

CLAREMONT BANK SURGERY NEWSLETTER MAY-JUNE 2022



As COVID restrictions have lifted we are now seeing patients in the surgery. We have urgent on the day appointments released at 8am and 12pm every day. These do go fast so if you need an urgent same day appointment please phone as close to these times as possible. We also have routine face to face appointments available.

When attending the surgery please wear a mask. We have masks available in the porch as you come into the surgery and if you are exempt from wearing masks we can provide you with a visor.

Our admin email is not currently working. If you have been given this email in the past please do not use it as we will not receive your email. Alternatively you can use e-consult.

You can fill in an e-consult by visiting our website, www.claremontbanksurgery.co.uk

 e consult

Want advice from your doctor,
self-help information or have
an administrative request
(such as a sick note or test results)?

eConsult and get a response before the end of the next
working day or sooner

GET STARTED



Do you think you need to see a physiotherapist?

We now have physio appointments available with Jacek. He has appointments at several different surgeries including Claremont Bank and Radbrook Green Surgery.

Phone the surgery on 01743 248244 to book with Jacek.

Don't ignore your cervical screening invite

Two women die every day from cervical cancer, but getting your screening can help stop it before it starts.

So remember, if you missed your last one, book an appointment with your GP practice now.

To find out more visit [nhs.uk/cervicalscreening](https://www.nhs.uk/cervicalscreening)

**Help Us Help You –
Screening saves lives**

Information from the NHS.

A teal square containing the text 'Screening saves lives' in white, stacked vertically.

Help us
help you

National walking month- May

Walking is an easy and accessible way to improve physical and mental health and a 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes.

By swapping a short drive for a short walk, you can also help reduce air pollution, congestion and road danger - whilst saving yourself some money and getting active in the process!



LIVING STREETS

NATIONAL WALKING MONTH

KEEP DOING YOUR BIT

#WalkThisMay

The graphic features a green background with a white dashed line path. Along the path are icons of a person walking and a pink location pin. The text 'KEEP DOING YOUR BIT' is written in large, bold, black letters across the path. In the top left corner, there is a small graphic of a person walking with the text 'LIVING STREETS' and 'NATIONAL WALKING MONTH'.

International nurses day 12th May

 International Council of Nurses



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12 MAY 2021

INTERNATIONAL NURSES DAY

NURSES
A VOICE TO LEAD
A VISION FOR FUTURE
HEALTHCARE



www.icnvoicetolead.com
@ICNurses #VoiceToLead #IND2021

Mental health awareness week 9th-15th May

About Mental Health Awareness Week

The Mental Health Foundation started Mental Health Awareness Week 21 years ago and they continue to set the theme, organise and host the week. It's an opportunity for the whole of the UK to focus on achieving good mental health and has grown to become one of the biggest awareness weeks across the UK and globally.

For Mental Health Awareness Week this year, The Mental Health Foundation is raising awareness of the impact of loneliness on mental wellbeing and the practical steps we can take to address it.

Loneliness is affecting more and more of us in the UK and has had a huge impact on physical and mental health during the pandemic.

If you are struggling with mental health you can visit the NHS website. There are lots of services who can help and support you. You can also phone the surgery and speak to a GP. Below are some links for more information and some examples of the services available.

[Mental health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Urgent support - Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

CALM

CALM is the Campaign Against Living Miserably, for people in the UK who are down or have hit a wall for any reason:

- [call 0800 58 58 58](tel:0800585858) (daily, 5pm to midnight)
- free, anonymous [webchat with trained CALM staff](#)
- [visit the CALM website](#)

Free 24-hour listening support

Samaritans

When life is tough, Samaritans are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult:

- [call free on 116 123](tel:116123)
- [visit the Samaritans website](#)

Shout 85258

Shout 85258 offers confidential 24/7 crisis text support for times when you need immediate assistance:

- text "SHOUT" to 85258
- [visit Shout Crisis Text Line](#)

Crisis support for young people

Papyrus

If you're under 35 and feel that life is not worth living any more, call Papyrus's HopelineUK from 9am to 10pm weekdays and 2pm to 10pm on weekends:

- [call HopelineUK on 0800 068 41 41](tel:08000684141)
- text 07786 209697
- [visit the Papyrus website](#)

Childline

If you're under 19, you can also speak to Childline. The number will not appear on your phone bill:

- [call Childline on 0800 1111](tel:08001111)
- [visit the Childline website](#)

Badger Notes - A Woman's Guide



Step 1: Are you pregnant? Scan the QR code or visit <https://www.badgernotes.net/SelfReferral/CareLocation/SATH> to tell us your pregnant and wish to refer into our service.



