



Gloucester Road Medical Centre Newsletter

January 2019

Welcome to our Self-Care Week 11-15th February

People have a key role in protecting their own health, choosing appropriate treatments and managing long-term conditions. Self-management is a term used to include all the actions taken by people to recognise, treat and manage their own health.

Self-care is about keeping fit and healthy, to know when to get advice from your GP or another health professional. If you have a long-term condition, self-care is about understanding that condition and how to live with it.

Self-care is also recommended when you have a minor condition which doesn't normally need medical care (from a doctor or nurse) or any treatment in order to get better. In practice, this means a person decides that they can manage their illness without seeing a doctor. This may be because they don't like taking remedies or pills, or because they believe they will recover just as quickly if they stay at home and rest until their illness goes away of its own accord. Or they may pop out to buy medicines over the counter at a pharmacy. Either way, 'self-care' is something millions of us do every day – for positive and practical reasons.

But what if you feel you need some advice before you are able to self-care? As part of a local NHS initiative, this surgery has signed up to hold its own self-care week (the National one was held back in November) to raise awareness of the benefits of self-care for our patients and to provide information which may be helpful. Our campaign includes a display board and leaflets with information on care for long-term conditions, such as diabetes and cardiovascular disease (CVD), information and links on our website (www.grmc.nhs.uk) and on our call display screen. We do hope that you will find the information both interesting and helpful.

How about trying the following?!

What do I do for self-care?

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-  Get plenty of sleep
-  Tidy
-  Enjoy sunshine
-  Read
-  Cook
-  Read about people whose lives are more complicated
-  Write or draw (think out loud)
-  Garden
-  Talk to myself
-  Get a hug
-  Cuddle cats
-  Walk or bike (esp. in a park)
-  Talk to select people

Flu Jab Anyone?

We are still firmly in Winter and in high season for influenza, coughs and colds. If you have not yet had a flu jab and you are entitled to a vaccination under the NHS, i.e. over 65 or with a long-term condition, please do ask at reception, or speak to your clinician.

Self-Care Help

Continued from overleaf, please see below a number of useful links to assist you:

North & West Bristol Information, Advice and Support Services This list identifies our top local suggestions for places where patients can get help with looking after themselves and living healthier and happy lives. Most of these services will provide patients with a range of other contacts too. Please see our website www.grmc.nhs.uk

Community Navigators North Bristol This is a free signposting service for the over 50s. Website: www.northbristoladvice.org.uk

BDP: Bristol Youth Links BDP offers free and impartial advice and information to young people aged 11-19 years, to make informed choices around drugs and alcohol. 0117 9876008 or info@bdp.org.uk

Self-Care Forum This patient-focussed website aims to help people take care of themselves. www.selfcareforum.org

Well Aware This is a Bristol-based organisation that aims to improve your health and wellbeing. www.wellaware.org.uk

Carer Support Centre This local organisation provides a wealth of help and support for carers. Please note a number of free and upcoming training courses and workshops for carers:

Caring with Confidence - Fridays in North Bristol, February 22 and March 1, 8, 15, 22

Coping with Loss and Change - Thursdays in North Bristol, March 21, April 4 and 25

Nutrition and Dementia - Thursdays in St Werburghs, April 25 and May 2, 9

Writing for Wellbeing Thursday 14 March in North Bristol

www.carerssupportcentre.org.uk

Bristol U3A (Bristol's University of the Third Age) This organisations moto is live, laugh and learn and they offer a range of group activities that are physical, social or academic. www.bristolu3a.org.uk

Gloucester Road Medical Centre is now using Chain SMS to message patients!

You may have already received an SMS message from a clinician here, sent to your mobile phone. This system allows us to easily send text messages to you. It means we can be much more proactive about some communications, messaging you quickly and securely, so you are not waiting around to hear from us!

• Reminders or notifications (e.g. prescription ready) • Responding to simple queries (e.g. if you had a quick question about your medication) • Letting you know we tried to call • Sending you advice at the end of a consultation

Please note that the sender will show as accuRx.

We would welcome feedback on how this is working for you, and whether you have any ideas for further development or improvements.

The Accessible Information Standard aims to make sure that people who have a disability, impairment or sensory loss get information that they can access and understand. Please let us know if you require any of our information in an alternative format.