



Minerva PCN

NEWSLETTER

St Michael's & The Beehive surgery



MENTAL HEALTH

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.

We have seen a huge spike in our **did not attend** figures for cervical screening. We kindly ask that if you need to cancel, please do so with sufficient time before your appointment. This allows us to offer it to other patients and not waste the Nurses time.

Screening saves lives

Don't be the one missing out...


STAFF UPDATES

We are excited to welcome Dr Madden who recently joined us to help relieve winter pressures.


MENTAL HEALTH SUPPORT

Free and confidential infoline for support
 **Call: 0300 123 3393**
Text: 0300 123 3393
 Open Mon-Fri 9am-6pm

Free and confidential 24/7 support
 **Call: 116 123**

Free and confidential 24/7 text support
 **Text 'SHOUT' to 85258**
here for you 24/7

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 AND VACCINATIONS

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
- people with a disability
- pregnant women
- people who have a mental health condition

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. It's best to keep your bedroom windows closed at night.
- Check your heating and cooking appliances are safe. Contact a Gas Safe registered engineer to make sure they're working properly. You can find an engineer from the Gas Safe Register website.
- Make sure your home is fire safe. For fire safety advice specific to you and your home, visit the online home fire safety check website to complete a safety check for your home.

There are some things you can do to help yourself stay well in winter. This includes getting your flu and COVID-19 vaccinations.

You can get both the NHS flu and COVID-19 vaccines if you:

- are aged 65 or over (including those who will be 65 by 31 March 2025)
- have certain health conditions
- are pregnant
- live in a care home for older adults

Other care home residents, carers and people who live with someone who has a weakened immune system can get the flu vaccine.

Children aged 2 or 3 years and school-aged children (Reception to Year 11) can get the children's flu vaccine.

Frontline health and social care workers can also get flu and COVID-19 vaccines.

It's not too late to get vaccinated!

PATIENT PARTICIPATION GROUP

Next meeting: 13.5.25 @1pm

Have your say. New members always welcome.

If you are interested in attending please contact the practice manager via

bswicb.stmichaelssurgery@nhs.net

Appointment Activity

September - November Figures



DR APPTS OFFERED

5574

DR APPTS - DID NOT ATTEND

161

NURSE APPTS OFFERED

4458

NURSE APPTS - DID NOT ATTEND

350

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



Search- St Michael's & The Beehive

St Michael's surgery, Walwyn Close, BA2 1ER
The Beehive Surgery, Mount Rd, BA2 1NH



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