



December has truly been magical here at Sacred Heart. Throughout the month, our school has come alive with a hive of activities, from joyous discos and enchanting nativities to festive games and our much-loved Christmas jumper and dinner day. During all this festive fun, our children have embraced the true essence of the Advent season with open hearts, preparing for the birth of Jesus at Christmas. This time of year, is not just one of celebration but also a significant period for reflection, fostering kindness and love within our school community.

We want to express our gratitude to all the parents who kindly provided spare coins for our school Christmas raffle and games. The funds raised will not only support charitable causes but also help equip our children here at Sacred Heart. Your kindness and generosity truly embody the spirit of the Advent season, and we are so grateful for your support.

As we conclude this Advent term, let's take a moment to reflect on the remarkable achievements of our wonderful children. Their hard work is a testament to their determination to learn and grow, just as Jesus inspires us to do.

On behalf of the Staff and Governors here at Sacred Heart, we would like to wish you all a peaceful Christmas together and God's blessings for the coming year.

*Rev James* God Bless! *MJ*

### Advent at Sacred Heart

This Advent, our school community came together in a beautiful whole school mass, where we reflected on the true significance of Christmas. In the spirit of this sacred season, we remembered the journey of Mary and Joseph, and how we too can embark on a journey of hope and love. A highlight of our Advent celebrations was the delightful carol service led by our Year 3 children. In Isaiah 2: 1-5, the prophet shares a vision of peace and hope. He describes a time when people will come together to learn about God and live in harmony. This message is perfect for Christmas, reminding children that kindness and sharing bring joy to the world.



We were delighted to welcome the Travelling Crib as it made its way around the Trust schools. The crib serves as a gentle reminder of the humble beginnings of Jesus' birth and encourages us to think of those who are misplaced in the world today. Our time spent in worship and community has allowed us to deepen our understanding of the season, encouraging us to cherish every moment as we prepare for the birth of Jesus. Let us carry forward the lessons of kindness, compassion, and charity that we have discussed, and keep the spirit of Advent alive in our hearts, sharing joy and goodwill with all. Together, we look forward to a Christmas filled with God's love and blessings for every one of us.





The much-loved Menphys Carol Concert took place at DeMontfort Hall on the 5th December, marking a joyful start to the festive season in Leicestershire. This event truly embodies the spirit of Advent, reminding us all of the importance of community and togetherness during this special time of year. Featuring a delightful mix of traditional and contemporary carols, the concert showcased the exceptional talents of local primary and secondary school students, bringing families and friends together in a heartwarming celebration.

We were especially proud of our own Sacred Heart Menphys choir. Children from Year 5 and 6, alongside the children's choir from St John Fisher, were superb ambassadors for our Trust and whose performances were nothing short of exceptional. This was made possible by the dedication of Mrs Ong, who worked tirelessly in preparing both schools for their solo on the night. Thank you to Mrs Karan, Mrs Noronha and Mrs Sharma who all helped to make it possible for our children to attend rehearsals for the night.

The Menphys Carol Concert provided a platform for our young people to shine, with their performances adding to the uplifting atmosphere of the evening and shine they did!!



### Christmas Nativities: EYFS and KS1

We are filled with joy and pride as we reflect on the recent performances of our Foundation Stage and Key Stage 1 students, who beautifully retold the Christmas story. Our youngest children displayed remarkable bravery and confidence as they took to the stage, sharing the wonderful message of Jesus' birth with family and friends. Their heartfelt performances were filled with the spirit of Christmas, reminding us all of love, hope, and the joy that this holy season brings.

We extend our thanks to the teachers, staff, and parents who supported our children in preparing for this special event. It was a magical experience that will be cherished by all who attended. Well done to our amazing children!



### YMDBoon Foodbank Donation

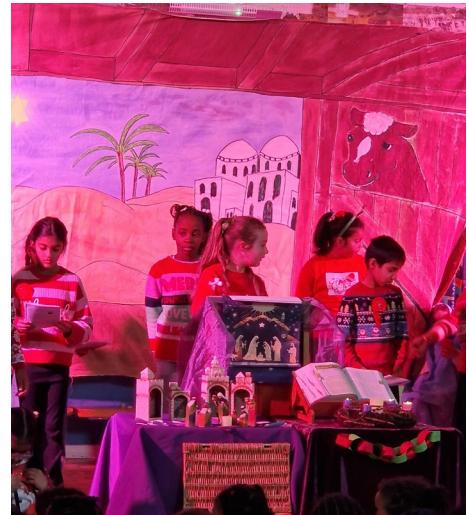
Heartfelt thanks go to Katie Ford, Anton Wood and all at YMDOON for their very generous food donation. Being able to distribute food to those families in our school community is especially this Christmas season and as a school we very much appreciate this act of kindness.

