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Newsletter

July 2023

Heat warning for Derbyshire and potential pressure on our hospitals

The UK Health Security Agency has issued a Yellow Heat-Health Alert across the East Midlands, including Derby and Derbyshire, from today (Friday 9 June) with temperatures high through the weekend and into next week.

This weather may pose some challenges for vulnerable people or those who are already unwell, with the risk of [heat exhaustion and heat stroke](#) increasing for children, the elderly and people with long-term health conditions (like diabetes or heart problems). Babies, children and the elderly are also more at risk of [dehydration](#) which can become serious if not treated.

You can find out more about the heat alert on the [JUCD website](#).

The hot weather could put pressure on our A&E departments and ambulance services. Extended waiting times in ambulances is also uncomfortable for patients in the heat.

Hot weather advice

When we experience a prolonged spell of heat, there's an increased risk of serious illness and even death for those who are more vulnerable. Even if you're not at increased vulnerability, it makes sense to take some simple steps to stay well during hot weather.

When the weather is warmer, sometimes we don't realise just how much we need to drink to remain well hydrated. More vulnerable people become dehydrated more easily and are more susceptible to the more serious side effects of dehydration. If fluid intake is difficult, it may be that offering high-water-content foods can help to address this.

You should aim to drink enough water so that your pee is a clear, pale-yellow colour. Non-alcoholic fluids count towards your daily fluid intake, but you might want to think about the amount of sugar or caffeine in the liquids you're drinking.

Dehydration isn't the only factor though, whether you're abroad or in the UK, the sun is strong and it's important to make sure you adequately protect yourself from the sun's harmful effects. While we need sunlight to produce vitamin D, we do need to make sure we don't damage our skin in the process.

<https://www.gov.uk/government/publications/ice/beat-the-heat-staying-safe-in-hot-weather>

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

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/>

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Group B Strep Awareness Month (1st-31st July)



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Group B Strep affects between two and four women in ten. In a small number of pregnancies (1 in 1,750), the baby will be affected during labour and may become ill. Tests for Group B Strep are not routinely undertaken in pregnancy, but if it's identified during a urine test or vaginal swab, you may be offered treatment.

If your current or previous pregnancy has been affected by GBS, you may require an additional test or antibiotics in labour and your birth plan may be affected by this. You should discuss this with your midwife or care team at your next appointment.

<https://www.nhs.uk/conditions/group-b-strep/>

<https://gbss.org.uk/info-support/about-group-b-strep/what-is-group-b-strep/>

Sarcoma Awareness Month (1st-31st July)

Sarcomas are uncommon types of cancer that affect any part of the body. There are two types of sarcoma – bone sarcoma and soft tissue sarcoma. Typically identified by large fast-growing lumps on the body, the average tumour is the size of a large tin of baked beans at the point of diagnosis.

Sarcoma prognosis has not changed much over the last 40 years. Sarcoma UK are working to address that with a range of informative and interesting events throughout July. <https://sarcoma.org.uk/sarcoma-awareness-month/>

<https://sarcoma.org.uk/about-sarcoma/what-is-sarcoma/>

Good Care Month (1st-31st July)

Carers UK understand the importance of carers and the challenges they face to keep caring. Life as a carer can be complex with challenges faced on a daily basis. Supporting carers ensures that the people they care for can stay at home where possible.

July is Good Care Month, and Carers UK would like carers to fill in their annual survey. The Carers UK Annual State of Caring survey is aimed at understanding and changing the difficulties that carers face in looking after the people they care for. This year's survey investigates areas like health, employment and finance.

<https://www.surveymonkey.co.uk/r/LLCDH3C>

<https://www.carersuk.org>

NHS75 (5th July)

NHS75 (England)

Happy birthday to the NHS! The NHS has been providing care to the nation for 75 years. We think that's something to celebrate. <https://www.england.nhs.uk/nhsbirthday/about-the-nhs-birthday/>

NHS75 (Wales)

Happy birthday to the NHS! The NHS has been providing care to the nation for 75 years. We think that's something to celebrate.

<https://www.nhs.wales/sa/nhs-wales-anniversary-2023/about-nhs-75/>

NHS75 (Scotland)



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Happy birthday to the NHS! The NHS has been providing care to the nation for 75 years. We think that's something to celebrate.

<https://nhsscotlandevents.com/event/75th-anniversary-nhs-scotland>

NHS75 (NI)

Happy birthday to the NHS! The NHS has been providing care to the nation for 75 years. We think that's something to celebrate.

<https://www.health-ni.gov.uk/landing-pages/hsc-75>

Parkrun (in the week around 5th July)

5th July marks the 75th anniversary of the NHS. In 2018, 146,000 people joined Parkrun to celebrate the 70th anniversary of the NHS. If you haven't considered Parkrun before, now is a brilliant time to think about it.

