

Newsletter

February 2023



The post-Christmas and New Year period can be a difficult time for many – recovering from a busy time, credit card bills landing and berating those pesky New Year’s Resolutions you made but are struggling to keep. Here we look at seven simple things you can do to stay well during the final winter months.

Go easy on yourself – freephone mental health support is available 24/7

Returning to the usual routine following the adrenaline of Christmas and New Year can leave you feeling a bit flat. If you find that you’re struggling with your mental health, Derbyshire Mental Health and Suicide Prevention offer a freephone service 24 hours a day, seven days a week. Just call 0800 028 0077 for support today.

Keep warm and safe when cold weather bites

Cold weather poses a number of health risks, not least the likelihood of taking a tumble on an icy pavement as well as an increased risk for some of heart attacks, strokes and pneumonia. Accidents in the home – associated with loss of strength and dexterity in the hands – also increase. Helpful advice is available [on the NHS website](#). Joined Up Care Derbyshire also offers advice on [staying warm](#) and how to [reduce your risk of falling](#).

Visit your local pharmacy for common winter illnesses

It’s that time of year when a lot of us will be struck by a nasty winter cold. If you are one of the unlucky ones, your local pharmacy is here to help. Community pharmacists are qualified health professionals who can offer expert advice on lots of minor ailments and conditions. They can also help to make sure you have all the [over-the-counter medicines](#) you need to help you to manage common winter illnesses and minor injuries at home. Just ask them for advice on what you should keep in your medicine cabinet.

[Find your local pharmacy.](#)



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Tel 01773 602141
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Keep on top of your repeat prescriptions

It sounds simple but you would be amazed just how many people get into difficulties because they haven't ordered the repeat prescriptions they need to keep them healthy. Take time to check you have what you need and if you don't – order what you need today and collect your prescription as soon as it is ready.

Check your blood pressure – it could save your life

It's hard to believe, but [one in three adults in the UK have high blood pressure](#), and many people don't realise. High blood pressure doesn't have any obvious symptoms but it is a major cause of heart attack and stroke so it's really important to get your blood pressure checked so you can catch high blood pressure early, then take simple steps to reduce it and lower the risk to your health. The good news is if you're over 40 you can get it checked for free at most pharmacies across Derby and Derbyshire.

Don't wait to get advice – 111.nhs.uk is here for you

If you do feel unwell or need advice on a health concern, get help early before your condition worsens by contacting your local pharmacist or visiting [NHS 111 online](#). NHS 111 online is a great resource for you to use over the winter period, it's quick, easy and available 24/7.

Through 111.nhs.uk, you can:

- find out how and where to get the right healthcare in your area, whether it's through your GP, urgent care or pharmacist
- get advice on self-care
- get a call back from a nurse, doctor or other trained health professional if required

People should still call 999 or go to A&E in an emergency – when someone is seriously ill or injured and their life is at risk.

Protect yourself against flu and Covid

You may have seen that flu numbers have been very high this winter and many people are still catching Covid. The good news is that it's not too late to protect yourself. Use these links to find out more – [flu vaccine](#), [Covid vaccine](#).

For more advice on the simple things you can do to weather the winter see www.joinedupcarederbyshire.co.uk.



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International Prenatal Infection Month, 1-28 Feb

Prenatal infections can be caused by different viruses and bacteria. Chicken pox, Group B streptococcus, STIs and infections spread by animals can all be the cause of a prenatal infection. If you have any worrying symptoms or have recently had an infection or virus while pregnant, you should consult a GP.

<https://www.nhs.uk/pregnancy/keeping-well/infections-that-may-affect-your-baby/>

Children's Mental Health Week, 6-12 Feb

Children's Mental Health Week, organised by Place2Be, is focusing on making meaningful connections. This is to help people to connect with others in a healthy way, which can help to support our mental health and wellbeing.

Children's mental health isn't spoken about as widely as adult mental health, although awareness of the problem is still important. There are ways to support your child as a parent or carer.

<https://www.childrensmentalhealthweek.org.uk/about/>

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

Tinnitus Awareness, 6-12 Feb

Tinnitus affects 15-20% of people in the UK. It's a symptom of an underlying condition, such as hearing loss, aging, ear injury or circulatory problems. Symptoms include ringing, humming, hissing or roaring in the ear.

If you're worried that you may have tinnitus, or you already have it and want to find out more, there are places that offer support including the British Tinnitus Association. <https://tinnitus.org.uk>

<https://nationaltoday.com/tinnitus-awareness-week/>

Depression

Depression can affect anyone. If you're experiencing symptoms of low mood, sadness and depression, it's important to ask for help. If you're unsure about how you're feeling, you can do the NHS Depression and Anxiety Self-assessment Quiz, or you can make an appointment with your GP.