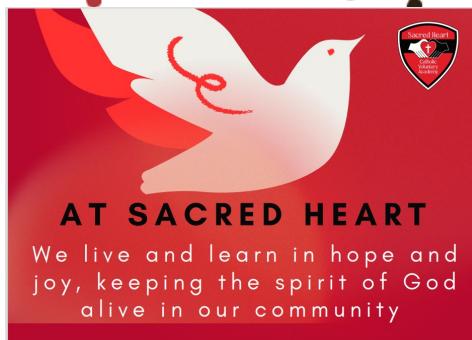




## Year 3 Christmas Carol Service

Our Year 3 children performed the story of Christmas in a beautiful carol service, delighting both parents and the whole school. The children sang, performed, and read with great enthusiasm, capturing the true meaning of Christmas. We were fortunate to have Fr David and member of our Governing body join us with Fr David offering a special blessing, reminding us of the joy and hope that this season brings. The service was a wonderful celebration of faith, community, and the spirit of giving. We extend our heartfelt thanks to all the staff who prepared the children for this memorable event.





## Christmas Disco Day

The highlight of the festivities was undoubtedly the Christmas disco, where children danced and sang their hearts out with friends, creating wonderful memories that will be cherished. Throughout these celebrations, we felt a deep sense of hope and fulfilment, reflecting our school's mission to nurture not just the mind, but the spirit too.



Thank you to our **AMAZING STAFF** who made all this happen!!!!



## Christmas Jumper and Dinner Day:

This Christmas season, our school was filled with excitement, joy, and laughter as everyone came together to celebrate in a truly festive spirit! The recent Christmas jumper day brought a rainbow of colours and creativity, with students proudly wearing their most cheerful jumpers, spreading warmth and smiles all around. The money raised will be donated to charity!

The dinner hall was alive with the sounds of giggles and chatter, as children tucked into a delightful Christmas dinner. A **MASSIVE THANK YOU** to Sharon and the kitchen staff who prepared and served over 270 children. We would also like to extend our THANKS to Fr David and St Vincent De Paul Society who very generously paid for ALL our children to have a Christmas Dinner. It was a such a kind act and we here at Sacred Heart very much appreciated the gesture!!!!

**Thank you to all the staff at Sacred Heart who help make all of this so special for our children; they are super stars!!!**





Sun 11th January: Sensory Friendly 11.30am Mass at SH Church  
Adapted Mass offering an insight for all parishioners at The Baptism of The Lord Feast

*11.00am 1st Holy Communion Preparation*

*11.30am Sensory Friendly Mass*

*At Sacred Heart School - Mere Close, Leicester, LE5 3HH*

- Sat 17th January: Welcome to God's Family
- Sat 21st February: Lent ~ In the Wilderness
- Sat 21st March: Forgiveness ~ Death & Resurrection  
*with First Reconciliation informally after Mass*
- Sat 25th April: New Life & Easter
- Sat 16th May: Mary's Yes to God

*At Sacred Heart Church - 25 Mere Road, Leicester, LE5 3HS*

- Sat 20th June: God's Greatest Gift of Holy Communion
- Sat 4th July: First Holy Communion Day  
*with a practice before Mass*

### **Dates for the Lent Term:**

Monday 5<sup>th</sup> January – School opens for Lent Term 1.



# SAFEGUARDING SPOTLIGHT

## Keeping children safe online

Advent Term 2025-2026

### Top tips for talking to children about staying safe online

#### Start with the positives

Online life can be great for learning, creativity, and staying connected. Balance helps children feel confident, not scared.

#### Pick the right moment

Choose a calm, everyday time i.e. a walk, car journey, or shared activity. Avoid starting the chat during a disagreement or when emotions are high.

#### Use child-friendly resources

Age-appropriate videos, guides, and tools can make safety messages clearer and more engaging.

