



Living with Diabetes

Whether you've had a diabetes diagnosis for 20 years or 2 weeks, it is common to have moments when you feel overwhelmed. Living with diabetes can be challenging, but you can still lead a near normal life. Diet and lifestyle are key components in living healthily with diabetes. Our diabetic nurses are also here to support you in self-managing your diabetes and they have put together some links that you may find useful:

- **Looking after your Diabetes:** <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes>
- **15 Healthcare Essentials:** <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/15-healthcare-essentials#essentials>
- **Sick Day Rules:** <https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/illness>
- **Foot Care:** <https://www.diabetes.org.uk/guide-to-diabetes/complications/feet> and <https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet> and <https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/touch-the-toes>
- **Diet and Lifestyle advice:** <https://www.diabetes.org.uk/diabetes-the-basics/food-and-diabetes> and <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise>

Managing Your Asthma



Millions of people have asthma, a chronic lifelong disease that affects the lungs. Asthma can cause wheezing, breathlessness, chest tightness, and coughing. Although asthma cannot be cured, it is possible to manage asthma to reduce and prevent asthma attacks. If you haven't had a routine asthma review in the last 12 months we invite you to book an appointment with one of our well trained respiratory nurses. Our respiratory nurses have also put together some top tips for successful asthma management:

Understanding Asthma: <https://www.asthma.org.uk/advice/understanding-asthma/>

Managing your asthma: <https://www.asthma.org.uk/advice/manage-your-asthma/>

Asthma Care plan: <https://www.asthma.org.uk/advice/manage-your-asthma/action-plan/>

CQC Rating: GOOD



If you have any feedback about the content or ideas for future issues, please speak to Reception. If you would like to receive a copy by e-mail please e-mail us at reception.harbourside@nhs.net



Please visit our website: www.harboursidefmp.nhs.uk



★ Five Stars and worth every one. First Class service and care once again from the friendly staff. Long may it continue.



★ I wish to say a HUGE thank you to receptionist Louise, Dr Chan & Damien for helping me over the past couple of days, to me they are the epitome of how our brilliant NHS can be run. Thanks again Harbourside.

Covid-19 Vaccine Update

Harbourside Family Practice is proud to be part of the Covid-19 vaccination programme. We have been working incredibly hard to ensure that as many patients as possible have been vaccinated and we are now able to offer the Covid-19 booster vaccine.



The Joint Committee on Vaccination and Immunisation advises that the booster vaccine dose is offered no earlier than six months after completion of the second dose. Please note that you will be required to wait for 15 minutes in the building after having your booster.

We will be inviting patients from the date they become eligible in priority groups 1 to 9 order. Please check the news section on our website for the latest clinic dates.



We would also like to say a HUGE THANK YOU to all the volunteers from St John Ambulance and GoodSAM. Without their support we would not have been able to run these vaccination clinics!

NB: all information correct at time of going to press.

Please visit our website: www.harboursidefmp.nhs.uk

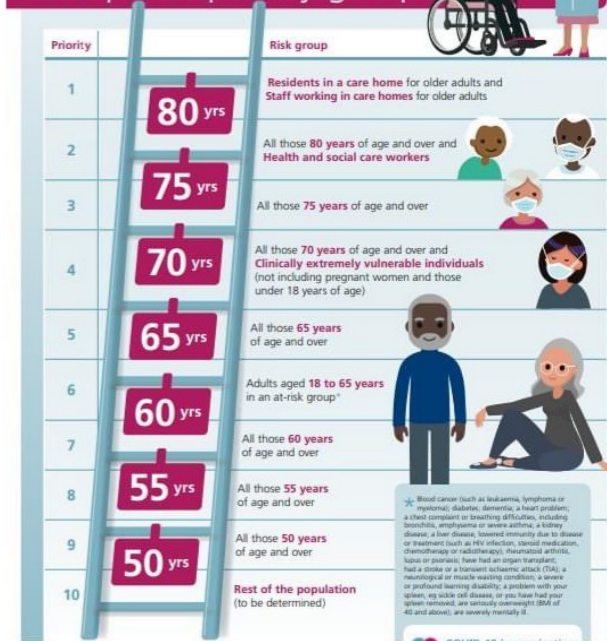
Harbourside Newsletter Autumn 2021

Practice News

- Our practice continues to grow and with this, an increasing range of health care professionals are becoming part of the team here at Harbourside. Many of you will be familiar with Georgia Davis, our Nurse Associate who joined us in April. Terri Vanstone, our Pharmacy Technician and Crina Vlasceanu, our second Clinical Pharmacist, both started with us in June.
- Karen Wilson, our newest clinical administrator also joined the team in July.
- Dr Wood gave birth to a beautiful baby boy last year. She is returning in November.

