

Lancashire Health Hub Website Information



Easy read booklet

Who we are



We are Lancashire Health Hub.



We want to help you get **health information** that is clear and right.



Health information is information about being sick, injured or anything else you might see a **medical professional** about.



Medical professional means a doctor, nurse or a **pharmacist**. A **pharmacist** is someone who makes or sells medicine. They work in a pharmacy, also called a chemists.

How to use this booklet



This booklet gives you information from our website at lancashirehealthhub.nhs.uk



Each section of this booklet gives information from one of the pages on the website.



You can read the sections in any order.



You can click or tap the links at the start of each section to see the webpage it talks about.

Map of Services

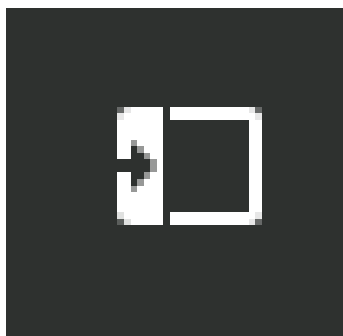


The Map of Services page on our website has a map that can show you **services** that are near you.

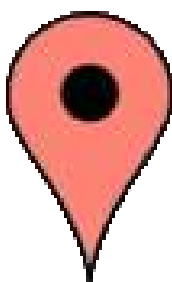


Services are

- hospitals
- pharmacies or chemists
- walk-in centres
- GPs
- public libraries



If you click or tap on the button on the top left of the map you can make the map show you the different services near you.



Each service is a different colour pin on the map.

Trusted Resources



The Trusted Resources page on our website is about where to find health information that you can trust. This means you know it is true.



When you look at health information online you should think about these things.



- Is someone trying to sell me something?



- Who wrote the information? It might be someone you can trust, like the NHS. Or it might be someone saying what they think.



- Why is the information there? It might be there to help or someone might be trying to trick you.



- Is the information the first link when you search? It might be there because someone has paid to put it there.



There are links on our website that will take you to websites you can trust.

Fake News



The **fake news page** on our website tells you about **fake news**. **Fake news** is information that is not true.



Some websites have fake news but it looks like it is true.



Fake news can stop you getting help, make you feel bad or make you not trust doctors.



Always check health information you find online with someone you trust or another website you trust.

Accessibility



The Accessibility page on our website is about how you can get information in the way you need it.



We know that it is important to be able to get information in a way that you can read.



You can get health information in Easy Read, different languages, and sign language.

Public Libraries



The Public Libraries page on our website is about how public libraries can help you get health information.



Libraries can



- lend you things like books, films and CDs.



- let you use a computer and the internet for free.



- Tell you about courses to learn new skills.

<https://www.lal.ac.uk/courses-at-local-libraries/>



- Help you find health information that you know is true.

<https://reading-well.org.uk/>



- Help you get better at Maths and English.

<https://www.lal.ac.uk/courses-at-local-libraries/>



The people who work in the library can help and support you in other ways as well.



You can use the map on our website to find your nearest library.

COVID-19



The COVID-19 page on our website is about where you can get information you can trust about COVID-19.



This information can help you not get COVID-19.



It can also help you try your best not to give COVID-19 to anyone else if you have it.



There are links on the website which will take you to websites you can trust for information about COVID-19.

Health Services



The Health Services page on our website explains where to go if you need help from a medical professional.



Only call **999** in an **emergency**. **Emergency** means a very bad health problem that needs to be looked at straight away.



If you feel ill and are not sure where to go call **NHS 111**.



If you need help quickly but it is not an emergency, go to a walk-in centre.



If you feel ill but you do not need help quickly, contact your GP.



If you have a headache, tummy ache or a cough, go to a pharmacy.



If you have a cold or a sore throat, look after yourself at home.



Look at the links on the website for more information about when to visit each medical professional.

Courses



The Courses page on our website is about courses you can take to learn new skills.



It is good for you to learn new skills and it could help you get a better job.



There are lots of courses you can do in Lancashire. Some are for fun and some are about job skills.



Look at the links on the website to find a course.



**University Hospitals
of Morecambe Bay**
NHS Foundation Trust



East Lancashire Hospitals
NHS Trust
A University Teaching Trust



**Lancashire &
South Cumbria**
NHS Foundation Trust



**Blackpool Teaching
Hospitals**
NHS Foundation Trust



**Lancashire Teaching
Hospitals**
NHS Foundation Trust



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To find out more go to our **website**