



Newsletter

November 2022

**WELLBEING CAFÉ 9-12 Starting Friday 21st
October 2022 @ SOMERCOTES MEDICAL
CENTRE**

**Come & have a cuppa and chat to Natalie our
Health & Wellbeing Coach
Including refreshments &
FREE CHAIR YOGA for all**

9.30 – 10.00

*Easy and gentle moves which can improve your flexibility,
concentration, strength, reducing stress and joint strain.
Meet others and have a laugh! Come as you are! You can
wear your shoes and socks and we suggest loose comfy
jogging bottoms/trousers.*

No experience needed. Go at your own pace.



Jog Derbyshire

Jog Derbyshire is a network of friendly, social jogging groups spreading the length and breadth of the county – from the far tip of the High Peak to the South. The groups cater for everyone – regardless of age or ability – so even if you're a complete beginner you'll be welcomed with open arms.

They are looking to start one in Somercotes if they can find a coach...

<https://shift-together.co.uk/a-new-jog-group-for-shirland/?fbclid=IwAR33Hrhu8uJMCh9mo2sVTOPC9A4zE77coUVUG4WdM-ty-FykmucLIX2Tw8&fs=e&s=cI>

Domestic violence and coercive control

If your relationship feels challenging, have you considered whether it might be abusive? People often think that their relationship cannot be considered abusive if there is no physical violence, but domestic abuse also includes many different forms of control and emotional abuse.

Women's Aid identify coercive control in the following way: An act or a pattern of acts of assault, threats, humiliation and intimidation, or other abuse that is used to harm, punish, or frighten the victim. If you think you may be experiencing coercive control in your relationship, you can seek support from Women's Aid.

The government website has a great deal of advice and guidance if you, or someone you know is suffering from domestic abuse. With information available in multiple languages and an easy read version, as well as a sign language video, there is advice for any situation.

If you are concerned that your activity online is being monitored by an abusive partner, you can access information about how to search for information more safely.



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Tel 01773 602141
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Email SDERCCG.AdminSomercotes@nhs.net

The Women's Aid website has an "exit site" button positioned on the right hand side so you can leave the site quickly if needed.

<https://www.womensaid.org.uk/inform...ors-handbook/am-i-in-an-abusive-relationship/>

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

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

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

Men become victims of domestic abuse less frequently, but some men are victims of serious domestic abuse. If you're a man who is being abused by your partner, you can find help and advice here. <https://mensadvice.org.uk>

Whether you are male or female, if you recognise that you may be abusing a member of your family you can ask Respect for help. Abuse can be mental or physical and support is available to help you stop. <https://respectphonenumber.org.uk>

Diabetes

Did you know that you can do a diabetes risk score to check your likely risk of developing type 2 diabetes in the future? Your age, height and weight, as well as having relatives with diabetes, all affect your level of risk.

Taking the right steps can help to reduce the risk of type 2 diabetes by around 50% and Diabetes UK has some fantastic resources to help.

<https://riskscore.diabetes.org.uk/start>

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

Stay well in winter

With the cost of living and energy prices causing concern for many, the NHS has advice to help keep you safe and well through winter.

If you're struggling to pay your energy bills, there is help available. Martin Lewis and Money Saving Expert have put together a list of the support that may be available to you.

Heat the person, not the home, is one way to reduce your heating requirements, but there are always compromises. Eating a hot meal can help, and porridge or soup cooked in the microwave can



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be a quick and relatively cheap option.

Did you know that there are five alert levels for cold weather, and that from 1st November the alert level automatically increases until 31st March. If you're more vulnerable to cold weather, for example members of your household are over 65, under 5 or suffer from a long-term health condition, or if you have responsibility for someone who is vulnerable, you can get cold weather alerts sent to you.

If you have elderly or vulnerable neighbours who might be affected by the cold weather and may find it harder to manage, please consider checking on them to make sure that they are okay.

<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

<https://www.moneysavingexpert.com/u...if-you-re-struggling-with-your-energy-bills-/>

<https://www.moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-energy/>

<https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/cold-weather-alerts>

<https://www.thenationalcareline.org/SafetyAtHome/CheckOnYourNeighbour>

Movember

From mental health and suicide prevention to prostate and testicular cancer, Movember helps to fundraise for support and research into issues that affect men. If you could consider growing a moustache for Movember, see how to get involved. <https://uk.movember.com>

Lung Cancer Awareness

Lung cancer is the third most common cancer in the UK. Just under 50,000 people are diagnosed with lung cancer each year in the UK, and around 45 in every 100 people are 75 or over. Over 70% of lung cancers are caused by smoking, so if you do smoke, there's no better time to consider quitting than right now.

