



# Winter campaign toolkit for Kingston Councillors

*Make a pledge to become a Winter Champion*



# Contents

1. What is the Winter Champion campaign and why is this important? .....	3
2. The Key Messages for the Kingston's Winter Champions campaign.....	4
3. Social Media Campaign Materials .....	5
4. Winter's Champion Campaign Resources.....	8

## Kingston's Winter Champion

We know that people sometimes find the NHS confusing and don't always know where to go for the right support for their health and care needs. And we know this puts pressure on certain services – especially over the winter period.

You can make a difference to Kingston residents this winter by supporting our campaign to raise awareness of the services available, by pledging to become a 'Winter Champion'.

By becoming a Winter Champion, you will be helping the NHS by sharing details of the range of services the NHS has on offer this winter with local residents.

This will mean encouraging residents to use their local pharmacist, utilising the 7-day-a-week, 8am-8pm GP services opening hours and calling NHS 111 when appropriate. This way you will be supporting the NHS over the winter period.

## 1. What is the Winter Champion campaign and why is this important?

- ❖ As a Winter Champion you will help the NHS by sharing health advice, and encouraging residents to get the right support for their health needs.
- ❖ **Help us help the NHS in Kingston** by informing people of the range of services on offer, such as 7 day a-week GP appointments from 8am – 8pm, using their local pharmacies and NHS 111.
- ❖ Support us with organic posts from your **Facebook/Twitter** accounts or by sharing our social media posts so we can reach the widest possible audience in Kingston.
- ❖ Use our **Winter Champion placard**, found at the end of this toolkit, to demonstrate your support for the NHS with a photo that you can share on social media.
- ❖ Access our materials online by visiting [www.swlondon.nhs.uk/winter](http://www.swlondon.nhs.uk/winter).

## 2. The Key Messages for the Kingston's Winter Champions campaign

- ❖ **Pharmacists** are experts in many aspects of healthcare and you don't need an appointment and many have private consultation areas, so they are a good first port of call.
- ❖ Get the advice you need from the **healthcare experts** at your local pharmacy, they can advise you on many health concerns; and they are convenient.
- ❖ Did you know you can get a **GP appointment** from **8am – 8pm, 7 days a week?** If you know you don't need A&E, don't wait. Book an appointment with a GP in your area.
- ❖ Get the advice you need at a convenient time by visiting a GP at one of our local GP surgeries **8 'til 8, 7 days a week!**
- ❖ A fully trained advisor can help with your urgent medical concerns at any time. Call **NHS 111** for free assistance.

### 3. Social Media Campaign Materials

#### Winter Champions

- ❖ Are you aware of the range of NHS services available such as extended GP opening hours, NHS 111 or health advice available at your pharmacy? Make sure you know of the range of services available and the right one for you this winter at: **URL** [#helpushelpyou](#) [#winterchampion](#)
- ❖ I am delighted to be a NHS [#winterchampion](#) for Kingston. You can [#staywellthiswinter](#) by going to your local pharmacy, take advantage of 8am-8pm GP opening times, getting your [#fluvaccine](#) or calling NHS 111 [#helpushelpyou](#)

## NHS 111

- ❖ NHS 111 is much more than just an advice line. If you have a serious or urgent medical concern, they're here to help [#helpushelpyou](#) [#winterchampion](#)
- ❖ A fully trained advisor and clinician can help with your urgent medical concerns at any time. Call NHS 111 for free assistance [#helpushelpyou](#) [#winterchampion](#)

## GP Hubs

- ❖ Did you know you can get a GP appointment from 8am – 8pm, 7 days a week? If you know you don't need A&E, don't wait. Book an appointment at your local GP hub [#helpushelpyou](#) [#winterchampion](#)

## Pharmacy

- ❖ Pharmacies are the first place to go for many health concerns. If you have a minor complaint, speak to your local pharmacist [#helpushelpyou](#) [#winterchampion](#)

## Flu

- ❖ Children in Kingston aged 2 or 3 can get a free flu nasal spray vaccination. Protect your child from the flu without involving any needles Speak to your GP now [#fluvaccine](#) [#helpushelpyou](#)
- ❖ 1 in 3 over 65s did not get their free flu vaccine last winter in Kingston. Speak to your GP or Pharmacist about getting your free flu vaccine. [#helpushelpyou](#) [#fluvaccine](#)

## 4. Winter's Champion Campaign Resources

Facebook and email signature:





Facebook & Instagram:



Twitter:



**NHS**

**I pledge to be a  
Winter Champion  
for Kingston**

**HELP US  
HELP YOU**

STAY WELL THIS WINTER

The graphic features a dark blue background on the left with the NHS logo and pledge text in white. The right side transitions into a lighter blue background with a large, faint snowflake icon.

Placard



I am a  
**Winter  
Champion**  
for Kingston

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