

Newsletter

July 2022

Here is your July update:

Information for Unpaid Carers

Welcome to your resource for unpaid carers.



Carers UK and NHSE/I are working together with primary care to deliver the Digital Resource for Carers, an online platform that hosts a wealth of information and support for carers, directly through GP Practices and health professionals.

The Digital Resource for Carers includes e-learning, guides and comprehensive signposting, access to MyBackUp, a simple contingency planning tool for what might happen in an emergency, and *Jointly*, Carers UK's care co-ordination app.

If you are looking after someone who is seriously ill, older or disabled, we are making a resource available to carers in the practice. Create an account at www.carersdigital.org using this unique code DPCN9697

Retirement

After 25 years here at Somercotes Dr Dowd will be hanging up his stethoscope and retiring on 22nd August 2022 from General Practice. We wish him all the best in his retirement



Hospital Referrals

Helpful information and guidance for our patients waiting for a hospital consultation, treatment or surgery.

[My Planned Care NHS](#)

Enhanced Access Patient Survey June to 15 July 2022

Primary Care Networks are groups of GP Practices working together as a network, and they are commissioned to deliver Enhanced Services. Enhanced services are provided over and above the core 8am-6.30pm contract.

Primary Care Networks have been asked to undertake patient engagement to ensure any new services meet the needs of the local population. It is proposed that any changes to services outside of the core 8am-6.30pm contract will be in place by October 2022.

Your GP Practice or Primary Care Network may already offer Enhanced Services and if this is the case then this survey will be an opportunity to check that the services offered best meet your needs.

We would be most grateful if you could take the time to complete a short survey by either clicking the QR code or by using this

link: <https://www.surveymonkey.co.uk/r/EnhancedAccessServicesSurvey>

If you have any questions about this survey or would like to provide feedback in another way then please contact the Joined up Care Derbyshire engagement team ddccg.engagement@nhs.net

You can learn more about Joined up Care Derbyshire here <https://joinedupcarederbyshire.co.uk/>

Postnatal Wellbeing Group



Postnatal Wellbeing Group

To sign up or for more information:
Call 0300 123 0542
or
Google Search 'Talking Mental Health Derbyshire'
For our website/referral form

"I cannot cope and feel so alone"

A 7 SESSION ONLINE COURSE DELIVERED BY THERAPISTS, TO SUPPORT WOMEN WITH A CHILD UNDER ONE, WHO MAY BE STRUGGLING WITH ANXIETY/DEPRESSION.

Sessions will explore:

- anxiety and stress
- depression and low mood
- self care and compassion
- challenging negative thoughts
- managing worry/uncertainty
- staying well for the future

...all in a safe and supportive space.

Tuesdays 10am-12pm

Measles



M M R
MEASLES MUMPS RUBELLA

Measles is circulating, it is serious, very infectious and can cause complications.
Especially for those with a weakened immune system, babies under one year and pregnant women.

You need two doses of MMR vaccine to protect you, see your GP practice to make an appointment.

It is never too late to have your MMR.

i mmunisation
the safest way to protect your child

The poster features a red background with white text and images of a young woman, a young man, and a woman holding a baby.

Coercive control

In the UK, coercive control is a criminal offence. One of the less recognised forms of domestic abuse, it can have a devastating impact on victims. Abusers may not recognise control of money, restriction of autonomy, or jealousy as abusive behaviours.

If you're a victim of coercive control, you might recognise some of the themes in the article from Vogue. In the early stages of a relationship, it's easy to mistake control for caring.

Women's Aid has a wealth of information about how to help keep yourself safe online if you're concerned that a partner or family member is monitoring your online activity. If possible, use



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internet away from the home. Make sure you understand private or incognito browsers and how to clear your history.

Women's Aid has information about domestic abuse including coercive control. The site has a quick exit button, in case you're concerned someone may see you.

If you are a man and concerned that your behaviour towards a partner or family member may be abusive, you may find the advice from Men's Health Forum useful. There is a five step programme to help you get out of a cycle of abuse.

