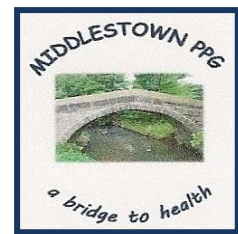


MIDDLESTOWN PATIENT PARTICIPATION GROUP



Winter Newsletter 2015

WINTER COLDS AND FLU

A cold is a mild viral infection of the nose, throat, sinuses and upper airways. It can cause a blocked nose followed by a runny nose, sneezing, a sore throat and a cough. In adults and older children, the cold will usually last for about a week as the body fights off the infection. Colds in younger children can last up to two weeks.



A cold is spread by coughing and sneezing. Tiny droplets of fluid containing the cold virus are launched into the air and can be breathed in by others. If these droplets land on a surface, such as a door handle, and someone else touches the handle a few minutes later, they may catch the cold virus if they then touch their mouth or nose.

You can take steps to help prevent the spread of a cold:

Wash your hands regularly and properly, always sneeze and cough into tissues, clean surfaces regularly, use your own cup, plates, cutlery and kitchen utensils, use disposable paper towels to dry your hands and face whilst you have a cold. Stay at home as much as possible to prevent passing on the infection.

You only really need to see your GP if:

- Your symptoms persist for more than three weeks
- You have a high temperature (fever) of 39°C (102.2°F) or above
- You cough up blood-stained phlegm (thick mucus)
- You feel chest pain
- You have breathing difficulties
- You experience severe swelling of your lymph nodes (glands) in your neck and/or armpits

Paracetamol and/or ibuprofen can lower your temperature, and also ease aches and pains. Drink at least 8 glasses of water per day, as it is easy to become dehydrated when you are making extra snot and mucus. Throat lozenges and hot steam inhalation may ease nose and throat symptoms. Decongestants and cough medicine is not recommended. It has been shown that a daily dose of Vitamin C will slightly reduce the length and severity of colds in the ordinary population, but it won't prevent you catching them.

ONE DAY EVENT
Representatives from Wakefield Hospice and Wakefield Carers will be in the surgery from 9-11am on 5 February. Come along and have a chat.



"I'm very grateful that Wakefield Hospice had a bed available for Dad - it made all the difference in the world." Andrew Hesling

Every year hundreds of people in the Wakefield area are supported by Wakefield Hospice and in 2015 the hospice will celebrate its 25th year of serving the local community. Hospice care goes far beyond simply offering a bed at the end of life - there are a range of therapies that enrich the lives of people under hospice care and staff and volunteers at Wakefield Hospice go the extra mile to add life to days; creating lasting memories for families.

People may be surprised to know that many patients are discharged from the hospice after short stays so that they can be at home with their families. The hospice is open for admissions 24 hours a day, seven days a week, 365 days a year. The Day Therapy Unit has a drop-in service, with no formal referral

required, offering supportive therapies for adults, carers, family members and significant others whose lives are touched by cancer or a life threatening illness. The hospice also plays an important role in providing bereavement support to families.

Wakefield Hospice supports more than 500 people in the Wakefield area every year and relies on the fantastic support of the local community to help raise the £3.2million required to continue to provide the highest level of care and support to patients and their families.

www.wakefieldhospice.org

LONELINESS AND DEPRESSION

Loneliness: feeling sad or distressed about being on your own or feeling disconnected from your surroundings. It is not uncommon for someone to feel lonely even when surrounded by others.

Isolation: physically separated from other people and your surroundings. May be a result of conscious decision making or circumstances.

Anyone can feel lonely from time to time, regardless of age or status, however long periods of loneliness and social isolation can have a negative impact on our physical and mental health, commonly resulting in Depression.

SIGNS OF DEPRESSION CAN INCLUDE:

Increased aches and pains; Tiredness; Lethargy;

Lack of motivation and confidence; Sleeping problems - sleeping too much or not enough; Eating too much or too little leading to weight gain or loss;

Increased consumption of alcohol, medication or drugs; Smoking too much; Negative thoughts about yourself and the situation never getting better;

Thoughts about being 'better off not being here, no one will miss me'

WHAT CAN HELP? Talking to others, getting out and about and involving yourself in your local area. Think about using technology to keep in touch with others, look to joining community groups, learning new skills. Look in the local press, libraries for what is on in your area.

WHO CAN HELP? If you feel distressed, see your GP to talk over your concerns, you will be able to discuss options including medication or for you to consider a self-referral to RIGHTSTEPS. Rightsteps provide talking therapy treatments based on Cognitive Behavioural Therapy and Counselling for common mental health problems such as Depression and Anxiety. For more information, look up on their website or contact them on 01924 234860, email or dropping into the service from 11am to 7pm Monday to Friday.



Wakefield & District

Carers support unpaid

family carers across the Wakefield Council area. A team of dedicated support workers, who each focus on different localities, are there to help you. Whether you need information and advice, guidance on how to ask for services to assist you in your caring role, or emotional support and a listening ear, they will be happy to assist.

If the need is for more specialist knowledge they regularly work closely with other organisations, such as Alzheimer's Society, Stroke Association, and Together for Mental Health, as well as professionals in health and social care.

All information is handled in the strictest confidence and no details will be discussed without your consent.

The support workers who cover the Middlestown Surgery area are Jean Hales and Patricia Lynch. You can contact them at our offices at 25 King Street, Wakefield, WF1 2SR, telephone 01924 305544, email: info@carerswakefield.org.uk

Did you know that February is

HEART AWARENESS MONTH

Find out more at www.bhf.org.uk



You can e-mail your thoughts and ideas to us Middlestown.ppgroup@wakefieldccg.nhs.uk

Please be aware that we cannot enter into any discussion about your own health, treatment you receive from the surgery, handle complaints or deal with any other confidential issues arising from your own personal circumstances.

*You can also view this Newsletter on our PPG webpage at www.middlestownmedicalcentre.nhs.uk
Please pass this Newsletter on to family or friends after you have finished with it.*