

Self Care Newsletter

Winter 2020



Upton Surgery



PERSHORE
MEDICAL
PRACTICE



Abbottswood
Medical Centre

www.uptondoctors.co.uk

www.pershoremedicalpractice.co.uk

www.abbottswoodmedicalcentre.co.uk

HM Government

NHS

HANDS FACE SPACE

We must keep on protecting each other.

HM Government

NHS

CORONAVIRUS GOT SYMPTOMS? GET TESTED

**HIGH TEMPERATURE OR NEW CONTINUOUS COUGH
OR LOSS OF TASTE OR SMELL?**

No one in your household should leave home if any one person has symptoms.
Find out how to get a test, and how long to isolate, at nhs.uk/coronavirus

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

HERE 2 HELP
WORCESTERSHIRE



www.worcestershire.gov.uk/here2help

Here to Help is a community action response to Coronavirus (COVID-19)

There continues to be vulnerable people in our community who have to self-isolate. The site, run by Worcestershire County Council, provides a central location for the vulnerable who are unable to seek help from family, friends or neighbours. To access this support, please see the website above.

‘JUST’ THE FLU?

The flu virus kills thousands every year. The flu vaccine is the best protection for you and those around you.

NHS

JUST GET YOUR FREE FLU JAB

Ask your pharmacist or GP if you're eligible.

Flu
vaccine
help us
help you

Your surgery is still providing eligible patients with their flu vaccinations. Please see our websites for updated information on how these are running and who is eligible. This year it is especially important that those patients who are recommended to have the vaccine take up the offer.

WANT TO FEEL HEALTHIER & HAPPIER?

Onside Lifestyle Advisors can help you do just that

Healthy eating & weight

Stop smoking

Reduce alcohol use

Become more physically active

Improve wellbeing

ONSIDE

PEOPLE LIKE US (PLUS)



We will provide the support you need to make the **SMALL** changes in your life that can make a **BIG** difference.

Free one to one/group support for anyone 16+ to make positive lifestyle changes and help you achieve your health goals.

Our practical tips, advice and support will help you to make changes that last.

We will work closely with you to understand what works for you and help you to live a healthier life.



If you think an **Onside Lifestyle Advisor** can help you, talk to your **GP reception team** or fill in a **self-referral form on our website**

To download a referral form or for more information visit www.onside-advocacy.org.uk

Staying healthy is important for everyone

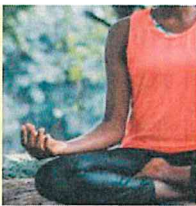


Eating healthily, exercising more and managing your stress can significantly improve your mental and physical health.

Small lifestyle changes will reduce your risk of developing chronic conditions like heart disease, diabetes and cancer.

Onside's trained and experienced Lifestyle Advisors are friendly, understanding and non-judgemental.

They will listen and give you the time you need to discuss issues that are important to you.



Offer information, advice and support

Link you to people with similar goals

Connect you to activities in your community

Help you understand health messages

Support you to make changes that stick

HELPING YOU TO FEEL BETTER

01905 27525

@Onsidelifestyle

www.onside-advocacy.org.uk

Lifestyle
Advisor
Service
WORCESTERSHIRE

NHS

ONSIDE
PASSIONATE ABOUT EQUALITY
Charity no. 1162022

worcestershire
county council

ONSIDE

PEOPLE LIKE US (PLUS)

Combating Loneliness and Isolation In Worcestershire

Plus
PEOPLE LIKE US

People Like Us (Plus) is a service that works across Worcestershire to support adults of all ages who are experiencing loneliness or isolation. PLUS enables individuals to connect with others and supports them to become more active and engaged in their communities.

The PLUS service is open to everyone who is 18 years or older, is registered with a GP Practice in Worcestershire and who is experiencing significant loneliness.

Anyone can make a referral, including self-referral

Referrals can be made by phone or by a simple referral form via email. This can be accessed via www.onside-advocacy.org.uk/plus

In most cases, support is given via a trained volunteer and this support includes mentoring and coaching to build confidence, accompanying to activities and exploring opportunities such as training or volunteering.

worcestershire
county council

NHS

Social Prescribing for Better Health and Wellbeing

Social Prescribing helps you to explore extra services that may support you to improve your health, wellbeing and independence.



How Does It Work?

A member of your GP practice team may suggest a referral to the Social Prescribing service. One of our Social Prescribers will contact you to find out what you are interested in, tell you about what activities and services are available locally and help you to access them.

Together you will be able to:

1. Explore what is important for your life and wellbeing
2. Identify the local activities and services you can benefit from
3. Gain support and encouragement to start using services that can help you.

The social prescriber is:

- Someone to talk to confidentially
- Someone who is practical, helpful and who will not judge you
- Someone who can help you decide what you'd like to do to improve your health, wellbeing and independence
- Someone who can find you activities that will suit you
- Someone who can give you support along the way.

Social prescribing can link you with many services in your community to help. These may include:

- Healthy lifestyles and active lives
- Arts, music, outdoors and creativity
- Befriending, counselling and other support groups
- Housing, benefits and financial support and advice
- Employment, training and volunteering
- Education and learning
- Getting involved in local groups and activities
- Accessing specialist services and support.

To find out more visit: www.worcestershire.nhs.uk/SP

For more Information on any of the topics, please Visit the NHS Website at www.NHS.uk or visit the Public Health England website at <https://www.gov.uk/government/organisations/public-health-england>