

# Staunton & Corse Surgery Patient Group Newsletter

([www.stauntonsurgery.co.uk](http://www.stauntonsurgery.co.uk))

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**Our Winter Newsletter is dedicated to exploring various self help options.** Christmas time is seen as an emotionally and financially generous, social and family based celebration, a time to get together with others and have fun. However, Christmas can be a very stressful time of year, particularly if you live on your own, are in financial difficulty or suffering from a severe physical or mental illness, so it is not surprising that support groups see a rise in requests for help at this time of year.

On a day to day basis we are all faced with minor problems and are able to deal with many of these without seeking help from others. However, there are times when, due to personal circumstance beyond our immediate control, these problems start to become almost insurmountable in nature and cause us tremendous stress that in itself can lead to serious health issues.

Consultation with your GP or other healthcare professionals can help in dealing with the health problem, but this does not get to the root cause and so is very often just a temporary fix. GPs have the option of referring you to professionals able to provide support with those personal 'life problems', but can only do so if you confide in them in the first place. Many people are reluctant to do so and so local authorities have provided self referral routes that enable us to go direct to these support services.

**Community Wellbeing Agents (Formerly Social Prescribing and Village Agents).** Many things affect our health and wellbeing, such as where we live, how we spend our time, our financial situation and our relationships with friends and family. There are people in the community who may be able to offer support guidance when these 'social issues' start to become problematical. These people are called **Community Wellbeing Agents** and are part of a countywide service that is open to anyone over the age of 16 years.

Your Community Wellbeing Agent can help you with issues such as mental health and wellbeing, long term health conditions, general health and fitness, social isolation, housing and environment, debt and finance. You don't need a referral from your Doctor to access Community Wellbeing help, just make contact using the details below:

**Cheltenham and Tewkesbury Community Wellbeing: Telephone: 0300 365 64 63**

Email: [glccg.ccpcommunitywellbeing@nhs.net](mailto:glccg.ccpcommunitywellbeing@nhs.net).

**Forest of Dean Community Wellbeing:** covering the Forest of Dean locality plus Newent & Staunton (part of Tewkesbury, Newent & Staunton locality) **Telephone: 01594 812447**

Email: [community.wellbeing@fdean.gcsx.gov.uk](mailto:community.wellbeing@fdean.gcsx.gov.uk)



Gloucestershire

Your life. Your needs. Your circle.

**Your Circle** is a web based directory that gives you access to information, advice and support to help you, and anyone you know or care for, socialize, stay independent, safe and well.

Access the website at [www.yourcircle.org.uk](http://www.yourcircle.org.uk) and if you are feeling lonely or in need of support, for what ever the reason, browsing the site will illustrate and allow you to get in touch with a range of organisations that can help get you out and about and in touch with other people, either for social activities or professional advice and assistance.

The website is designed to help you to find out what's available in your local community and what you can do for yourself with regard to health and care options and connect with people, local groups, societies, clubs, and services in Gloucestershire. Your Circle can also help individuals and organisations to promote activities, events and support services that they have to offer.

**Choose Self Care for Life: Choose to invest in your future self.** You may have noticed that November 12<sup>th</sup> – 19<sup>th</sup> was Self Care Week 2018 and advertised the mantra “Choose Self Care for Life”. This is about making improvements in your life to protect your physical health and mental wellbeing. The Department of Health defined self care as ‘the actions people take for themselves, their children and their families to stay fit and maintain good physical and mental health; meet social and psychological needs; prevent illness or accidents; care for minor ailments and long-term conditions; and maintain health and wellbeing after an acute illness or discharge from hospital.’ It is not about withdrawing or denying us NHS facilities, but about helping us stay healthy and dealing with minor conditions that we really should be able to deal with ourselves, perhaps with the aid of the local pharmacist, rather than reporting to Accident and Emergency or our GP.

Follow these small steps to a healthier you:

- Get active; advice is to exercise for at least twenty minutes a day, it’s ideal if you can incorporate this into your day by ditching the car and walking to work, or walking the dog, taking the stairs or even dancing around the kitchen table to your favourite songs!
- Eat well. We all know that healthy eating is crucial to our health so we can start by swapping unhealthy snacks for healthy options such as nuts, seeds and fruit. Ask your pharmacist for advice on managing your weight.
- Make positive changes! Take steps to stop those bad habits that don’t serve you well. Make a plan to stop smoking, reduce alcohol intake and get active! Your pharmacist can help with lifestyle changes such as weight management and stop smoking services.
- Rest. A good’s night’s sleep is as essential to our health and wellbeing as eating healthily and exercising so, aim for the recommended 7-8 hours a night by adopting a regular pre-bedtime routine that relaxes you ready for sleep!
- Stop! These days we lead such busy lives that we sometimes forget to slow down and stop. Find time in your day to just quieten your mind. Mindfulness or yoga might be helpful.

**Fact Sheets are available from the Surgery Reception for the following common ailments that do not generally need a Doctor’s appointment:** Low Back Pain; Eczema; Heartburn and indigestion; Fever in children; Constipation; Headache and migraine; Coughs; Acne; Sprains and strains; Sore throat; Otitis media; Common cold; Sinusitis; Urine symptoms in men

You can also access the Fact Sheets on the Surgery Website at <https://www.stauntonsurgery.co.uk> Go to Patient Group.

**Two NEW Patient Participation Group Members:** We extend a warm welcome to Jenni Fenech and Ella Newbould; Jenni lives in Ashleworth and is keen to support carers. Ella lives in Hartpur, is a post graduate student, our first ‘virtual’ member and a representative for our younger patients.

**Contact Us:** If you have any suggestions about how our practice might improve patient services, you can pass these to the Patient Group for consideration. Either drop a note in our Suggestion Box which is situated in the foyer at the surgery or send an email to us at [sandc.ppg@nhs.net](mailto:sandc.ppg@nhs.net) or call Sue Knox (Chair) on 01452 700882  
**E-Newsletter:** If you would like to receive our newsletter by email, please let us know at [sandc.ppg@nhs.net](mailto:sandc.ppg@nhs.net)

**Finally; the Practice Staff and PPG Members would all like to wish you a Merry Christmas and a Happy and Healthy New Year. We hope that you all enjoy your seasonal festivities and can look forward to new opportunities and activities in 2019 that will help keep you healthy and young of heart!**