If you're a young person and you're struggling with symptoms of depression, or you just need someone to talk to, there are plenty of websites that can help. Websites such as 'Hidden Strength' can help you to find support, and can help you to work through your feelings.

<https://hiddenstrength.com/advice/my-story/>

<https://www.nhs.uk/mental-health/se...ties/depression-anxiety-self-assessment-quiz/>



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<https://www.nhs.uk/mental-health/self-help/tips-and-support/how-to-be-happier/>

Internet safety

It's important to make sure your child is safe while using the internet, and that you're aware of the ways in which you can ensure your child is safe online. Online safety can greatly impact mental health and wellbeing. There are organisations that can help.

If you're a young person concerned about your internet safety, and you're worried about telling people you know, there are websites that can help you.

<https://www.childline.org.uk/info-a...ety/online-mobile-safety/staying-safe-online/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Sexual abuse in children

Knowing the signs of sexual abuse in children is important; some children may not understand what's happening to them, or they may be too scared to speak out.

Childline offers support for children suffering from abuse or for those who are concerned about a child they know.

If you're a young person and you're worried that something wrong is happening to you, or to one of your friends, there are ways to get help. You can speak to a trusted adult, or reach out to one of the websites below:

<https://www.childline.org.uk/get-support/contacting-childline/>

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-abuse/>

Heart Month

Currently, there are about 7.6 million people in the UK suffering from a heart problem. There are a few things you can do to help prevent heart issues, and to keep track of your normal numbers. If you have any concerns about your heart health, or you've noticed any changes recently, then you should get in touch with a GP.

An example of a heart problem is valve disease. Valve disease is not spoken about as commonly as other heart problems, yet it can be just as dangerous. Symptoms of valve disease can include: shortness of breath, swollen ankles, fatigue and chest pain.



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Babies and children can also get heart problems, although they're not as common as those in older people. These problems can be caused by a number of factors. To find out more, you can look at the NHS website:

<https://www.nhs.uk/conditions/congenital-heart-disease/>

<https://www.bhf.org.uk/what-we-do/n...022/february/support-the-bhf-this-heart-month>

<https://www.bhf.org.uk/information-support/conditions/heart-valve-disease>

Self-care

Looking after yourself is very important. Some small, simple lifestyle changes can make a big difference to mental health and wellbeing.

Self-care in younger people is also important. Being aware of what self-care actually is, and how to practise it, can help you to improve your mental health.

Some good tips for self-care and mental wellbeing can include: exercise, making sure you're getting enough sleep, eating well and keeping in touch with friends. For more tips and tricks on how to look after yourself, and to take care of your mental wellbeing, have a look at this website:

<https://kidshelpline.com.au/teens/issues/self-care>

<https://www.mind.org.uk/information...ental-health-problems-introduction/self-care/>

<https://www.youngminds.org.uk/young-person/coping-with-life/self-care/>

Wash your hands

Washing your hands properly is important to prevent the spread of viruses and bacteria. You should wash your hands regularly to prevent catching food poisoning or other illnesses.

If you are a parent, helping your children learn to wash their hands properly is important, so that they can reduce the likelihood of spreading viruses and bacteria. There are websites with helpful tips and tricks on how to teach your child to wash their hands properly:

<https://www.cdc.gov/handwashing/handwashing-family.html>

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>

Flu

Flu usually goes away on its own, but if it won't go away, or you feel that something is wrong, you should



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make an appointment to see your GP. It's important to get your flu vaccine if you're advised to.

Flu in children can also be an issue, and often the symptoms of flu in children are the same as those in adults. Children are also more commonly affected by earache or becoming less active, which may be less obvious signs to look out for.

<https://www.calpol.co.uk/fever-information/flu>

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

Pneumonia

Pneumonia is a swelling of the tissue in the lungs, usually caused by a bacterial infection. If you have symptoms of pneumonia, you should contact your GP or call 111. If you have severe symptoms, you should call 999.

There can be an increased risk of children with other medical conditions such as asthma getting pneumonia. There are ways that you can try to prevent this, and things that you can do if you're worried that your child might have pneumonia:

<https://www.blf.org.uk/support-for-you/pneumonia-in-children/treatment>

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

COVID-19

It's important to remain aware of the symptoms of COVID-19, and to stay at home if you have a high temperature or if you don't feel well enough to do your usual activities.

If you're worried about COVID-19, there are places you can look that might help you to feel better – for example, the NHS Better Health website.

<https://www.nhs.uk/every-mind-matters/coronavirus/covid-19-anxiety-tips/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/main-symptoms/>