

# Cheshire West Winter 2025 Newsletter





## Cheshire West – Stay Healthy, Stay Warm

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### Pharmacy First: Fast, Free Advice Without a GP Appointment


The **NHS Pharmacy First** service is now available across Cheshire. Get **expert advice and treatment for seven common conditions** directly from your local pharmacist—no GP appointment needed.

#### How It Works:

-  **Walk-in access** at participating pharmacies
-  **No appointment required**
-  **Private consultation rooms**
-  **Free consultations** (standard NHS prescription charges apply unless exempt)

#### Conditions Treated:

- Sinusitis (12+)
- Sore throat (5+)
- Earache (1–17)
- Infected insect bites (1+)
- Impetigo (1+)
- Shingles (18+)
- UTIs (women aged 16–64)

 **Find a pharmacy** via the NHS website, your GP surgery, or by visiting your local pharmacy.

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### Welcoming Spaces in Cheshire West

Looking for a warm, friendly place this winter? The **Warm Welcome Campaign** connects you with venues offering **free heated spaces** to relax, socialise, and enjoy refreshments.

#### What's Available:










-  Libraries
-  Community centres
-  Churches


 Use the [Warm Welcome Directory](#) to search by postcode.

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## Flu Vaccine Eligibility – Winter 2025/26

Protect yourself and others this winter. The **free NHS flu vaccine** is available to eligible groups starting **September 1, 2025**, with expanded access from **October 1**.

-  Pregnant women
-  Children aged 2–3 (via GP)
-  School-aged children (Reception–Year 11)
-  Children 6 months–17 years with long-term conditions
-  Adults 65+
-  Adults 18–64 in clinical risk groups
-  Care home residents
-  Carers and household contacts of immunocompromised individuals
-  Frontline health and social care workers

 **Get vaccinated at** your GP surgery, pharmacy, maternity service, care home, or workplace.

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## COVID-19 Vaccine Eligibility – Winter 2025/26

The **free NHS COVID-19 vaccine** is available to the following eligible people:

- aged 75 or over (including those who will be 75 by 31 January 2026)
- aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment
- live in a care home for older adults





If you are eligible for a Covid-19 vaccine, please use this link to find information on how to book an appointment or for sites that offer walk-in access; [COVID-19 vaccine - NHS](#)

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## GP Online Services – New Access Hours from October 2025

Starting **October 1, 2025**, all NHS GP practices in England must keep their **online consultation tools open from 8 a.m. to 6:30 p.m.** to end the “8 a.m. scramble.”







### Key Features:

-  Submit non-urgent requests during core hours
  -  Medication queries and admin tasks included
  -  AI tools like Anima help assess urgency
  -  Pharmacy consultations added to your NHS App record
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## **CWP Living Well Bus – Free Health Services Near You**

The **CWP Living Well Bus** offers **free drop-in health checks** and support across Cheshire and Wirral.


### **Services May Include:**

-  Routine immunisations
-  Blood pressure, cholesterol, and glucose checks
-  BMI checks
-  Cervical screening (female staff)
-  Mental health support
-  Healthy lifestyle advice

### **Upcoming Dates:**

#### **Cheshire West:**

-  Friday 17<sup>th</sup> October High St carpark, Malpas, SY14 8NW 10:30-4pm

 Visit the CWP Living Well Bus webpage for full details: [The Living Well Service: Cheshire and Wirral Partnership NHS Foundation Trust](#)

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### **Stay Connected**

Need help accessing services? Reach out to your local pharmacy, GP surgery, or community centre.

Let's stay **healthy and warm** together this winter!