

Newsletter

February 2019

PPG

The Patient Participation group is currently at maximum capacity for members who attend the meetings. However, if you are interested in the group you can become a 'virtual member' and receive copies of the minutes from the meetings. We keep our website up-to-date with the latest news on the PPG and a copy of the minutes is also available online. Please check the PPG noticeboards at each surgery site for regular updates.

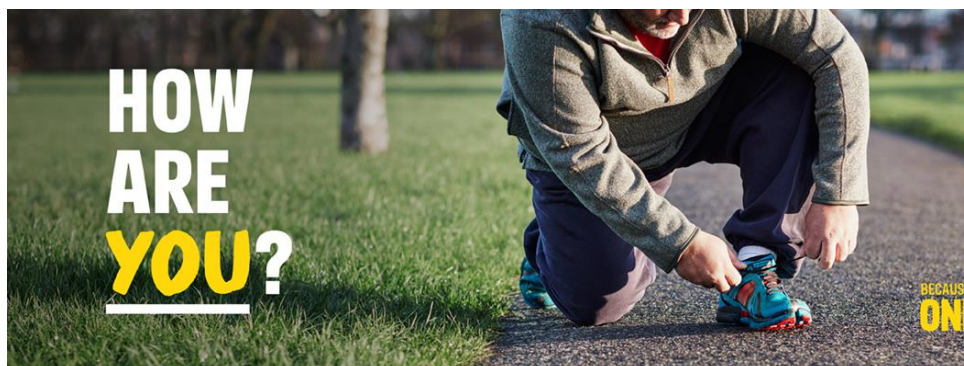
<http://www.beaconsfieldroadsurgery.co.uk/ppg.aspx?t=1>

Beaconsfield Road Surgery

'How Are You' Health Campaign

A new campaign and quiz for 2019 encourages adults to think about how current lifestyles could be impacting our health. It supports us to make positive changes, whether that be eating better, stopping smoking, cutting down on drinking or getting active.

At the end of the quiz, people receive a health score and personalized advice. The quiz also signposts users to a range of Public Health England apps to support their health and wellbeing.



Follow the link below to take the quiz

<https://www.nhs.uk/oneyou/how-are-you-quiz/>

Look after your health

From online interactive tools and self-assessments to [NHS Health Check](#) – there are lots of ways you can check and assess your health.

Finding out more about your health and whether you have a risk factor for a health condition can be really helpful, because you can take action to make improvements to your health. Get started now!

How healthy is your heart? Take the test today!

<https://www.nhs.uk/oneyou/for-your-body/check-your-health/heart-age-test/>

Contact Us

Beaconsfield Road Surgery (Main site)
21 Beaconsfield Road
Hastings, East Sussex, TN34 3TW
01424 755355

Little Ridge Surgery (Branch Surgery)
38 Little Ridge Avenue,
St. Leonards-on-Sea, East Sussex,
TN37 7LS
Tel: 01424 755355

Beaconsfield Ore Surgery Site
(Branch Surgery)
21 Fairlight Road, Hastings,
East Sussex, TN35 5ED
Tel: 01424 755355

Website:
www.beaconsfieldroadsurgery.co.uk

EVERY MIND MATTERS



Having good mental health can help us feel better, sleep better and support us in doing the things we want to do. It can also help us have more positive relationships with those around us.

Hear from people working through their own mental health problems, as well as from experts who explain more about how to manage and improve your wellbeing, in our videos.

Find out which organisations can help if you're experiencing any of these [possible causes](#).

And if you're here to help someone you care about, get tips and advice on [helping others](#) struggling with their mental health.

How are you taking care of your mental health? Get expert advice, practical tips and a personalized action plan with Every Mind Matters:

<https://www.nhs.uk/oneyou/every-mind-matters/>

URGENT SUPPORT

If you feel that life isn't worth living, you're harming yourself or have thought about self-harm, it's important to tell someone. These thoughts and feelings can be complex, frightening and confusing, but you don't have to struggle alone. Help and support is available right now if you need it.

If you're concerned about your mental health, in most areas you can refer yourself for free NHS psychological therapy services, also known as IAPT ([Increasing Access to Psychological Therapies](#)) services.

It's important to seek help if you're experiencing:

hallucinations – hearing or seeing things that aren't there (for example, hearing voices); they can also include feeling, smelling or tasting things that aren't there

delusions – having strong beliefs that aren't shared by others (for example, believing there's a conspiracy against you)

These are symptoms of psychosis and it's important to get treated as soon as possible, as early treatment is more effective.

You should see your GP immediately if you're experiencing these symptoms for the first time or aren't already receiving care from mental health services.

Get urgent support

If you can't wait to see a doctor and feel unable to cope or keep yourself safe, contact one of the organisations below to get support right away. Or click [here](#) for further advice from the NHS on dealing with a mental health crisis or emergency.

Free 24-hour listening support

Samaritans lets you talk to someone at any time of day or night. Calls are confidential and you can talk about any issue, no matter how difficult.

Call 116 123

[Samaritans](#)

Dial 999

In a life-threatening emergency, phone the emergency services and ask for an ambulance.

Call 999

[When to call 999](#)

[Urgent, non-emergency medical advice](#)

If you need help urgently but aren't at risk of death or serious illness, call the NHS non-emergency advice line.

[NHS 111 advice online](#)

People with hearing problems can use the [NHS 111 British sign language service](#).

Crisis support for young people

If you're under 35 and feel that life isn't worth living any more, call Papyrus for help from 10am to 10pm, Monday to Friday.

Call 0800 068 41 41

Text 07786 209697

[Papyrus](#)

[One You apps](#)

Did you know there are many free apps available to download to help you get fit and healthy? Follow the link for free apps on how to give up smoking, keep active, drink less alcohol and eat healthy food:

<https://www.nhs.uk/oneyou/apps/>

Making better choices today can have a big impact on your health. One You is here to help you get healthier and feel better with free tips, tools and support. Whether it's moving more, eating more healthily or checking yourself – One You can help you make small, practical changes that fit in with your life.

<https://www.nhs.uk/oneyou>