#### Ask about their experiences

Use open questions: "Have you seen anything that made you uncomfortable?" "Who do you chat or play with online?" "Do you know them offline?" "How do certain apps or games make you feel?"

#### Keep it ongoing

These don't need to be formal, one-off talks. Regular, relaxed check-ins make it easier for children to speak up if something worries them.



### More Top Tips

- Talk it through:** Explain controls are there to keep them safe, and invite questions about the settings.
- Use strong passwords:** Add a password so settings can't be changed.
- Adjust with age:** Ease controls as they grow, at a pace that suits your child, not peer pressure.
- Filters aren't perfect:** They may still see upsetting content, so keep the conversation open.

### Parental Controls

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices.

Parental controls can help you to:

- Plan what time of day your child can go online and how long for
- Create content filters to block apps that may have inappropriate content
- Manage the content different family members can see

Parental controls can be a helpful tool, but they have limits — so they shouldn't be seen as the whole solution. Even if you've set controls on your home broadband and your child's device, they won't apply if your child connects to other Wi-Fi networks without them. Parental controls work best as one part of a wider approach to keeping your child safe online.

Get advice on supporting children if they have seen harmful or upsetting content online

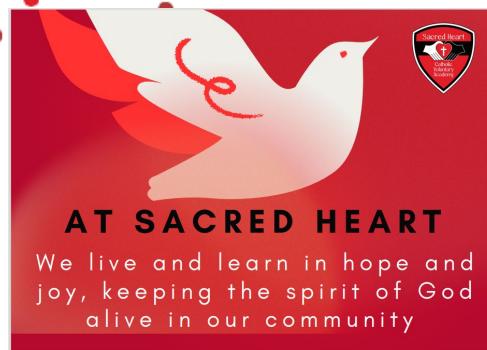
[CLICK HERE](#)

How to start the conversation about online safety and how to navigate tricky topics

[CLICK HERE](#)

23 Schools - 9000 Pupils - One Team

ST THOMAS  
AQUINAS  
CATHOLIC MULTI-ACADEMY TRUST



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## CHRISTMAS 2025

The Christmas holidays are nearly upon us and we wanted to send our usual information sheet out to you with some ideas to keep costs down.

### Discounted meals

At Morrisons Cafes customers will receive a free children's meal and drink with the purchase of any adult meal costing over £5.

Parents can also take advantage of Morrisons 'Two Adult Meals and Two Refillable Drinks for £15' deal, meaning a family of four can dine out for just £15.

Click on the Fish and Chips below for more cafes and restaurants offering discounts.



### Things to do

Click on the holly below to learn more about events across the City for families to get involved in. Activities include Christmas crafts, calendar designing, Santa's secret workshop and Meet the Police!



### More things to do

This Christmas, head out to Forestry England's Stick Man activity trails for a fun, family-friendly woodland walk inspired by Julia Donaldson's story. Kids can follow the trail activities, hunt for clues, and enjoy some fresh air together over the holidays.

Click on the Stickman for more info!



### Christmas fun at home

Looking for budget-friendly festive ideas? Twinkl's "15 Free Things to Do This Christmas" blog is packed with simple, fun activities for families, from Christmas crafts and scavenger hunts to movie nights and winter walks. It's a great source of inspiration for making magical memories together without spending a penny. Click on the wreath for more information



### Rutland

There are a whole host of activities in and around Rutland over the Christmas period, although one event that caught our eye was the free After School Disco at Rutland Garden Village. Click on the present below for more details.





