

# 2018

Welcome to 2018! We have decided to focus January's newsletter on how we can look after ourselves and those around us, together with a reminder for those who would like support to help quit smoking and Alcohol Concern's Dry January flagship campaign which has been changing the conversation about alcohol over the past 5 years.

**Be Self-Care Aware** promotes self-care across communities, families and generations. Pick up a self-care leaflet from our 'Be Self-Care Aware' folder in reception, or visit [www.selfcareforum.org/resources/patient-portal](http://www.selfcareforum.org/resources/patient-portal) or [www.nhs.uk](http://www.nhs.uk)

## Did you know you can self-refer for some services?



**CPFT Psychological Wellbeing Service:** offers free NHS talking therapies for those aged 17 and over registered with a GP in the area who are suffering from mild to moderate depression and anxiety disorders. Referral to this service can be via your GP or self-referral: [www.cpft.nhs.uk/services/pws/psychological-wellbeing-service.htm](http://www.cpft.nhs.uk/services/pws/psychological-wellbeing-service.htm)

If you do not meet the age criteria for CPFTs service, please speak to your GP or a member of the Nursing team who will be able to signpost you to suitable services.



**Everyone Health, Health Trainer Service:** Everyone Health currently delivers the **FREE** ChangePoint Lifestyle services commissioned by Cambridgeshire County Council. Their health trainer team offer free 1:1 appointments for individuals that are 16+ who have a desire to create a healthier lifestyle, improve wellbeing, lose weight and become more physically active. Their mission is to provide an accessible service that helps increase knowledge of healthier lifestyles and choices we make. Their team can help you to identify and address any changes before they become a problem, so that you can continue to enjoy life as you want to.

Everyone Health work closely with other services in Cambridgeshire to improve health, wellbeing and weight loss. They are currently offering initial appointments at the Soham Children's Centre, Tuesday, 1pm- 6pm. If you feel you could benefit and would like an appointment please contact Change Point on 0333 005 0093 or speak to your GP or Nurse.



**WANT TO BE SMOKE FREE?** Are you looking for advice? Worried about cravings? Did you know? If you stop smoking for 28 days you're five times more likely to quit for good. Face-to-face, smartphone, email or social media support is available – you choose! Feel Healthier: [nhs.uk/smokefree](http://nhs.uk/smokefree)

**Book your first 20 minute appointment today with reception. Following appointments will be 10 minutes.**

## STAY WELL THIS WINTER

**Keep your home warm:** It is important to keep warm in winter – both inside and outdoors.

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to at least 18°C (65°F), and keep your bedroom window closed on winter nights. Breathing cold air can be bad for your health as it increases the risk of chest infections.

Try not to sit still for more than an hour or so, and wear several layers of light clothes - they trap warm air better than one bulky layer.

Learn how to make your home more energy efficient, improve your heating and keep up with your energy bills at [www.gov.uk/phe/keep-warm](http://www.gov.uk/phe/keep-warm).

**Eat well:** Food gives you energy, which helps to keep you warm. Try to have regular hot meals and drinks throughout the day.

Find out more about eating well on the [NHS Choices website](http://www.nhs.uk). [www.nhs.uk](http://www.nhs.uk)

**If you are eligible for a FREE NHS flu jab – book it today!:** For most people, flu is an unpleasant illness, but it's not serious. If you are otherwise healthy, you will usually recover from flu within a week. However, certain people are more likely to develop potentially serious complications of flu, such as bronchitis and pneumonia. These people are advised to have a flu jab each year.



**WHAT IS DRY JANUARY?** Dry January is Alcohol Concern's flagship campaign which has been changing the conversation about alcohol over the past 5 years.

Taking part in the campaign is a chance to ditch the hangover, reduce the waistline, and save some serious £££ by giving up alcohol for 31 days. **If you are struggling with giving up alcohol receive confidential support through your GP**



We will be **CLOSED** for the afternoon on Monday, 15<sup>th</sup> January 2018 for our first Clinical Governance meeting in 2018. The surgery will be closed from 12.00 pm and will reopen at 6.30 pm. If you require medical attention when we are closed please dial 111. In a life-threatening situation please dial 999.

**Remember: Clinical Governance meetings are held on the third Monday of each month.**

**Text Messaging Service:** Did you know we can send you a text message to confirm your appointment, remind you of your appointment or other important messages regarding your healthcare. If you'd like to receive this service, sign up today! Please speak to the receptionist.