

## Newsletter

April 2023



**Thursday 6<sup>th</sup> April - OPEN**

**Friday 7<sup>th</sup> April – CLOSED**

**Saturday 8<sup>th</sup> April – CLOSED**

**Sunday 9<sup>th</sup> April – CLOSED**

**Monday 10<sup>th</sup> April – CLOSED**

**Tuesday 11<sup>th</sup> April – OPEN**

IF YOU REQUIRE MEDICAL ADVICE OR ASSISTANCE OUTSIDE THE PRACTICE HOURS  
PLEASE CALL 111 OR, IN AN EMERGENCY, CALL 999

### **getUBetter App**

#### **Need help with your muscle or joint problems?**

NHS Joined Up Care Derby MSK app is now available to all patients. It's a free, easy-to-use tool helping you to self-manage your muscle, bone, and joint (MSK) injuries and conditions.

- No need to wait for an appointment
- Instant access to a personalised plan
- Safe and effective

#### **What is getUBetter?**



22 Nottingham Road,  
Somercotes, Derbyshire  
DE55 4JJ

Tel 01773 602141  
Fax 01773 601704/601708  
Email [SDERCCG.AdminSomercotes@nhs.net](mailto:SDERCCG.AdminSomercotes@nhs.net)

getUBetter is an app helping you self-manage at home, work, and on the move. It can be accessed on a Smartphone or via the Web.

It covers a range of MSK injuries and condition, like back pain and ankle pain, and is designed to help you recover, understand when and where to seek help, and prevent further injuries.

### Who is getUBetter for?

- Anyone over 18
- Anyone who's been advised or chose to self-manage
- Anyone waiting for treatment

### What will I get?

- A personalised recovery plan
- Step-by-step guidance
- Exercises based on your condition
- Advice to seek help, if needed.
- Referral to your local healthcare providers, treatments, and services, if needed.

### How do I download and use getUBetter?

- Go to [getUBetter - Getting started](#) to access your local health service.
- With the same email, create an account on the app
- Follow the instructions on the app, get your recovery plan and get better!

Need more help? Get in touch: [contact@getubetter.com](mailto:contact@getubetter.com).

### Patient Survey 2023

We would be grateful if you would complete this survey using the link below about Somercotes Medical Centre. We want to provide the highest standard of care. Your opinions are very valuable. Thank you <https://forms.gle/2tYoXmiwQPoB9HgD8>

### Stress Awareness, 1st – 30th April

Stress Awareness Month takes place throughout the whole of April. This year, the Stress Management Society is promoting a 30-day challenge in which every day you do something to improve your physical, mental or emotional wellbeing. This challenge aims to reduce the overall stress that people may feel in their day-to-day lives, and helps to teach techniques that reduce stress which you can use in your daily life after the challenge.



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If you're feeling stressed, there are steps you can take to help yourself feel better. These can include techniques as simple as going for a walk, trying meditation, eating a little bit healthier or spending time with friends and family. If you're finding stress unmanageable, then it's important to speak to your GP.

<https://www.stress.org.uk/national-stress-awareness-month/>

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/>

### **Testicular Cancer Awareness Month, 1st – 30th April**

It's important to check for testicular cancer regularly and to be aware of any changes. It's important to check your testicles for size, weight and any new lumps that might appear. If you're concerned about testicular cancer, or know someone who has been diagnosed with the condition, you can find out more at the Testicular Cancer UK website.

You should see a doctor if you notice any pain, heaviness or other changes that you know aren't normal.

If you're concerned that you may have symptoms of testicular cancer, making an appointment with your GP practice is vitally important.

<https://www.nhs.uk/conditions/testicular-cancer/>

<https://www.testicularcanceruk.com>

### **Parkinson's Awareness Month, 1st – 30th April**

Parkinson's Awareness Month is an opportunity to spread awareness about the disease and support victims. Symptoms such as trembling, stiffness and rigidity are usually key symptoms of the disease. Symptoms normally start slowly and on one side of the body and then usually spread in time to the other side of the body. Get involved by attending a local fundraising event to show your support, and make sure everything is okay and you don't ignore any potential signs.