# The Holy Family

— COMMUNITIES OF —

Sacred Heart & St Margaret Mary,  
Our Lady of Good Counsel & St Joseph's



|   |  |   |  |   |
|---|--|---|--|---|
| Saturday 20th   | 6 pm Carols<br>6.30 pm Mass                  | St Joseph's<br>Sacred Heart                   | RIP Gordon Crewe & Bown Family, Michael Collopy, Tom, Gerald, Bernadette & Noreen Naan. <b>GH</b> Cathy Smart.<br><b>NO MASS TODAY.</b>  | <i>Join us on 20th for Carols in the garden at St Joseph's at 6pm with Mass at 6.30pm. Then stay and partake of some refreshments while supporting the Friends of British Southern Cameroons.</i> |
| Sunday 21st<br><b>4th Sunday of Advent</b><br><br>(Live-streamed) | 9am Mass<br>10.15am Mass<br><br>11.30am Mass | St Joseph's<br>Our Lady's<br><br>Sacred Heart | <b>NO MASS TODAY.</b><br><b>1st Anniv.</b> Threza Fernandes. <b>RIP</b> Luke Waters, Luciana Linda Vaz, Angela Kelly, Luis & Olga Machado, Agnelo, Savio & Ludavina Machado, Maria Braganza.<br><b>GH</b> Felix Miranda, Winston Almeida<br><b>RIP</b> Constancio & Francisca, Zarita D'silva, Mario Rodrigues, Margaret Young, Marcos Lopes, Augustine & Mary Rebelo, Benjamin Rodrigues. <b>GH</b> Celia & Cyril Moraes, Flaviana Brito. <b>GH/B'day</b> Raiya Rebelo, Ludgero De Brito & Adelina Fernandes. |   |

We welcome Mateo in Baptism at Sacred Heart this weekend.

**Christmas Eve Confessions 24th Dec SJ's 9am-10.30am. OL's 10.30am-12 noon. SH 12 noon-1.30pm.**

|  |   |  |   |  |
|--|---|--|---|--|
| Monday 22nd Advent Feria   | 10am Mass   | SMM  | GH Luis & Shaniyana Noronha, Mary Thomas.   |  |
| Tuesday 23rd Advent Feria  | 9am Holy Hour<br>10am Mass<br>11.30 Mass  | Parish Int.<br>Sacred Heart<br>St Joseph's   | <i>For Peace in the hearts of all this Christmas.</i><br><b>RIP</b> Sirvila Maria Fernandes DeSouza.<br><b>RIP</b> Patrick Commins.   | <b>Sanctuary Lamps:</b><br>SH GH Graduates & post Graduates of De Montfort University & Leicester University.  |
| Wednesday 24th<br><b>The Nativity of the Lord Christmas Day</b><br><br>(Live-streamed) | 4.30pm Family Mass<br>6.30pm Vigil Mass<br>6.30pm Vigil Mass<br><br>9.30pm Carols & 10pm Mass<br>11.30pm Carols<br>Midnight Mass<br>11.30pm Carols<br>Midnight Mass | St Joseph's<br>Our Lady's<br>Sacred Heart<br><br>St Joseph's<br>Our Lady's<br><br>Sacred Heart | <b>RIP</b> James Stones, Gerard Hirst, Ron Parkin.<br><b>GH/B'day</b> Gabriella Rozario.<br><br><b>RIP</b> Meliza Joseph D'Sa <b>GH</b> Joaquim Brito & Family & Fatima Fernandes.<br><b>RIP</b> Nelson Fernandes. <b>GH</b> Johnson Sandes & Fam.<br><br><b>GH</b> Belino Mendonca.<br><br><b>RIP</b> Maria Jesus Mendonca & Dec'd Mendonca Fam.<br><b>Int</b> Louise Phillip, Bemice Teague & Theo.<br><b>GH</b> Orson Noronha & Family, Dominic & Vilma Rocha & Adrian & Erica Rocha, Zulema Remedios & Fam. | <b>Prayer &amp; Events in our Parishes</b><br><b>Jesus Youth</b> Mondays 6.30pm in SH Parish hall.<br><br><b>Good Shepherd Prayer Group</b> Tuesdays 6-7.30pm in the Sacred Heart Club. Last meeting before Christmas 16th December, returning on 13th January.<br><b>Special Thanksgiving</b> Adoration 30th December 8pm-10pm in St Joseph's Blessed Sacrament Chapel. All welcome.                                      |
| Thursday 25th<br><b>The Nativity of the Lord Christmas Day</b><br><br>(Live-streamed)  | 9am Mass<br>10:15am Mass<br><br>11.30am Mass  | St Joseph's<br>Our Lady's<br><br>Sacred Heart  | <b>GH</b> The Murphy Family.<br><b>RIP</b> Eileen Martinez, Francisco Xavier Cardoza, Milagros L Canapi & Rufino P Canapi.<br><br><b>RIP</b> Alex & Nelson Fernandes, Jimmie, Sheila, James Mannix & Jean Phillips, Ancy Dourado.<br><b>GH</b> Bridget Harrigan & Nora & John.  | <b>Monthly Rosary Rally</b> 1.30pm on Sunday 4th January outside Sports Direct in the City Centre.   |
| Friday 26th<br>St Stephen  | 10am Mass<br><b>NO MASS AT OUR LADY'S</b>   | Sacred Heart   | <b>RIP</b> Alex Fernandes. <b>GH</b> Muzella Miranda.<br><b>In Thanksgiving.</b>  | <b>Journeying with the Scriptures in a Time of Grief through Lectio Divina</b> Tuesday 23rd December <b>at 10.15am</b> led by Sarah in St Joseph's Blessed Sacrament Chapel. Followed by Mass at 11.30 and then lunch at The Olive Branch.<br><b>St Joseph's Blessed Sacrament Chapel</b> Open daily 9am to 4pm.<br><br><b>Jesus Youth Teens</b> Every Thursday (in term time) from 6pm to 7pm in St Joseph's Church Hall. |

