

ABERNETHY HOUSE SURGERY

APRIL NEWSLETTER

AWARENESS MONTH



Welcome!

We are back with another edition of our monthly newsletter packed with all the information about how to stay healthy! This month, we would like to raise awareness about healthy diet, stress, and autism.

Why following a healthy diet is important?



Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

If you need help managing your weight, you might be able to refer yourself directly to services that can help you, without seeing a GP.

To find out if there are any services in your area:

- ask the reception staff at your GP surgery
- check your GP surgery's website
- contact your integrated care board (ICB) – find your local ICB
- search online for NHS weight management services near you

People with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice !!!

The Eatwell Guide shows that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day (see 5 A Day)
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- drink plenty of fluids (at least 6 to 8 glasses a day)

Who is the little monster inside me?

Stress Awareness Month

Stress often builds little by little over time. By taking time to connect with others, be active and practise mindfulness, eventually the little becomes a lot less stress.

In this way, we can aim to reduce the effects of stress. Stress can cause a number of physical and mental symptoms, including rashes, chest pain, sleep disturbances, anxiety and an inability to enjoy life, among other things. To find out more, use the link below:

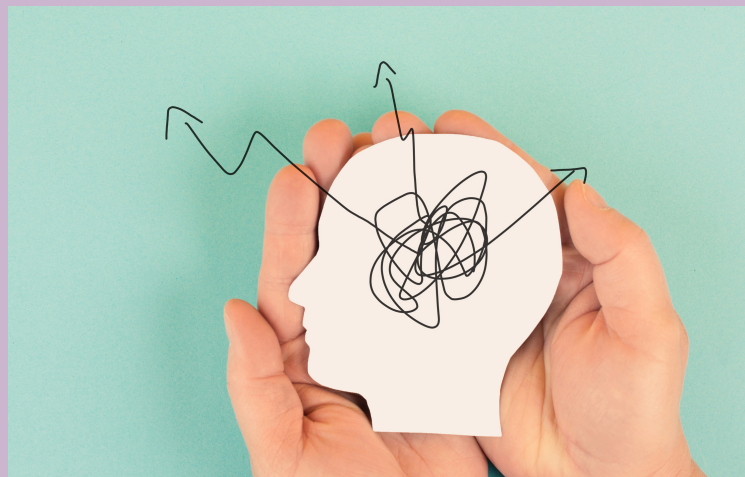
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/what-is-stress/>



How to get help?

- Try talking about your feelings to a friend, family member or health professional. You could also contact **Samaritans**, call: **116 123** or email: **jo@samaritans.org** if you need someone to talk to
- You can refer yourself directly to an NHS **talking therapies service** without a referral from a GP
- Find out more about **10 stress busters** – including **getting started with exercise** and setting aside time for yourself
- Listen to **free mental wellbeing audio guides**

To find more information: <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/>



What is Autism

Autism is a complex disorder that affects and impairs a person's brain functions. People with this disorder struggle with things that are normal to the human eye.

- Difficulties in communicating with other people, participating in activities, doing daily chores, and so on.
- Autistic people are also sensitive to change and various other things like loud noise, migrating from one place to another, etc
- Autism is a spectrum of neurodiversity that can impact anyone regardless of gender.
- To find out more: <https://www.autism.org.uk/advice-and-guidance/what-is-autism/varying-support-needs>

Did you know that there are a range of professionals who can also support you to look after yourself ?



Other services might be able to help.

- go to a **pharmacy** for advice and treatment for minor conditions.
- go to your **local minor injury unit** or **urgent care centre** for treatment of strains, sprains and flesh wounds.
- call **NHS 111** or visit **111.nhs.uk** if you have an urgent medical problem, but you're not sure what to do.
- visit a **sexual health** service for testing for sexually transmitted infections and contraception advice.

What about my prescription?



Repeat Prescriptions Requests:

If your medical condition qualifies for repeat prescriptions there are a number of ways to request them:

- **NHS APP** : ideally patients are encouraged to use NHS app (you can register without any codes from the surgery)
- **Patient Access** : will need registration for Repeat Prescription by filling a form at the surgery.
- **MyGP App**: will need registration for Repeat Prescription by filling a form at the surgery.
- **Put the request in the surgery letter box.**
- **Send the request by post.**
- **Ask your pharmacist to request it on your behalf.**

<https://www.abernethyhouse.co.uk/prescriptions>

DO NOT HESITATE TO ASK FOR HELP !!