



Minerva PCN

NEWSLETTER

St Michael's & The Beehive surgery



MENTAL HEALTH & WELLBEING

Although the wintertime can be a time for celebration, festivities, and socialising, for many people it can also induce feelings of loneliness, stress, and anxiety. With our physical environment also changing around us, with shorter days and less sunlight, we might need to take extra care to monitor our mental health over these colder months. Let's take a look at some tips for maintaining wellbeing during the cold dark days of winter.

- Adopt a positive outlook and practice gratitude
- Try deep breathing
- Get outside and get some exercise
- Stay in touch with people close to you
- Eat well
- Get plenty of sleep

If your mental health is affecting you, book an appointment to speak to your GP.



NHS APP

- Secure access to your medical record
- Manage prescriptions
- Book or cancel appointments
- NHS 111 symptom checker
- Proxy access for children

STAFF UPDATES

We are excited to welcome Dr Powell and Nurse Samantha Mooney. We're very happy to have you join the team.

MENTAL HEALTH SUPPORT



Free and confidential support line

Call: 0808 175 1369

Open Mon-Fri 5pm-9pm



Free and confidential 24/7 support

Call: 116 123



Free and confidential 24/7 text support

Text 'SHOUT' to 85258



Free and confidential suicide support line

Call: 0800 58 58 58

Open Everyday 5pm-Midnight

Webchat: <https://www.thecalmzone.net/>



Advice and support helpline

Call: 0800 678 1602

Open Everyday 8am-7pm

WINTER HEALTH

Local pharmacists can offer medical advice on a range of conditions including coughs, colds, sinusitis, ear infections, aches and pains.

Ask your pharmacist what medicines should be in your cabinet to help you and your family this winter.



To manage winter illness symptoms at home, you should keep warm, rest, drink plenty of fluids, have at least one hot meal a day to keep your energy levels up and use over-the-counter medicines to help give relief.

Remember that other people, such as older neighbours, friends and family members, may need some extra help over the winter. There's a lot you can do to help people who need support.

-Icy pavements and roads can be very slippery, and cold weather can stop people from going out. If they do need to go out in the cold, encourage them to wear shoes with a good grip and a scarf around the mouth to protect them from cold air, and to reduce their risk of chest infections.

-Keep in touch with your friends, neighbours and family and ask if they need any practical help, or if they're feeling unwell.

-Make sure they're stocked up with enough food supplies for a few days, in case they cannot go out.

-Make sure they get any prescription medicines before the holiday period starts and if bad weather is forecast.

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 a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a health condition.

Appointment Activity

September - November Figures



DR APPTS
ATTENDED

4428

DR APPTS -
DID NOT ATTEND

131

NURSE APPTS
OFFERED

4563

NURSE APPTS -
DID NOT ATTEND

400

PLEASE CALL TO
CANCEL YOUR
APPOINTMENT IF
YOU ARE UNABLE
TO ATTEND. THIS
ALLOWS US TO
OFFER IT TO
SOMEONE ELSE.



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PATIENT PARTICIPATION GROUP

Welcome to our newest members.

Next meeting: 12.05.26 @ 1:00pm

Have your say. New members always welcome. If you are interested in attending please contact the practice manager via

bswicb.stmichaelssurgery@nhs.net



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