Men can find themselves being abused by partners or family members. It can be difficult to accept that you're being abused, and harder still to seek help.

<https://www.healthline.com/health/coercive-control>

<https://www.vogue.co.uk/article/taking-back-control>

<https://www.womensaid.org.uk/cover-your-tracks-online/>

<https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/coercive-control/>

<https://www.menshealthforum.org.uk/domestic-violence-you-dishing-it-out>

<https://www.menshealthforum.org.uk/domestic-violence-receiving-end>

Preventing diabetes

Diabetes causes around 500 premature deaths in the UK each week. If you've never thought about your risk of type 2 diabetes, the NHS has a risk calculator that can help you to work out whether changes to your lifestyle may be needed.

More than half of all cases of type 2 diabetes could be prevented or delayed, so making simple lifestyle changes now could improve your long term health.

If lifestyle changes could help you to reduce your risk, some of the most effective changes you can make to help reduce your risk of type 2 diabetes are very simple. <https://riskscore.diabetes.org.uk/start>

<https://www.diabetes.org.uk/preventing-type-2-diabetes/can-diabetes-be-prevented>



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Hot weather advice

With temperatures rising over the summer months, it's an ideal time to think about how to stay safe in warmer weather. In the UK there are over 2000 deaths each year which are heat related.

Signs of heat exhaustion include headache, dizziness and confusion, loss of appetite or feeling sick, excessive sweating and a high temperature of 38C or above. If you're suffering from heat exhaustion, it's important to try and cool yourself down within 30 minutes.

Heat stroke can be very serious and should be treated as an emergency. If you feel unwell after 30 minutes resting in a cool place and drinking plenty of water, you have a temperature of 40C or over, if you feel confused, or aren't sweating even though you feel very hot, these could be signs of heat stroke.

If you, or someone you care about is likely to be affected by extreme weather conditions, you can sign up for email alerts from the Met Office that will tell you when extreme weather is expected. Some groups of people are more likely to be adversely affected by weather conditions, including older adults, babies and young children, and those living with long term health conditions.

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

<https://www.metoffice.gov.uk/about-us/guide-to-emails>

Holiday advice

Whether you're going overseas this year, or planning to stay closer to home, the fitfortravel website has brilliant information about how to choose a suncream, who is most vulnerable and the other preventative measures you can take to make sure you stay safe in the sun.

The fitfortravel website also has a wealth of information about health issues that can occur on holiday and ways that you can stay safe while travelling. If any kind of travel is in your plans, it's well worth checking out.

<https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/sun-safety>

<https://www.fitfortravel.nhs.uk/advice>



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Healthier food ideas

Given rising levels of obesity and a trend towards less active lifestyles, it's important to teach the young people in our lives how to eat healthily. A maximum of two 100 calorie snacks per day helps towards that goal.

Small changes to your diet can make a big difference. Swapping food you eat regularly for healthier alternatives can make improvements to your diet with almost no effort.

<https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>

<https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/#snacks>

Mental health for young people

The NHS website has a fantastic page about how you can help and support children and young people with their mental health, including ways you might be able to identify if someone is struggling.

Additionally, Kooth is an online support service for young people. It's available in areas across the UK. If you think you might benefit, it's worth taking a look.

Young Minds might be just the support you're looking for, if you, or [1](#) someone you care about is a young person who needs support with their mental health.

<https://www.kooth.com>

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

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

National citizenship

National Citizen Service is a scheme for young people (aged 16 to 17) that aims to give them experiences and opportunities that enrich their lives as well as those of their communities. It takes place over two weeks each summer, and if you haven't thought about doing it, now is the time to try. <https://wearencs.com>

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Dehydration advice

Dehydration can be a big problem in warmer weather. If you're dehydrated, you may feel thirsty. In fact, feeling thirsty and dark coloured pee are two of the earliest signs of dehydration that you should look out for.

Different colours of urine mean different things. If your urine is orange, would you know whether to be concerned?

