

# Stay well this winter



The latest Living Well campaign highlights actions you can take to protect your health over the winter months and the support available to you through your community pharmacy. The 'Stay well this winter' campaign is running in Living Well community pharmacies during December 2024 and January 2025.

Living Well is a community-based pharmacy service offered in over 500 pharmacies across Northern Ireland. It is delivered in partnership with the Public Health Agency, Community Pharmacy NI and the Department of Health. The service supports people to improve their health and wellbeing by:

- raising awareness of various public health messages and campaigns;
- sharing of health and wellbeing information;
- signposting to a relevant health professional, service or support in the community;
- using behavioural interventions, if appropriate.

Through the Living Well service, pharmacies help you to address risk factors that contribute to ill health in Northern Ireland.

Winter conditions can be seriously bad for our health, especially for people aged 65 or older and people with long-term health conditions such as heart or kidney disease, chronic obstructive pulmonary disease (including emphysema and chronic bronchitis), asthma or diabetes. Being cold can raise the risk of increased blood pressure, heart attacks and strokes.

The cold, damp weather, ice, snow and high winds can all aggravate any existing health problems, increase the risk of a fall, and make us more vulnerable to respiratory winter illnesses - but there are lots of things we can all do to stay well this winter.

To learn more, pick up a free [Stay well this winter](#) leaflet in your local participating community pharmacy or speak to a member of the pharmacy team.

[Print](#)