The Roy Castle Lung Cancer Foundation has produced a booklet called "Follow my Lead" which aims to raise awareness around how the things we say when someone tells us they have cancer aren't always helpful. Aimed at those who know someone diagnosed with lung cancer, it's relevant for all cancers and is well worth a read.

<https://www.cancerresearchuk.org/about-cancer/lung-cancer>

<https://roycastle.org/campaigns/follow-my-lead/follow-my-lead-booklet/>

Stay safe at bonfire night (1st week of November)



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It's safer to attend an organised display, but if you're planning to have your own bonfire, Manchester Fire Service has some advice to help you manage your bonfire more safely.

RoSPA has advice about managing fireworks safely. Injuries from fireworks can be very serious and, even if you're being very responsible, accidents can and do happen.

<https://www.manchesterfire.gov.uk/your-safety/fire-safety/celebrating-safely/bonfire-safety/>

<https://www.rospa.com/home-safety/advice/fireworks-safety>

Stress Awareness Week (7th – 11th November)

In Stress Awareness Week, Mental Health UK has some really useful tips and techniques to help us manage the inevitable stress in our lives. If you've not come across "Taking your thoughts to court" or "The stress bucket" before, they are helpful ways to ensure we remain able to manage our stress. <https://mentalhealth-uk.org/help-and-information/health-and-wellbeing/>

Transgender Awareness Week (13th – 19th November 2022)

It's Transgender Awareness Week. Stonewall work to raise awareness of the discrimination faced by the Transgender community worldwide. <https://www.stonewall.org.uk/our-work/campaigns/trans-hub>

Odd Socks Day (anti-bullying)(14th November)

Wearing odd socks on Monday 14th November helps to raise awareness of Anti-Bullying Week. Wear your odd socks with pride and when someone asks, explain what it's all about! <https://anti-bullyingalliance.org.uk/anti-bullying-week/odd-socks-day>

Anti-Bullying Week (14th – 18th November)

Across the UK 14th – 18th November is Anti-Bullying Week. If you know someone who is being bullied, reach out to offer your support. Bullying is never okay.

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<https://anti-bullyingalliance.org.uk/anti-bullying-week/odd-socks-day>

<https://anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2022-reach-out>



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COPD Day (16th November 2022)

It's World COPD Day. World COPD Day this year encourages us to ensure that we're doing all we can to support the health of our lungs so they can support us for the rest of our lives.

COPD (chronic obstructive pulmonary disease) is a group of lung conditions that cause breathing difficulties. If you're affected by the symptoms of COPD, and in particular if you're over 35 and smoke, or used to, you should make an appointment to see your GP.

<https://goldcopd.org/world-copd-day-2022/>

<https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/>

Self-Care Week (14th – 20th November)

It's Self-Care Week, and we thought it would be a good time to look at the "self-care continuum". Self-care is a vital part of our long-term health and can be as simple as healthy lifestyle choices.

Eating a well balanced, healthy diet is a vital part of self-care on many levels. A diverse intake of fruit and vegetables provides your body with a wide range of nutrients, and contributes to healthy gut flora.

<https://www.selfcareforum.org/wp-content/uploads/2012/08/The-self-care-continuum.pdf>

<https://www.forbes.com/sites/nomana...lf-care-a-part-of-every-meal/?sh=12022db534fe>

International Day for Elimination of Violence against Women (25th November)

25th November is International Day for Elimination of Violence against Women. Only two in three countries throughout the world have outlawed domestic violence. There are 37 countries which exempt perpetrators of rape from prosecution if they are married to, or eventually marry their victim. Violence is not acceptable and should not be tolerated. Help to raise awareness and end violence against women. <https://www.un.org/en/observances/ending-violence-against-women-day/background>

16 Days of Activism against Gender-Based Violence (25th November – 10th December – Runs from International Day for Elimination of Violence against Women to Human Rights Day)

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What is femicide? Femicide is the killing of a woman or girl because they are female. In the UK a woman is killed by her male partner or former partner once every four days.

<https://www.un.org/en/observances/ending-violence-against-women-day/background>

<https://www.womensaid.org.uk/what-we-do/campaigning-and-influencing/what-is-femicide/>

World Antimicrobial Awareness Week (18th – 24th November 2022)

If you've ever wondered why the GP won't prescribe antibiotics when you're unwell, you might find this article interesting. Antibiotics won't work for every illness, and won't have any effect at all on a viral infection.

If we prescribe antibiotics when they aren't needed, we increase the risk of antimicrobial resistance. Antimicrobial resistance means that bacteria become more resistant to the antibiotics we have available. If antimicrobial resistance increases, we have fewer tools to use when people do become unwell with bacterial infections.

<https://www.webmd.com/a-to-z-guides/bacterial-and-viral-infections>

<https://patient.info/news-and-features/why-wasnt-i-prescribed-antibiotics>