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

<https://www.healthline.com/health/urine-color-chart#color-chart>

Sun cream application

SunSmart is an Australian programme to help reduce the number of deaths from skin cancer. While we may not live in Australia, we can use lessons learned there to help and support children to stay safe in the sun. By improving early learning around sun safety, we can influence the ability of our own children to look after their skin long term. <https://www.sunsmart.com.au/advice-for/schools-early-childhood/education-resources>

400/600/600 rule and TDE

An average adult needs between 2000 and 2400 calories per day, but it can be hard to translate that to what a meal should look like. This handy page has a wealth of ideas that fit the 400/600/600 model to ensure you only eat the necessary number of calories each day.

If you're overweight, losing just 5% of your body weight can have significant benefits. We tend to underestimate the amount of calories that we're consuming. Calculating the number of calories you need to maintain, lose or gain weight can help you stay within a healthy range.

<https://thrivingworkplaces.org.uk/what-does-400-600-600-look-like/>

<https://tdecalculator.net>

Samaritans

If you're struggling and need someone to talk to, but you don't want to talk to a GP, the Samaritans are available to speak to 24 hours a day, 365 days a year. Whatever the issue that you're facing, you will be listened to by someone non-judgemental and supportive who will give you space to speak.



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If you don't feel that you can talk to someone about the thing that is bothering you, the Samaritans have more than one way you can access support.

<https://www.samaritans.org>

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Parkrun

Parkrun is a free-to-enter activity held across the UK each week. With junior parkruns at 2km, and parkruns for all at 5km, there's sure to be something suitable for you, no matter what your age. You don't have to run the whole course, so even if you're walking, you can get something out of it. <https://www.parkrun.org.uk>

Shingles

Shingles is a painful condition related to the chicken pox virus. While you cannot catch shingles, people who have not previously had chicken pox can catch it from someone who has shingles. Shingles often appears on one side of the body only.

If you are aged 70 to 79, you're eligible for vaccination against shingles. Shingles can cause pain and lasting complications. Vaccination helps to reduce your risk.

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

<https://www.nhs.uk/conditions/vaccinations/who-can-have-the-shingles-vaccine/>

Vaccination

In the UK, we offer a number of vaccinations at different times of life, from babies through to adulthood. Do you know whether you've had the vaccinations recommended for you? From meningitis and measles to shingles, we aim to protect you from the worst effects of these illnesses. <https://www.nhs.uk/conditions/vaccinations/>

Mindfulness

You might describe mindfulness as being "in the moment". The practice of mindfulness has been shown to help with stress and anxiety.

Mindfulness can help with stress and anxiety. If you think that having an app might help you practice mindfulness in your everyday life, you might find this article helpful.



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<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

<https://www.independent.co.uk/extra...cessories/best-mindfulness-apps-a8217931.html>

Sarcoma Awareness (July)

In the UK, 15 people per day are diagnosed with Sarcoma. Sarcoma is an uncommon cancer that can affect any part of the body, including soft tissue, muscle and bones. Symptoms of sarcomas can be a growing or changing lump, or one that is bigger than a golf ball. They can also include swelling or tenderness of the bone, stomach pain, bloating, loss of appetite, or feeling full after eating only small amounts, or blood in your poo or vomit. <https://sarcoma.org.uk/about-sarcoma/what-is-sarcoma/>

Osteoporosis prevention

While your genetics determine your height and how strong your bones are, you can make changes to your lifestyle that will influence how healthy your bones are. Regular and varied exercise along with a healthy diet can help you to ensure the long term benefits of having healthy bones. <https://www.nhs.uk/conditions/osteoporosis/prevention/>

Health Information Week (4th to 10th July)

Access to informative, high-quality health information is critical to ensuring we stay healthy and have a good quality of life. Health Information Week aims to ensure that we all have access to high-quality health information. <https://healthinfoweek.wixsite.com/healthinfoweek>

International Friendship Day (30th July)

The International Day of Friendship was named by the UN in 2011, with the ambition of encouraging friendship between peoples. On a local level, though, we can extend the same principles of friendship, support and encouragement to build our local communities. <https://www.un.org/en/observances/friendship-day>