<https://www.parkinsons.org.uk>

### **IBS Awareness Month, 1st – 30th April**

Irritable Bowel Syndrome affects between 5 and 10% of people worldwide; however, many people are completely unaware that they even have it. There are ways to get involved, such as downloading the IBS toolkit, joining IFFGD to help raise awareness, and advocating for gut health.

Symptoms of IBS can include stomach cramps, bloating, diarrhoea and constipation. If you're worried that you might be suffering with any or a number of these symptoms, then it's important to get in touch with your GP and arrange a check-up.



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<https://www.theibsnetwork.org>

<https://www.nhs.uk/conditions/irritable-bowel-syndrome-ibs/symptoms/>

### **Autism Awareness Day, 2nd April**

Autism Awareness Day starts off Autism Awareness Month on 2nd April. Autism Awareness Month focuses on accepting the diversity of people on the spectrum and the stories that they may have to share. This year specifically focuses on people with autism having the ability to reach their full potential.

Autism is a spectrum condition, with a wide range of differences between the ways in which individuals experience autism.

Describing autism as a 'spectrum condition' can mean that people think of a line. Each individual experiences their autism differently, and this explanation by The Art of Autism can help to show how different autism can be for each person.

<https://www.autism.org.uk>

<https://www.nhs.uk/conditions/autism/>

<https://the-art-of-autism.com/understanding-the-spectrum-a-comic-strip-explanation/>

### **On your feet Britain, 27th April**

'On your feet Britain' takes place on 27th April this year. The day focuses on adding a bit more physical activity into your usual day if you work at a desk, to help to improve both your mental and physical health. Ways that they suggest more physical activity can be included in your day are as simple as: standing when on the phone, using stairs more, eating lunch away from the desk, or arranging standing or walking meetings.

Having a desk-based job doesn't mean you need to stop moving altogether. Consider making your calls while standing using a headset, or think about ways you can move more. A surf-board desk might feel like a step too far, but you never know until you've tried it!

<https://yo-yodesk.co.uk/pages/onyourfeet#event>

<https://blog.movegb.com/ways-to-stay-active-at-your-desk-job>

### **Diabetes Awareness**

There are two types of diabetes – Type 1, which is a lifelong condition that results in the immune system destroying the cells that produce insulin, and Type 2 diabetes, where the body no longer produces insulin or the body's cells no longer react to insulin properly. Type 2 diabetes is much more common, with over 90% of



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adult diabetes sufferers having Type 2. Non-diabetic hyperglycaemia, or pre-diabetes, is also an issue in the UK. This increases the risk of developing Type 2 diabetes; however, there can be lifestyle changes made that can reduce this risk.

It's important to be aware of the symptoms of diabetes so that you know whether you or someone close to you is starting to develop symptoms. Symptoms can include: always feeling thirsty, urinating more often than usual, feeling very fatigued, having slow-healing cuts, blurred vision and more. If you're worried that you might be suffering from any of these symptoms, or there is a history of diabetes in your family, it's important to arrange an appointment with your GP practice.

<https://www.nhs.uk/conditions/diabetes/>

<https://www.nhsinform.scot/illnesses-and-conditions/diabetes/type-2-diabetes>

### **Gynaecological red flags**

There are five types of gynaecological cancer that you should be aware of. These are ovarian, cervical, endometrial, vulval and vaginal. Common symptoms that may be caused by all types can include: bleeding when you're not expecting to, pain during sex, and unusual vaginal discharge. If you're worried that you might be suffering from these symptoms, or if gynaecological cancers run in your family, then it's important that you get in touch with your GP practice.

