

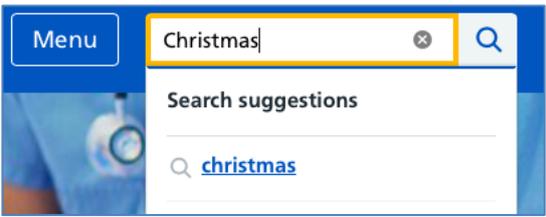
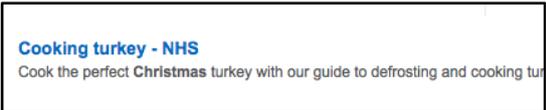
Look after yourself and the NHS this Christmas

Everyone likes to let their hair down at Christmas and enjoy the socialising that comes with it, but it's easy to get carried away and have one drink too many.

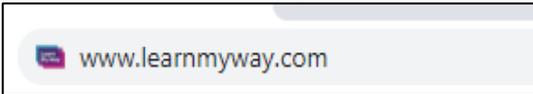
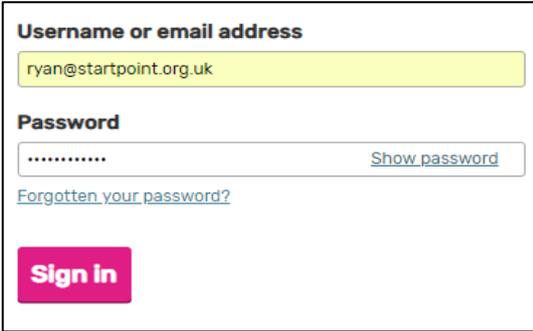
Excessive alcohol consumption not only leads to a bad hangover but also significantly increases your likelihood of an accident or injury too. The result could leave you with a Christmas to remember for all the wrong reasons!

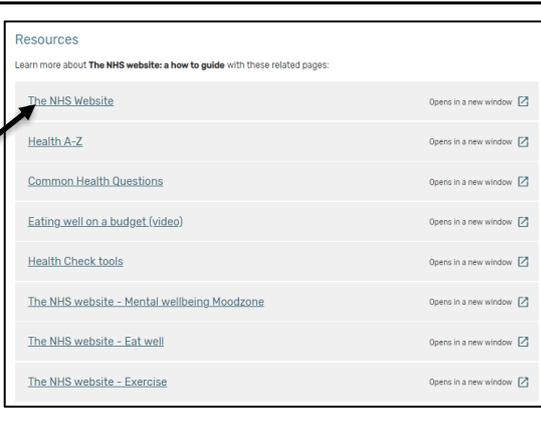
In this session we will explore the NHS website and all the information and resources available to keep you healthy this festive season.

| NHS | | |
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| 1 | <p>Techy Turkey:</p> <p>Firstly, let's check your knowledge on how to cook the perfect turkey with tips on defrosting, preparing and cooking poultry safely, and how to store leftovers. An example of how the internet can help you to avoid being floured by food poisoning.</p> |  |
| 2 | <p>NHS website:</p> <p>From the main Google search screen, search for NHS and press Enter on your keyboard.</p> <p>Select www.nhs.uk</p> |  |

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| <p>3</p> | <p>Searching:</p> <ul style="list-style-type: none"> • In the top right-hand corner locate the search box • Type Christmas • Press Enter |  |
| <p>4</p> | <p>Results Hyperlink: From the results that appear locate the Cooking turkey – NHS link.</p> <p>The fact the wording is in blue means that it is a hyperlink. A hyperlink is text that will take you to another page once you click onto it.</p> |  |
| <p>5</p> | <p>Finding Information: From the Cooking turkey page find out the maximum time you should cool any leftovers before you cover it and put it in the fridge.</p> <hr/> |  |
| <p>6</p> | <p>Breadcrumb Trails: At the top of the page there is something called a breadcrumb trail. This is the route that the website has taken to get you to the page you are currently looking at. Each step is also a hyperlink. You could click onto Home to take you back to the Homepage for this site, but on this occasion click Live Well.</p> |  |

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| <p>7</p> | <p>From the Live Well page scroll down to find Alcohol support and again click onto the hyperlink.</p> |  <p><u>Alcohol support</u></p> <p>Find out the health benefits of reducing your alcohol intake and get tips on cutting down</p> |
| <p>8</p> | <p>Now we are going to find out how many units there are in our favourite tipples. Read through the text and find where you would access a quick guide to work out how many units there are in beer.</p> | <p>Use this quick guide to work out how many units are in your favourite pint of beer or glass of wine.</p> |
| <p>Q</p> | <p>How many units are in this can of beer?</p> <hr/> |  |

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| 9 | <p>We are now going to go on to Learn My Way and complete the course on the NHS website: a how-to guide. Firstly, we need to open our browser and enter www.learnmyway.com into the address bar.</p> |  |
| 10 | <p>Once you are on Learn My Way, we need to select 'Sign in' in the top right-hand corner.</p> |  |
| 11 | <p>Now we need to enter our username and password. If you are struggling with logging in, speak to a volunteer and they'll assist you in accessing your Learn My Way account.</p> |  |
| 12 | <p>Once we have logged in, we need to scroll down to the Improving your health online group of courses and select the NHS website: a how-to guide course.</p> |  |
| 13 | <p>Once you've selected the NHS website: a how-to guide, you'll see the modules that make up the course – 1. Online Health Information, 2. A healthy lifestyle, 3. Discovering health services near you and 4. Staying healthy with the NHS quiz.</p> |  |

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| 14 | Once you've finished the course, you can 'Sign out' at the top or access the NHS website directly by scrolling down and selecting it from the list of resources. |  <p>Resources</p> <p>Learn more about The NHS website: a how to guide with these related pages:</p> <ul style="list-style-type: none">The NHS Website Opens in a new window Health A-Z Opens in a new window Common Health Questions Opens in a new window Eating well on a budget (video) Opens in a new window Health Check tools Opens in a new window The NHS website - Mental wellbeing Moodzone Opens in a new window The NHS website - Eat well Opens in a new window The NHS website - Exercise Opens in a new window  |
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