

Much Wenlock & Cressage Medical Practice

Practice News

APRIL/MAY 2023

April/Spring Bank Holiday Bank Holiday Closures

Much Wenlock and Cressage Medical Practice will close:

- From 6pm on Thursday 6 April until 8.30 am Tuesday 11 April. Please note the E-Consult service will close from Thursday 6th April at 12.00 and re-open at 8.00 AM on Tuesday 11 April.
- From 6pm on Friday 28 April and re-open on Tuesday 2 May at 8.30. Please note the E-Consult service will close from 12.00 on Friday 28 April and re-open at 8.00 on Tuesday 2 May.
- From 6pm on Friday 6 May and re-open on Tuesday 9 May at 8.30. Please note the E-Consult service will close from 12.00 on Friday 6 May and re-open at 8.00 on Tuesday 9 May.
- From 6pm on Friday 26 May and re-open on Tuesday 30 May at 8.30. Please note the E-Consult service will close from 12.00 on Friday 26 May and re-open at 8.00 on Tuesday 30 May.

If you need medical help or advice during the Bank Holiday closures, please contact 111. Go to <https://111.nhs.uk/> or phone 111.

Carer Connect Group

April sees the launch of 'Carer Connect'.

The group runs from 2-4pm on the first Tuesday of each month at Priory Hall in Much Wenlock.

A variety of service providers are on hand each month to chat over tea, coffee and refreshments. The group aims to bring together the various people and support services that can directly help our carers and those they care for.

Activities and guests will vary through the year, and we are hoping the number of carers we can support through this initiative will grow.

For more information, please contact the surgery and speak to Jo Weaver-Jackson as booking will be essential.

Zero Tolerance

NHS staff at GP surgeries across the UK are facing unprecedented abuse and aggression from patients. Perhaps most distressing of all is a real surge in the number of patients who feel it is appropriate to shout at, swear at and insult our Practice Team members. We strongly support the NHS Policy on zero tolerance. Anyone attending the surgery or calls who is abusive to any member of staff or other patients, be it verbally physically or in any threatening manner whatsoever, will risk removal from the practice list.

April: Stress Awareness Month

Stress and poor mental health are one of the biggest public health challenges that we're facing. Sadly, even though that is the case, we are still not taking its impact seriously enough. We continue to separate mental health from physical health and vice versa. The reality is they cannot be separate – they are two sides of the same coin. There is no health without mental health and stress can lead to numerous health problems. From physical problems, like heart disease, insomnia, digestive issues, immune system challenges, etc to more serious mental health disorders such as anxiety and depression.

Here are some tips to help combat stress and poor mental health:

1. Look after your social wellbeing:

- Connect with people – check in on your family and friends, are they ok? Pick up the phone and find out.
- Ask for help if you need it.
- Perform a random act of kindness – it's nice to be nice.

2. Make time for self-care:

- Be kind to yourself, take time out for self-care and exercise – it's like the oxygen mask on the plane, put yours on first and you'll be in a better position to help others.

3. Get enough sleep:

- Enjoy a nice bath before bedtime,
- Reduce your screen time – switch off your mobile phone – disconnect from the 'always on' world. Pick up a good book instead.

4. Eat Healthy:

- Reduce your sugar consumption to avoid sugar crashes.
- Avoid stimulants such as nicotine or caffeine.
- Keep hydrated – drink plenty of water throughout the day.

5. Prioritise and Organise:

- Be strict with your boundaries; work is work and life is life – make sure to schedule time for doing things for yourself.
- What you see as your most important tasks to be done, action earlier in the day – this will help you feel you have accomplished something and help clear your mind and calm your brain.

Most importantly remember to be kind to yourself. Life is full of challenges but with hope and a few lifestyle changes this will help you gain control of your own mental health and wellbeing.