Step 2: Search for the BadgerNet Maternity Notes app in the App Store or Google Play store and download the Badger net App onto your device. Alternatively you can or browse www.badgernotes.net. You will not be able to create your account until we have given you a pass phrase.



Step 3: Once your referral has been received by us you will get a phone call from the hospital to be given a pass phrase (if you consent). They will need your email address and mobile number before giving you the pass phrase. You will need to remember this phrase to register your account. (please note this call may come from a withheld number, should you miss the call we will try again at a later date)



Step 4: You will then receive a email to explain the account creation process.



Step 5: Log onto your app or browse www.badgernotes.net and create your account using the pass phrase given to you.



Step 6: When you have registered using your email and pass phrase you will receive a text message containing a verification code. Input the code when prompted and you will be asked to set up your own unique password. If you are using a mobile app you will be asked to create a PIN.



You have now successfully created your account! You will be able to update your login details using the profile menu. Your midwife will be unable to change your details after you have logged in.

Used Badger Notes before?

You will still be able to login and use your existing account. You can add an additional pregnancy and enter the given pass phrase to link the account once you have been given the new passphrase.



Should you not have access to a mobile phone, tablet or computer or wish not to use the app then please let us know when we call you with your pass phrase. We will then let you know what other options are available.

KELLY'S CORNER - COMMUNITY AND CARE CO-ORDINATOR INFO

BARNABAS COMMUNITY PROJECTS - COLEHAM, SHREWSBURY

[What is food bank PLUS? — BARNABAS COMMUNITY PROJECTS](#)

food bank PLUS

What is food bank PLUS? - BARNABAS COMMUNITY PROJECTS

what is foodbank PLUS? Food Bank PLUS is the umbrella for the delivery of a range of individual initiatives; Shrewsbury Food Bank, Barnabas Money Advice and 360, which incorporates a range of services supporting clients on the journey back to work and health.

www.barnabascommunityprojects.org

As the cost-of-living crisis deepens and has an increasingly detrimental impact on people's lives due to debt and huge financial pressure, I am very grateful for the services provided by Barnabas Community Projects in Coleham.

As a Care Co-ordinator, I have been able to refer patients to Foodbank Plus knowing that at the very least patients will receive food and other essentials, but they will also be welcomed and treated with respect and empathy.

When I have been referred patients who are struggling to pay bills and are feeling overwhelmed by debt and the stress of owing money, I know that the Money Advice Service at Barnabas will really help to alleviate their situation, with practical help and advice, as well as much encouragement and support.

Barnabas also runs other positive, social and creative activities for people who have perhaps found themselves out of work, suffering with low mood and mental ill health or other long-term health conditions. These activities include -

Walks, Talking, Cookery, Gardening, Back to Work, and Crafts, Drop-in

If you would like further information, please look at the website address above, or ask to speak to Becky Kelly the Community and Care Co-ordinator. She is also able to refer you in for a food parcel and support.





Men's Health Awareness Week
13th - 19th June

Men's Health Week (MHW) is designed to give all boys and men access to the information, services and treatment they need to live healthier, longer and more fulfilling lives. Last year MHW focused on raising awareness of how men were being impacted by Covid-19, a theme that has carried over in to 2021, with this years' aim to continue with a campaign for awareness of men's mental health in the era of Covid-19.

Even before the pandemic, men's mental health and risk of suicide was a cause for concern, with lower numbers of men seeking help for depression, anxiety and other mental health challenges. With the pandemic came additional worries and isolation that have had a negative impact on the lives of men across the country. As we begin to emerge from what will hopefully be the worst of COVID, those additional question, worries and anxieties remain, so how do we move forward?

For Men's Health Week 2021, there is a need to raise awareness of the struggles many men are facing with their mental health as we slowly adjust to a post-Covid world. To find out more about how to get involved, click here: <https://www.menshealthforum.org.uk/mhw>.

