



The Community Practice Newsletter – September Edition

Welcome to Septembers's newsletter!

At The Community Practice, we're committed to supporting your health and wellbeing. This issue covers important health topics and seasonal campaigns designed to encourage healthy lifestyle choices, raise awareness, and offer support where it's most needed.

Healthy Lifestyle

Taking care of your health doesn't have to mean making big changes all at once—small, consistent steps can add up.

- **Nutrition:** Aim for a balanced diet rich in fruit, vegetables, wholegrains, and lean proteins.
- **Physical activity:** Adults should try to be active for at least 150 minutes each week.
- **Sleep:** Stick to a regular sleep routine and aim for 7–9 hours each night.
- **Mental wellbeing:** Stress management and staying connected with others are essential.

If you'd like help getting started, our team can refer you to local wellbeing services.

getUBetter – Support for Muscle & Joint Problems

We're excited to share that patients at our practice can now access **getUBetter**, a digital self-management app for muscle, bone, and joint conditions.

- Personalised exercises and advice Step-by-step support for safe self-care at home
- Guidance on when to seek professional help It's free for our patients.

Ask reception or visit our website to sign up.

Stoptober – Quit Smoking this October

Stoptober is back! Quitting smoking is one of the best things you can do for your health.

- Within **20 minutes**, your heart rate drops
- After **48 hours**, taste and smell improve
- After **1 year**, your risk of heart attack is halved

Our team can connect you with free local services, nicotine replacement therapy, and support apps.

Your health is our priority. Contact us on 01268 222188 or visit [www.
https://www.thecommunitypractice-canveyisland.nhs.uk/](https://www.thecommunitypractice-canveyisland.nhs.uk/) for more info.



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Breast Awareness

Breast cancer is the most common cancer in the UK, but early detection improves outcomes. Being breast aware means knowing what is normal for you. Check for:

- Lumps or thickened areas
- Skin changes or dimpling
- Nipple changes or discharge
- Pain or swelling in the breast/armpit

If you notice any changes, please book an appointment. Most changes aren't cancer, but it's always best to check.

Men's Health Check

Men often put off visiting the GP, but regular checks save lives.

- **Blood pressure & cholesterol** checks for heart health
- **Prostate health** discussions if you're over 50 or have symptoms
- **Diabetes screening** if at risk
- **Mental health** – talking is important too

If you're due a check-up, contact us today to book an appointment.

Flu Season

We're now offering flu vaccinations to help keep our community healthy this winter. Children aged 2 – 3 can have the nasal flu spray, and patients aged 65 and over are invited to book their flu jab. If you're expecting a baby, our reception team will be happy to guide you through the options and let you know the best time to book.