To take part in Parkrun, you'll need to register before you arrive; it's easy and takes just a minute.

You don't need to be a grown-up to register; if you're under 14, you can register to run at a junior event. Run over shorter distances to provide maximum fun for those aged four and over.

Parkrun also needs volunteers, so you can offer support even if you'd prefer not to run. From marshals to tail-walkers, and those who support visually impaired runners, along with admin-based roles, all support is greatly appreciated.

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

<https://www.parkrun.org.uk/events/juniorevents>

<https://www.parkrun.org.uk/register/>

<https://support.parkrun.com/hc/en-us/articles/200566523-What-do-the-volunteers-do->

24/7 Samaritans Day (24th July)

Each year, the Samaritans use the 24th July (24/7) to remind us that if we're finding life difficult, they're available for us to speak to 24 hours a day, seven days a week.

The Samaritans offer a wide range of support via a number of channels such as a self-help app on your phone, email or writing a letter. Additionally, they provide support to those in health and care, prisons, schools, workplaces and in the armed forces. If you need support, find out how you can access the help you need:

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

<https://www.samaritans.org/support-us/campaign/talk-us/>

Coercive control

It can be difficult to identify coercive control when you're in a relationship. Love bombing, wanting to keep you all to themselves and jealousy about your interactions with others can all be signs of controlling behaviour.

If you're female and experiencing domestic abuse, whether physical, verbal or coercive control, the National Domestic Abuse Helpline, run by Refuge, provides help and support to help you understand your situation



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and to leave if you need support with that.

Men can also be victims of coercive control. If you're finding that your partner is trying to isolate you, belittle you, or monitors your whereabouts or friendships, you might want to consider whether you're a victim of coercive control.

There are patterns of abuse common to both familial and romantic relationships. If you're worried about behaviours in your relationships, you might find this information from Queen Mary University in London helpful in identifying some of the concerning behaviours:

<https://sheffielddact.org.uk/domestic-abuse/redflags/>

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

<https://mensadvice.org.uk/male-victims/what-is-domestic-abuse/coercive-control/>

<https://reportandsupport.qmul.ac.uk/campaigns/coercive-control-in-relationships-know-the-signs>

Kooth

Kooth offers support to young people for the digital age. If you're experiencing challenges with your mental health, Kooth may just be what you need. Offering a range of different options for how you engage, you can find support in the best way to suit your needs.

If you're a young person, this video provides information about the ways in which Kooth offers support and information about challenges you might be facing.

<https://www.kooth.com>

<https://www.kooth.com/video>

Herbert Protocol

If someone you care about is at risk of going missing, then you can use the Herbert Protocol to record important information about them. Recording this information in advance ensures that information is quickly available and that you don't miss something in the stress of the situation. While the Herbert Protocol was originally designed to be used for someone suffering with dementia, the information recorded would be of use in the case of any missing person. Safe and Found offers a digital version of the paper form.

<https://www.westyorkshire.police.uk...herbert-protocol-missing-person-incident-form>

<https://safeandfoundonline.co.uk>

400/600/600 rule

Two snacks a day, 100 cal max

If you have children, how sure are you that their diet is well matched to their needs? Offering your children snacks which are lower than 100 Kcal per snack and giving only two per day helps you to ensure that their calorie intake meets their nutritional needs, but also helps to reduce the number of sugar attacks on their teeth.

It's easy to exceed the number of calories you need for daily living, as we often incorrectly estimate portion size. It's important to ensure that we eat the right number of calories to maintain a healthy weight. Using



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the 400/600/600 rule for calorie allocation can help you to achieve this. Calorie intake needs to be adjusted for age, sex and activity levels.

https://www.youtube.com/watch?v=met9h_GQEVc

<https://thrivingworkplaces.org.uk/why-were-flagging-the-calorie-creep-in-400-600-600-campaign/>

Shingles

Shingles is a painful condition, and the associated rash may be on one side of your body only. It can take up to four weeks for the rash to heal. You may feel unwell before the rash appears and this may continue for a few days.

Shingles is a resurgence of the chicken pox virus. You cannot spread shingles, but you should be cautious as people who haven't had chicken pox before can catch chicken pox from you when you have shingles. If you have shingles, you're contagious until the last blister has dried and scabbed over.

If you're aged 70 to 79, you're eligible for the shingles vaccination. Shingles is a painful condition in older adults, which can have serious complications. Having the shingles vaccine benefits you in two ways: you're less likely to get shingles and if you do get shingles, you're likely to have a milder, shorter illness.

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

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/shingles>

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