

Binfield Surgery Newsletter – July 2022

Safe-Haven

East Berkshire Safe Haven offers free mental health support to anyone aged over 18, in a safe, comfortable, and supportive environment. Open Thursday-Sunday, 5pm-11pm.

- There is no need to be referred.
- The Safe Haven offers support in person, over the phone or via video call.
- People can come just for a chat, or to access one-to-one emotional support from trained mental health professionals.
- They also offer help in creating staying well and crisis plans, and support visitors to access other organisations that may be useful to them.
- Anyone accessing the service will also have access to our 24/7 helpline outside of service opening hours.
- Contact us or drop in (5pm-11pm):
- Phone: 07790 772 863
- Email: east.berkshirehaven@nhs.net
- Drop in: 54 High Street, Slough, SL1 1BZ

Preventing diabetes

Diabetes causes around 500 premature deaths in the UK each week. If you have never thought about your risk of type 2 diabetes, the NHS has a risk calculator that can help you to work out whether changes to your lifestyle may be needed.

More than half of all cases of type 2 diabetes could be prevented or delayed, so making simple lifestyle changes now could improve your long-term health.

If lifestyle changes could help you to reduce your risk, some of the most effective changes you can make to help reduce your risk of type 2 diabetes are very simple. <https://riskscore.diabetes.org.uk/start>

<https://www.diabetes.org.uk/preventing-type-2-diabetes/can-diabetes-be-prevented>

Hot weather advice

With temperatures rising over the summer months, it is an ideal time to think about how to stay safe in warmer weather. In the UK there are over 2000 deaths each year which are heat related.

Signs of heat exhaustion include headache, dizziness and confusion, loss of appetite or feeling sick, excessive sweating and a high temperature of 38C or above. If you are suffering from heat exhaustion, it is important to try and cool yourself down within 30 minutes.

Heat stroke can be very serious and should be treated as an emergency. If you feel unwell

after 30 minutes resting in a cool place and drinking plenty of water, you have a temperature of 40C or over, if you feel confused, or are not sweating even though you feel very hot, these could be signs of heat stroke.

If you, or someone you care about is likely to be affected by extreme weather conditions, you can sign up for email alerts from the Met Office that will tell you when extreme weather is expected. Some groups of people are more likely to be adversely affected by weather conditions, including older adults, babies, and young children, and those living with long term health conditions.

<https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/>

<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>

<https://www.metoffice.gov.uk/about-us/guide-to-emails>

Holiday advice

Whether you are going overseas this year, or planning to stay closer to home, the fitfortravel website has brilliant information about how to choose a sun cream, who is most vulnerable and the other preventative measures you can take to make sure you stay safe in the sun.

The fitfortravel website also has a wealth of information about health issues that can occur on holiday and ways that you can stay safe while travelling. If any kind of travel is in your plans, it is well worth checking out.

<https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/sun-safety>

<https://www.fitfortravel.nhs.uk/advice>

Healthier food ideas

Given rising levels of obesity and a trend towards less active lifestyles, it is important to teach the young people in our lives how to eat healthily. A maximum of two 100 calorie snacks per day helps towards that goal.

Small changes to your diet can make a big difference. Swapping food you eat regularly for healthier alternatives can make improvements to your diet with almost no effort.

<https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>

<https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/#snacks>

Mental health for young people

The NHS website has a fantastic page about how you can help and support children and young people with their mental health, including ways you might be able to identify if someone is struggling.

Additionally, Kooth is an online support service for young people. It is available in areas across the UK. If you think you might benefit, it's worth taking a look.

Young Minds might be just the support you're looking for, if you, or someone you care about is a young person who needs support with their mental health.

<https://www.kooth.com>

<https://www.youngminds.org.uk>

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

Dehydration advice

Dehydration can be a big problem in warmer weather. If you are dehydrated, you may feel thirsty. In fact, feeling thirsty and dark coloured pee are two of the earliest signs of dehydration that you should look out for.

Different colours of urine mean different things. If your urine is orange, would you know whether to be concerned?

<https://www.nhs.uk/conditions/dehydration/>

<https://www.healthline.com/health/urine-color-chart#color-chart>

Sun cream application

SunSmart is an Australian programme to help reduce the number of deaths from skin cancer. While we may not live in Australia, we can use lessons learned there to help and support children to stay safe in the sun. By improving early learning around sun safety, we can influence the ability of our own children to look after their skin long term.

<https://www.sunsmart.com.au/advice-for/schools-early-childhood/education-resources>

An average adult needs between 2000 and 2400 calories per day, but it can be hard to translate that to what a meal should look like. This handy page has a wealth of ideas that fit the 400/600/600 model to ensure you only eat the necessary number of calories each day.

If you are overweight, losing just 5% of your body weight can have significant benefits. We tend to underestimate the number of calories that we are consuming. Calculating the number of calories you need to maintain, lose or gain weight can help you stay within a healthy range.

<https://thrivingworkplaces.org.uk/what-does-400-600-600-look-like/>

<https://tdeecalculator.net>

Parkrun

Parkrun is a free-to-enter activity held across the UK each week. With junior parkrun at 2km, and parkrun for all at 5km, there is sure to be something suitable for you, no matter what your age. You do not have to run the whole course, so even if you are walking, you can get something out of it. <https://www.parkrun.org.uk>

Mindfulness

You might describe mindfulness as being “in the moment”. The practice of mindfulness has been shown to help with stress and anxiety.

Mindfulness can help with stress and anxiety. If you think that having an app might help you practice mindfulness in your everyday life, you might find this article helpful.

<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

<https://www.independent.co.uk/extra...cessories/best-mindfulness-apps-a8217931.html>

Surgery Opening Hours

Binfield Surgery's opening hours are as follows:-

| | |
|-----------|----------------|
| Monday | 08.00 to 18.30 |
| Tuesday | 08.00 to 18.30 |
| Wednesday | 08.00 to 18.30 |
| Thursday | 08.00 to 19.30 |
| Friday | 08.00 to 18.30 |

A reminder for all patients to not call 111 during practice opening hours.

To opt out of receiving future newsletters, please contact the surgery.

Useful links - <http://www.binfieldsurgery.co.uk>
[Patient Access - Sign in](#)