

Upton Surgery

Self Care App Healthily

Self-Care App Healthily is putting self-care at the heart of healthcare.

Everyone needs healthcare. The trouble is, we often see a doctor for issues we could easily manage ourselves. So at Healthily, they're on a mission to change the world by bringing informed, effective self-care to 1 billion people.

Designed by doctors, used by millions, Healthily is the free, award-winning self-care app that helps you look after you every day.

Healthily gives you the tools you need to understand your health and take the next step – whether that's seeing a doctor, managing an issue yourself, or making small changes to feel better every day.



Worcestershire HANDI Paediatric app

The Worcestershire HANDI Paediatric app enables parents / carers and health professionals to get up to date advice about common childhood illnesses and how to treat them.

The conditions covered are:

Coronavirus – Information on the coronavirus for both parents and families

Diarrhoea and vomiting – Including gastroenteritis

Chestiness – Bronchiolitis, asthma, wheezing and croup

High temperature – meningitis, septicaemia, the common cold, urine infections, chicken pox, ear infection and sore throat

Diarrhoea and vomiting – including gastroenteritis

Tummy pain – bowel, genitourinary and other causes of abdominal pain including diabetes and pneumonia

Common new-born problems under 1 month – including crying, feeding, weight gain, pooing, weeing, vomiting, skin conditions

Anyone can download the app from the Apple Store or Google Play from a smartphone / device.



Speakeasy NOW – People’s Parliament

Speakeasy NOW is a member led self-advocacy organisation for people with learning disabilities living in Worcestershire.

In the past they have looked at things like Transport, Housing, Employment, Health Equality and Human Rights. This year they are looking at Covid-19 and how it has affected the independence, mental health and physical health of people with learning disabilities.

The purpose of their report is to highlight issues that affect people with learning disabilities and bring them to the attention of organisations and people that can make the changes needed to address them. These are called stakeholders and include Worcestershire County Council, the CCG, Provider organisations and other Government departments.

We know people with learning disabilities and their families and Carers have lots of stories they can share about the impact of Covid-19 on their lives. They’re asking them to get in touch and tell them about their experiences.

Contact Gail Greer on

g.greer@speakeasynow.org.uk

More information about their work
can be found at

www.speakeasynow.org.uk

PLUS—People Like Us Combatting Loneliness and Isolation in Worcestershire

People Like Us (PLUS) is a service that works across Worcestershire to support adults of all ages who are experiencing loneliness or isolation. PLUS enables individuals to connect with others and supports them to become more active and engaged in their communities.

The service is delivered by ONSIDE with their two delivery partners Worcester Community Trust and Simply Limitless.

The PLUS service is open to everyone who is:

- 18+
- Registered with a GP Practice in Worcestershire
- Experiencing significant loneliness

E-mail: Plus@onside-advocacy.org.uk

Phone: 01905 27525

Lifestyle Advisor Service

If you would like to feel healthier and happier, ONSIDE Lifestyle Advisors can help you. They provide the support you need to make small changes in your life that can make a big difference. This free service provides one to one group healthy lifestyle support for anyone aged 16 plus.

www.onside-advocacy.org.uk/lifestyle