**The Holy Family Churches:** St Joseph's, 12 Goodwood Road, Leicester LE5 6SG

Our Lady of Good Counsel, 15, Peebles Way, Rushey Mead LE4 7ZB

Sacred Heart, 25, Mere Road, Leicester LE5 3HS

**St Margaret Mary Community Mass**

at St Paul's Polish Church, Wakerley Rd, LE5 4WE

**Parish Priest:** Fr David Cain **Assistant Priest:** Fr Vitalis Akandu **Parish Deacon:** Rev Séamus O'Looskan

**Retired Priest in the Parish:** Fr John Tavares **Safeguarding Coordinator:** Mrs Mary Hirst

**Safeguarding Reps:** SH Martina Guedes 07513 725549 OLGC Skeeter DaCosta 07513 725402 SJ Julie Spencer 07513 725514.

**Parish Office Manager &** [holyfamilyleicester@dioceseofnottingham.uk](mailto:holyfamilyleicester@dioceseofnottingham.uk)

**Contact:** Anne Cartwright or 0116 251 1437

**Website:** [www.holyfamily-leicester.rcdon.uk](http://www.holyfamily-leicester.rcdon.uk) **Facebook, YouTube & Instagram:** sacredheartparishleicester

**Live-stream from SH** 11.30am on Facebook & YouTube & other services as announced.

Lectionary Cycle: A2



## Christmas Dates & Times

**20th Dec Carols 6pm** at St Joseph's Church followed by Mass. *No Evening Mass at Sacred Heart & No morning Mass at St Joseph's on Sun 21st Dec.*

**22nd Dec All Altar Servers Practice 11am to 1.30pm** at St Joseph's Church, followed by Buffet Lunch.

### 24th Dec Confessions

9am to 10.30am St Joseph's



10.30am to 12 noon Our Lady's

12 noon to 1.30pm Sacred Heart

### 24th Dec Christmas Masses

**St Joseph's** - 4.30pm Family Mass and 9.30pm Carols followed by 10pm Night Mass.

**Our Lady's** - 6.30pm Vigil Mass and 11.30pm Carols followed by Midnight Mass.

**Sacred Heart** - 6.30pm Vigil Mass and 11.30pm Carols followed by Midnight Mass.

### 25th Dec Christmas Day Masses

9am St Joseph's, 10.15am Our Lady's, 11.30am Sacred Heart.

### 26th Dec Feast of St Stephen /Boxing Day Mass

10am at Sacred Heart Church.

### New Year Masses

31st Dec 11pm Holy Hour followed by Midnight Mass at Our Lady's.

1st Jan 10am Mass at Sacred Heart.

## Sacred Heart Christmas Market

raised over £1600 and received a generous donation of £1000 from the Zimbabwean Community who are great supporters of Sacred Heart Church. Our thanks goes out to everyone who helped with organising the event or running a stall and to everyone who attended.

The markets were wonderful events in all three of our churches. Thank you!



## Christmas Mass Intentions & Christmas Office Closure

Mass Intentions for 24th December to 9th January need to be received by the office by the end of the day on Monday 22nd December in order to be printed in the newsletter.

The newsletters for Christmas, New Year and up to 9th January will all be printed early on 23rd December. Mass intentions not on the newsletter can still be given to the Priest at Mass.

