

TILEHURST VILLAGE AND CHANCELLOR HOUSE

WINTER NEWSLETTER



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Diary Dates

The next PPG Meeting will be held in March 2020.

Patient Participation Group

Are you interested in finding out more about our practice and getting involved with the development of health services? Tilehurst Village Surgery and Chancellor House Surgery are actively seeking patients to join our PPG. We are looking for people of any gender, age or background to attend a regular meeting (quarterly) at the practice to work with the practice team to help develop and improve patient services. If you are interested in finding out more please email srcg.surgery-manager@nhs.net.

Staff News

Leaver : Dr Laima will be leaving us shortly to start her maternity leave. We wish her and her family all the best and look forward to her return.

New Starters – Dr Suvra Pathi has joined us this month and will be working across both sites.

Dr Neil Thomas will be joining us from 10 February 2020. He will be working Mondays and Tuesdays at TVS.

Dr Simran Deo will also be joining us from 3 March. She will be working at CH on Wednesdays.

Practice Nurse Jennifer Codrington will be starting in March 2020 and will work across both sites.

Advice for Winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.

Stay Warm this Winter

Who's most at risk from cold weather?

Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- disabled people
- pregnant women
- people who have a mental health condition

Get advice if you feel unwell

If you are 65 or over, or in one of the other at-risk groups, see a pharmacist as soon as you feel unwell, even if it's just a cough or a cold.

Pharmacists can give you treatment advice for a range of minor illnesses. They will also tell you if you need to see a doctor.

The sooner you get advice, the sooner you are likely to get better.

NHS 111

If you need medical advice when a pharmacy/surgery is closed, call: [111](tel:111) or go to 111.nhs.uk

Get a flu jab

Flu can lead to serious illnesses, such as pneumonia and bronchitis, and even death in vulnerable people. You are more at risk if you are older, have a long-term condition, or are pregnant.

Make sure you get your free flu jab if:

- you are 65 and over
- you have a long-term health condition
- you are pregnant

Ask for the flu jab at your GP surgery.

Some children and some carers can also get a free flu jab.

If you're 65 or over, you are also eligible for the [pneumococcal vaccine](#), which will help protect you from pneumonia.

Keep your home warm

Follow these tips to keep you and your family warm and well at home:

- if you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C
- keep your bedroom at 18C all night if you can – and keep the bedroom window closed
- if you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable
- use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time
- have at least 1 hot meal a day – eating regularly helps keep you warm
- have hot drinks regularly
- to reduce the risk of [sudden infant death syndrome \(SIDS\)](#), babies should sleep in rooms heated to between 16C and 20C
- draw curtains at dusk and keep doors closed to block out draughts
- get your heating system checked regularly by a qualified professional

<https://www.nhs.uk/live-well/healthy-body/keep-warm-keep-well/>

MENTAL HEALTH

NHS Every mind matters

Low Mood – many of us can feel sad, down or unmotivated sometimes. Often small changes can help to improve our mood. Actions: make time to do something you enjoy and reward yourself when you achieve things; it will help you feel more positive and improve your wellbeing.

Anxiety – Anxiety occurs when our worries go into overdrive. It affects lots of us and can be overwhelming. Actions: spend quality time with supportive friends, family or colleagues, or speak to a volunteer on a helpline; this can help you feel more relaxed and settle your worries.

Search ***www. every mind matters*** to find your way to better mental health.

NEED HELP NOW? If it's an emergency, call 999 straight away. If you need urgent help, but it's not an emergency, you can call the Mental Health Crisis Team: Phone number: 0300 365 0300 or Phone number: 0300 365 9999. If you need someone to talk to, you can also call: Sane Line 0300 304 7000 (open 4.30pm - 10.30pm every day) Samaritans 116 123 (24 hours every day)

Talking Therapies in Berkshire deal with Problems such as anxiety, depression, stress and phobias are very common. Talking Therapies is a friendly and approachable service that helps people with these problems. They are there to help adults aged 17+ living in Berkshire and have a team of advisors and therapists who can help you to overcome life's difficulties and problems and manage them better. You can refer yourself to Talking Therapies by visiting www.talkingtherapies.berkshire.nhs.uk/ or ask your GP or Healthcare Professional to refer you.

Sport in Mind Sport in Mind® is the independent Berkshire mental health sports charity formed in Reading in 2011, to use sport and physical activity to help aid the recovery of people experiencing mental health problems and encourage individuals to move their lives forward in a positive direction. Telephone or Text: 07341 267740 Website: sportinmind.org Email: info@sportinmind.org

Mental Health Helplines and Support Groups

Whether you are concerned about yourself or a loved one, these helplines and support groups can offer expert advice.

- Anxiety UK Charity providing support if you've been diagnosed with an anxiety condition. Phone: 03444 775 774 (Mon to Fri, 9.30am to 5.30pm) Website: www.anxietyuk.org.uk
- BEAT Support for anyone affected by eating disorders and anyone concerned about a friend or loved one. Adults Helpline: 0808 801 0677 Youthline: 0808 801 0711 (for under 25s) Website: www.beateatingdisorders.org.uk
- CALM CALM is the Campaign Against Living Miserably, for men aged 15 to 35. Phone: 0800 58 58 58 (daily, 5pm to midnight) Website: www.thecalmzone.net
- Depression Alliance Charity for sufferers of depression. Has a network of self-help groups. Website: www.depressionalliance.org
- Men's Health Forum 24/7 stress support for men by text, chat and email. Website: www.menshealthforum.org.uk, offering a free counselling service for those aged 10-25 in the Reading area. Telephone: 0118 901 5668 Text: 07984 357551 Web

- No.5 Confidential listening to support children and young people and those around them site: www.no5.org.uk
- No Panic Charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia/OCD. Includes a helpline. Phone: 0844 967 4848 (daily, 10am to 10pm) Website: www.nopanic.org.uk
- PAPYRUS Young suicide prevention society. Phone: HOPElineUK 0800 068 4141 (Mon to Fri, 10am to 5pm & 7 to 10pm. Weekends 2 to 5pm) Website: www.papyrus-uk.org • Rethink Mental Illness Support and advice for people living with mental illness. Phone: 0300 5000 927 (Mon to Fri, 9.30am to 4pm) Website: www.rethink.org
- Samaritans Confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk
- SANE Emotional support, information and guidance for people affected by mental illness, their families and carers. SANEline: 0300 304 7000 (daily, 4.30 to 10.30pm) Website: www.sane.org.uk/support
- YoungMinds - Information on child and adolescent mental health. Services for parents and professionals. Phone: Parents' helpline 0808 802 5544 (Mon to Fri, 9.30am to 4pm) Website: www.youngminds.org.uk

Private Psychology referrals – Circle Hospital Reading, prices from £65ph

visit www.counsellingandsupport.co.uk Tel: 0845 519 2998 or

DC Counselling Services – 0845 6430149