull.connecttosupport.org/stay-healthy/mental-health/emotional-and-mental-wellbeing/)

Health and care services are there to help – Save time by booking appointments and seeking medical advice online via the NHS App or by contacting your GP using the online form available on your GP practice website.

There is also a health **A-Z on the NHS website** here - [www.nhs.uk/conditions/](http://www.nhs.uk/conditions/) - which has useful information and advice on common conditions.

### **Further support**

If you need support to help remain active and independent, which could include access to equipment or adaptations to your home, then please visit the **Hull Connect to Support website** which has lots of information about this - <https://hull.connecttosupport.org/stay-independent/>

### **Carers support**

Are you a carer or does somebody provide care for you? If you need any further support or help then please visit the Carers Information Support Service (CISS) website - [www.chcpcic.org.uk/chcp-services/carers](http://www.chcpcic.org.uk/chcp-services/carers)

I hope that by working together we can all stay as well as we can and enjoy our lives to the fullest extent.

Thank you for taking the time to read this.

Kind regards

**Cllr. Gwen Lunn**  
Portfolio Holder Adult Social Care, Public Health and Protection.

## **Useful website and contact numbers**

### **Hull Connect to Support**

Connect to Support Hull is a free local information and advice website. Use it to find information, advice and to discover local groups, activities and services in your area.

[www.hullconnecttosupport.org](http://www.hullconnecttosupport.org)

### **Safeguarding**

#### **Worried or concerned about an adult?**

Telephone **01482 616092** - ask for the adults safeguarding team duty officer or **01482 300 304** - after 5:00pm or during weekends.

### **Carers Information Support Service (CISS)**

CISS supports carers and those caring for someone over the age of 18 who reside in the Hull area or are registered with a Hull GP. We also provide support and advice for parent carers of a child with additional needs.

[www.chcpcic.org.uk/chcp-services/carers](http://www.chcpcic.org.uk/chcp-services/carers)

### **NHS**

Helping you take control of your health and wellbeing.

[www.nhs.uk](http://www.nhs.uk)