The Parish Office will be closed from 2pm on 23rd December until Monday 5th January.

**Please collect your Christmas Offerings envelope.** Available in all churches for your offering to our Priests. If you want your offering to go directly to our priests, please do put it into an envelope. Thank you!

## Our Crib Collection

in all churches this year is for Intercare, a local charity founded in 1974 and supported by Bishop Patrick. Their mission is to save lives and alleviate suffering by providing surplus medical resources to their partners in sub-Saharan Africa. Find out more at: <https://intercare.org.uk/>



**Blessed Sacrament & St Peter's Parish Pilgrimage to Rome 15 to 20 February, 2026:** A place on this pilgrimage has become available due to a cancellation. The approximate cost is £265 (bed, breakfast & travel to London City Airport). Flights, travel insurance, entrance fees & travel in Rome and to Assisi are extra. If interested, please contact Angela Bailey as soon as possible. E: [angelab1066@yahoo.ie](mailto:angelab1066@yahoo.ie)

**St Joseph's Church - External Renovation** Thank you to the kind sponsors of the extensive woodwork repairs and painting at the front of St Joseph's Church which is hugely appreciated. You might also notice that the previously headless stone apostle has been renovated too, which is terrific! Thank you to the workers on this project who have produced wonders. It was getting into a really poor state so it was essential that we addressed this. If you see something in any of our churches that looks in a poor state and you'd like to sponsor the repair or renovation - please do contact Fr David.

## The Great Awakening Convention run by the AFCM, Anointing Fire

**Catholic Ministries.** 24th January 2026 at Bethel Convention Centre, West Bromwich B70 7JW. From 9am to 4.30pm. Holy Mass, confessions, praise and worship, adoration, talks, spiritual sharing and children's sessions. All are warmly invited to attend. Bus available from Holy Cross Church. Please contact Arun on 07392928576 for more information.

## Living Faith Prayer Books

January to March available in all churches, £1 each.

## The Olive Branch Café

will be closed over the Christmas period from 24th December, reopening on Monday 5th January.

## Choral Evensong Choir of Leicester Cathedral

Wesley Hall Methodist Church  
Hartington Road, Leicester LE2 0GN  
Sunday 11th January at 4pm. All welcome! Refreshments available after the performance.

## Upcoming Good Shepherd Prayer Group Events

Thanksgiving Adoration - 30th December 8pm to 10pm in the Blessed Sacrament Chapel at St Joseph's Church.  
Retreat Day - Saturday 17th January 11am to 3.30pm at Our Lady's Church.

## Second Collection THIS Week for Local Hospices

Following the Assisted Dying Bill, this 2nd collection has been introduced to support Hospices across the Diocese to provide valuable palliative care to those who need it.  
Donations can be made by card machine.

### OLGC Collection 14th December

|                   |                |
|-------------------|----------------|
| Loose & Envelopes | £362.65        |
| Standing Orders   | £118.31        |
| Contactless       | £10.00         |
| <b>Total</b>      | <b>£490.65</b> |

### SH Collection 13th / 14th December

|                   |                 |
|-------------------|-----------------|
| Loose & Envelopes | £544.42         |
| Standing Orders   | £476.85         |
| Contactless       | £15.00          |
| <b>Total</b>      | <b>£1036.27</b> |

### SJ Collections 14th December

|                   |                |
|-------------------|----------------|
| Loose & Envelopes | £331.50        |
| Standing Orders   | £444.23        |
| Contactless       | £55.00         |
| <b>Total</b>      | <b>£830.73</b> |

### Please make the most of the card machines

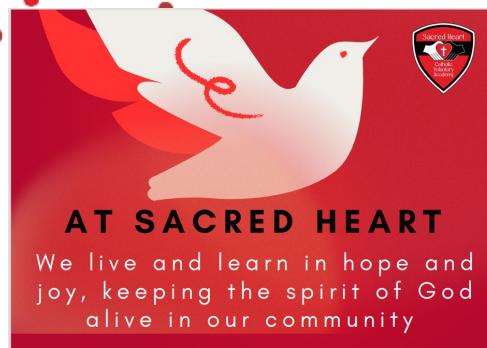
in all of our churches to give your weekly donation.  
With Gift Aid, a £10 donation gives the church £12.50. A £20 donation gives £25!



