



Minerva PCN

NEWSLETTER

St Michael's & The Beehive surgery



NEW YEAR, NEW YOU?

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, **Better Health** is here with lots of free tools and support. When setting yourself the goal of getting a bit fitter, you might find it helps to follow these five steps:

- Be specific about what you want to achieve.
- Make sure you can measure your goal.
- Make sure it's achievable – if it's too hard, you'll be more likely to give up.
- Make your goal realistic – don't aim for a marathon right away.
- And finally, make sure to pace yourself so you build up gradually to your own personal fitness level, which is very different for us all.

Looking after your mind is just as important as looking after your body, but it can be easily overlooked.

Every Mind Matters has lots of expert advice and practical tips to help you stay on top of your mental wellbeing.

Whatever you decide to do, improving your physical and mental health can only be good for you.

For more info search-
<https://www.nhs.uk/better-health/>



STAFF UPDATES

We have welcomed Dr McNaught who will be helping to relieve some of the winter pressures.

FREE MEAL

COME TO THE TABLE

@The Lighthouse Centre,
 Twerton High Street, BA21DQ

Every Wednesday 5-7pm

**COME, SIT DOWN
 AND HAVE A
 FREE HOT MEAL
 WITH US.
 ALL WELCOME.**

MARLBROOK **Lighthouse**

MARLBROOK Ascension

MARLBROOK St Michael's

WINTER HEALTH

Local pharmacists can offer medical advice on a range of conditions including coughs, colds, sinusitis, ear infections, aches and pains, all without the need for an appointment. 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. For more information search 'medicines' on NHS.co.uk.

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.

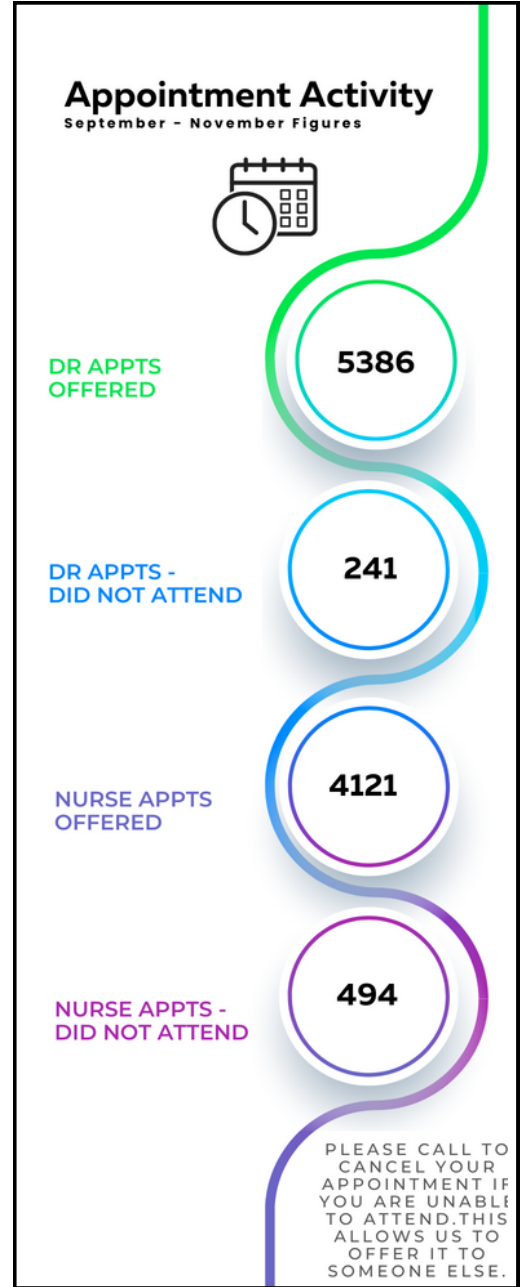
-Make sure they get any prescription medicines before the holiday period starts and if bad weather is forecast.

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.

Make sure you're getting all the help that you're entitled to. There are grants, benefits and advice available to make your home more energy efficient, improve your heating or help with bills.

Find out more about ways to save energy in your home from GOV.UK, or call the government helpline on 0800 444 202.



NEED SUPPORT DURING THE FESTIVE SEASON? HERE ARE SOME HELPFUL DETAILS-



0808 801 0677 - Beat provides Helplines for people of all ages, offering support and information about eating disorders. Open 365 days a year from 1pm – 9pm during the week, and 5pm–9pm on weekends and bank holidays.



0808 175 1369 9am to 5.30pm, Mon – Sun or Email access@bathmind.org.uk
Providing mental health and wellbeing support to individuals across Bath & North East Somerset.



0800 4 70 80 90 - The Silver Line Helpline run by Age UK is a free, confidential telephone service for older people. We provide friendship, conversation and support 24 hours a day, 7 days a week.



113 123 - Whatever you're going through, a Samaritan will face it with you. Helpline open 24 hours a day, 365 days a year.



0800 9177 650 - Alcoholics Anonymous. If you need help, but you're not in a crisis.
0300 999 1212 - Narcotics Anonymous. Helpline open 10.00am - midnight. If you need help, but you're not in a crisis.



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