<https://www.glastonburysurgery.co.uk/somerset-nhs-menopause-service/symptoms-of-gynaecological-cancer-red-flags/>

Endometriosis affects 1 in 10 women, and can be extremely painful and difficult for the sufferer to deal with. Symptoms of endometriosis are often different in each person, as there are many ways in which it can affect the body. Some examples of symptoms are: painful and heavy periods, lower-back pain, pain during and after intercourse, fertility problems, and breathing difficulties. If you're worried that you might have some of these symptoms, then you should make an appointment with your GP.

<https://www.endometriosis-uk.org>

### **Healthy diet in women**

It's important to make sure you're consuming a healthy diet and having a healthy lifestyle in order for you to prevent any medical problems and to ensure you're taking care of your mental health. It can be difficult to eat nutritional meals or take time for yourself if you're busy, but it's important to maintain a healthy and balanced diet. To find out more ideas for recipes, or to learn more about portion sizes, see the link below:

<https://www.bbcgoodfood.com/howto/guide/balanced-diet-women>



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## **Cholesterol**

High cholesterol can be a serious issue for your overall physical health. High cholesterol can cause fully or partially blocked blood vessels, which may eventually lead to strokes or a heart attack. The main causes of high cholesterol are smoking, eating fatty foods, not exercising enough, and regularly drinking alcohol. There are no symptoms of high cholesterol, and you can only find out through a blood test.

There are ways in which you can naturally lower your cholesterol. These can include eating more oily fish, reducing your saturated fat intake, eating less fatty foods, exercising more, stopping smoking, and/or cutting down on regular drinking. These are methods that may be able to lower cholesterol before it becomes dangerous, and can improve your overall health.

<https://www.nhs.uk/conditions/high-cholesterol/>

<https://www.nhs.uk/conditions/high-cholesterol/how-to-lower-your-cholesterol/>

## **Bullying**

Bullying is something that, unfortunately, many people have experienced at some point in their lives. Bullying can take place both in person – for example, at school – or online. There are many different types of bullying, and all of them can be really difficult to deal with. If you're feeling like you're being bullied in person or online, it's important to tell a trusted adult, who will be able to help. There are also websites such as Childline where you can find more information or chat to someone if you don't feel you can tell anyone you know.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

## **Changes that happen with age**

As we get older, there are changes that happen both physically and mentally. Some common diseases that can develop as we get older are: arthritis, dementia, diabetes, hearing loss, eye health problems, and high blood pressure. All of these things can be difficult to accept and come to terms with, but it's important to know the signs to look out for and what to do if you spot them. Age UK has lots of information on conditions that can develop and what you can do about them.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/>

## **Bowel cancer**

If you're between the ages of 60 and 74, you will automatically be sent a bowel screening kit every two years. It's really important to make sure you do the tests, because these tests can help to discover issues early on, which may help to reduce fatalities.



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There are many causes of bowel cancer; these include your age, family history, diet, smoking, drinking, and digestive disorders. Symptoms can include: a persistent change in bowel habits, abdominal pain, and blood in your poo. If you have any concerns, it's important to get in touch with your GP as soon as possible. <https://www.nhs.uk/conditions/bowel-cancer/>  
<https://www.bowelcanceruk.org.uk>

### **Emergency alerts and domestic abuse**

The Government will test the emergency alerts system set up in the UK on 23rd April. This will result in an emergency alert being sent to all phones, even if they're set to silent. If you have a hidden phone because you're living with domestic violence, you should check your settings. Refuge has a video explainer you can see below.

Refuge offers support for women and children suffering domestic abuse. If you're experiencing domestic violence, including coercive control, Refuge can help. If you're concerned that your abuser may be keeping a check on which websites you're using, ensure that you use a safe or incognito browser and keep an eye on the "Quick exit" tab to the bottom right of the screen.

<https://www.youtube.com/watch?v=l2MBcHwmiy8>

[https://refuge.org.uk/?gclid=CjwKCA...fsBRYaFReEF1K5YSvJbcd4Ma8xiMtJkRoCmgcQAvD\\_BwE](https://refuge.org.uk/?gclid=CjwKCA...fsBRYaFReEF1K5YSvJbcd4Ma8xiMtJkRoCmgcQAvD_BwE)