**Parish Bank Account Details:** **SH:** Sacred Heart Leicester RCP Account number: 00949284 Sort Code: 30-15-97 **OLGC:** Our Lady of Good Counsel Leicester RCP Account number: 51819560 Sort Code: 30-94-97. **SJ:** St Joseph's Leicester RCP Account number: 51763560 Sort Code: 30-94-97. Please put a reference detailing the nature of your payment when paying into our Parish accounts.



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Leicester, Leicestershire  
and Rutland



# Staying well this winter

With the colder, winter months leading to more of us suffering from coughs, colds, flu and other illnesses, it's important to know when and where to get the right treatment for any member of your family.

Here you can find a wide range of resources to help you and your family stay well this winter and over the festive period.

## Need help fast?

Need help fast  
and it isn't life threatening?  
Get the right NHS care  
in two simple steps



The NHS in Leicester, Leicestershire and Rutland has issued new advice to help you get the right NHS care when you need it quickly and recommends just two simple steps for situations when it isn't life threatening—including at Christmas and New Year.

**Step 1:** Try to manage the problem yourself or get help from a local pharmacy, NHS 111 online, or the NHS App.

**Step 2:** If that doesn't work or the problem is more serious, contact your GP practice or NHS 111 (when your GP practice is closed). They will help arrange the right appointment.

[Click here to access the 'Need help fast?' information, as well as details of what's open and when during the festive holidays](#)



## Health for Kids!

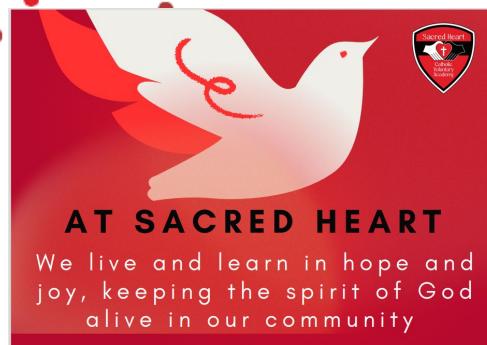
## Winter wellness hub

To help support you and your family stay well this winter, on [Health for Kids: Grownups](#) you can access an [online winter hub](#) with advice around flu, local vaccination clinics, fevers, stomach bugs as well as general winter health and safety advice.

The hub contains information for all the family, with CBBC's Operation Ouch team on hand with videos on head injuries and fevers for children to enjoy, while grownups can discover how to look after a member of the family with norovirus.

[Click here to  
access the  
winter hub](#)





Leicester, Leicestershire and Rutland

## DID YOU KNOW....

Children's 'super bodies' are designed to fight off many common illnesses, without the need for antibiotics? Most children will recover in the same amount of time with or without antibiotics.

## Get the latest winter updates



For the latest advice, support and information throughout winter, we recommend following these local accounts on Instagram:

- [Leicester, Leicestershire and Rutland Integrated Care Board \(@nhsllr\)](#)
- [Leicester's Hospitals \(@leicestershospitals\)](#)
- [Leicestershire Partnership NHS Trust \(@lptnhs\)](#)
- [East Midlands Ambulance \(@emashnstrust\)](#)

Discover how some simple home-based self-care could save you from hours in a busy hospital waiting room or GP surgery.

[Click here to access University Hospitals of Leicester's 'Stay home, stay well' guide'](#)



**NHS 111**



[111.nhs.uk](http://111.nhs.uk)

[NHS 111](#) can help if you have an urgent medical problem and you're not sure what to do. They offer help 24 hours a day, seven days a week, and can:

Tell you where to get help for your symptoms

Direct you to appropriate local services for your medical condition and help arrange an appointment

Direct you to where to get emergency medical prescriptions

Provide general health information and advice

For life-threatening illnesses or injuries, you should always dial 999.

Flu is already effecting our communities with high numbers of people already needing hospital treatment.

Protect your child, family and any vulnerable people around you this winter by ensuring your child has their nasal flu vaccine either at school or children aged 2-3 can have the vaccine at their GP [practice or selected pharmacies](#).

[Click for vaccination information:](#)

[For pre-school](#)  
[For school age](#)

Vaccinations are the best way to protect yourself from serious illness.

Make sure you and your family are up-to-date with all the vaccines you are eligible for to stay well through the winter months and beyond.

## DID YOU KNOW....