

# Get Fit For Winter

## Health Insights – A periodic look at topical health-related issues.

The Patient Participation Group (PPG) of The Ivy Medical Group (IMG) are running a series of health promotion initiatives with the full support of the practice. These will comprise poster campaigns and awareness articles in the PPG section of the IMG website. These articles we have entitled Health Insights, our fifth topic appears below.







### Health Insights – Number Five – Winter is Coming.

To all Game of Thrones fans, the phrase “Winter is Coming” has a somewhat sinister meaning. For everyone else it is a reminder that the darker and colder months are just around the corner. With Winter comes the seasonal coughs, colds, aches and pains that we find hard to avoid. However, there are things we can do to [Get Fit for Winter](#).

- **First of all, we can actually take steps to get physically fitter.**
  - Getting more exercise is good for both our bodies and our mental health. This could be a simple brisk walk a few times a week. Or, for those more able there are online exercise programmes provided by the NHS <https://www.nhs.uk/conditions/nhs-fitness-studio/> - copy and paste this link into your browser, or open your NHS App and search for NHS Fitness Studio}.
  - For those less able there is an NHS Sitting Exercise programme <https://www.nhs.uk/live-well/exercise/strength-and-flexibility-exercises/sitting-exercises/>.
- **Get your jabs** – both flu and Covid vaccinations are available for vulnerable groups and everyone over the age of 65.
- **Stock up on seasonal over-the-counter medication.** It is better to have a sensible stock of medicines to hand rather than wait for when you really need them and you have to go and get them when not feeling great, or supply might be under pressure.
- **Get the Winter clothes out of the wardrobe.** Staying warm, especially as we get older is very important to good health, so making sure we have warmer clothes to hand is a sensible preparation. This goes for footwear as well, walking on wet, or icy, or leafy pavements with the wrong footwear can lead to falls and unwelcome trips to the Emergency Department.
- **Know what to do if you become unwell or have an accident at home.**
  - For many simple conditions, your local Pharmacy will be able to provide advice and recommend medication.

- Your GP is there for you to look after your general health, but the GP Practice is not a 24/7, nor an emergency service. So, if you feel unwell outside normal hours what are your options?
  - Use the 111 service either by phone or online – the NHS App has this readily available. The 111 processes will help you with advice or if treatment is required, they will direct you to an appropriate 24/7 service such as an Urgent Treatment Centre or an Emergency Department.
  - If it is an obvious serious issue then dial 999

This can be summarised as:

 <p>Self Care</p>	 <p>Pharmacy</p>	 <p>GP</p>	 <p>111 or 111 Online</p>	 <p>Urgent Treatment Centre</p>	 <p>999 Emergency Dept</p>
<p>Coughs Colds Minor ailments</p> <p>Stock up On Meds.</p>	<p>Unsure Want advice E.g. Eye infection.</p>	<p>General Health.</p>	<p>Fast Help wanted but not Emergency.</p>	<p>Advised to go by 111 Minor Accident. Sprains, UTIs etc.</p>	<p>Chest Pain. Not breathing. Stroke. Serious Accident.</p>

You will know your local Pharmacy and GP Surgeries but if you need more Urgent Help here are the contact details of local Treatment or Urgent Centres.

## [Nottingham NHS Urgent Care Centre](#)

Opening times for all ages:

- 7am to 7pm  
Seaton House, City Link, Nottingham, Nottinghamshire, NG2 4LA

**0115 883 8500**

## [Newark Hospital](#)

Opening times for all ages:

- 9am to 10pm  
Boundary Road, Newark, Nottinghamshire, NG24 4DE

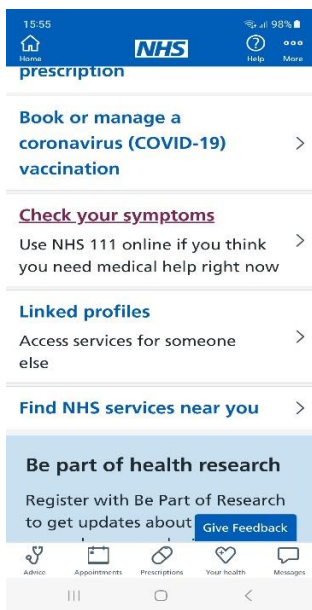
**01636 681681**

# Ilkeston Community Hospital

## Opening times for all ages:

- 8am to 8pm  
Heanor Road, Ilkeston, Derbyshire, DE7 8LN

**0115 9305522**



But remember, if you have the NHS App on your phone or tablet you can find the nearest help to your current location by clicking on: **Find NHS Services near you** on the welcome page of the App.

- **Finally, look after your Mental Health**

- The colder, darker months can mean an increase in loneliness and isolation – not going out as much, so not seeing friends or acquaintances etc. This can affect one's mental health. Feeling sad or anxious can, over time have a more serious impact on our mental wellbeing. So, it is important to try and make contact with others, talk over your concerns, or just experience the human contact of a chat. The NHS Every Mind Matters website may provide helpful information as well. <https://www.nhs.uk/every-mind-matters/>
- The cost-of-living crisis and the rising costs of heating and food may cause significant worry to many. There are agencies who can help. For example, the Age UK Advice line (0800 169 65 65) is of particular help for the more elderly and their families. Help and advice is also available from the Local Authority. Nottinghamshire County Council have a really excellent website full of useful advice and links, <https://www.nottinghamshire.gov.uk/business-community/cost-of-living-support>, Their Customer Service phone number for those without online access is 0300 500 8080. In addition, the local Citizens Advice Bureau may be

able to help. Online help can be found here

<https://citizensadvicenottingham.org.uk> . Or call 0808 278 7974.

The Government website 'Help for Households' also provides help on availability of benefits to help with the current cost of living crisis.

<https://helpforhouseholds.campaign.gov.uk/>

In a previous Health Insights article, we provided the contact details of organisations that could help if you are feeling low, here they are again, just in case.

- **BeU Notts** <https://www.beusupport.co.uk> for children and young people. 121, group therapy and seamless links to local support services
- **MIND** <https://www.mind.org.uk/>
- **Rethink** <https://www.rethink.org> and
- **Every Mind Matters** <https://www.nhs.uk/every-mind-matters/>
- **Nottingham Counselling Service** <https://www.nottinghamcounsellingcentre.org.uk>
- **Talking Therapies** can also be accessed via the NHS <https://notts-talk.co.uk/>
- **Shout** is a free and confidential 24/7 text support service for anyone struggling to cope. To contact them text the word "SHOUT" 285258.
- **Age UK Advice Line** - 0800 169 65 65. The Age UK Advice Line is open 365 days a year (8am – 7pm)
- **Crisis Line** which is 0808 1963779 for those struggling to keep themselves safe.
- **The Samaritans** offer 24-hour service 365 days a year. Call 116123 it is free from any telephone or, e-mail [jo@samaritans.org](mailto:jo@samaritans.org)
- **Harmless** - 0115 880-0280.
- **Papyrus** is a charity to help people under the age of 35 who have suicidal thoughts- 0800 0684141.
- **The Mix** - 0808 808499.
- The **Nottinghamshire Child and Adolescent Mental Health Services (CAMHS)** - 0115 8542299 or their crisis line 0115 8440560.
- **Casy** is a counselling service in Newark 01636 704620.