COVID-19 vaccination

First phase priority groups



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Your Health & Wellbeing



Good health is about the mind as well as the body. The best way to stay healthy, physically and mentally, is by learning how to take care of yourself and knowing what support is available to you. We all experience difficult times when we feel we cannot cope, especially in light of the challenges of the current pandemic. Our focus in this newsletter is about your health and wellbeing so we do hope that you find some of these hints and tips useful.

Recovering from Covid-19



COVID-19 infection frequently leaves people feeling tired and weak, with shortness of breath and muscle pain performing simple tasks. Many patients also feel anxious or depressed. Your recovery can take longer than expected, and it can feel like you'll never get back to your normal daily activities. The links below are designed to support your recovery. If these don't help or you have any more questions, do contact us and we will be happy to help. <https://www.yourcovidrecovery.nhs.uk/>

<https://movingmedicine.ac.uk/covidrecovery/>

Mental Health Resources

The Covid-19 pandemic has had a significant impact on a lot of people's mental health. It is more important than ever to look after your mental health during this difficult period. Please find below some useful resources:

- A **wellbeing toolkit** has been created which you can find on our website: <https://www.harboursidefmp.nhs.uk/mental-health-wellbeing/mental-wellbeing-toolkit/>
- The **North Somerset Wellbeing Service** offers motivation and support to help people with mental health problems take a step forward in their lives. They can be contacted on 0333 023 3504 (Monday - Friday 9am-4:30pm) or email NSWellbeing@second-step.co.uk. You are able to self-referral into this service. Please visit their website: <https://www.second-step.co.uk/wellbeing-colleges/north-somerset-wellbeing/>
- **Vita Minds** - offer a variety of short-term psychological therapies for conditions such as depression, anxiety and post-traumatic stress disorder throughout this region. You are able to self-refer into this service online or by calling 0333 200 1893. Please visit their website: <https://www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-and-south-gloucestershire/>

There are several apps out there that help to protect your mental wellbeing. You can get all of these apps on the App Store or on Google Play.

- ★ An app for a bit of calm. **Calm**. Price: £34.99
- ★ Meditation app: **Headspace**. Price: £9.99 a month (first 7 days free)
- ★ An app for overcoming worries and fear: **WorryTree**. Price: FREE
- ★ An app for general wellbeing: **Thrive**. Price: FREE
- ★ An app for panic attacks: **Beat Panic**. Price: 99p
- ★ An app to help improve your sleep: **Sleepio**. Price: FREE

Resources for children and young people:

- ★ App for teenagers: **Wysa**. Price: FREE
- ★ App for children aged 7-11 years: **Positive Penguins**. Price: 99p
- ★ App for children aged 4- 7 years: **Focus on the go!** Price: FREE
- ★ Worried about your child's behaviour or mental health? Visit www.happymaps.co.uk



Supporting Your Mental Health

The last 18 months have been incredibly challenging for so many people. Many of us have been dealing with grief, stress, financial difficulties, job losses and isolation caused by the pandemic. It's very important to take care of your mental wellbeing, so here are our top tips:

- **Get plenty of sleep** - Sleep is important for your mental and physical wellbeing, getting the recommended 7-9 hours of sleep can ensure you start your day off energised.
- **Get Moving** - It is recommended that we participate in exercise once per day, from staying inside to doing yoga or going outside for a local walk or run. This website has lots of useful tips for exercising if you have certain medical conditions: e.g. COPD, depression, MSK pain, cancer or type 2 diabetes: <https://movingmedicine.ac.uk/>.
- **Create a daily routine** - Whether you are working from home or from the office, it's important to maintain a routine. Starting off your day just by getting up as soon as your alarm goes off and making your bed can help to set you up for a successful day. Waking up at a consistent time every morning or making your favourite breakfast encourages productivity so you can get started on your to-do-list for the day.
- **Talk it over** - Visiting or calling your friends and family is a good way to maintain your relationships. Even if you can't see them in person, connecting with them online will still enable you to interact and have some face time. Talking things through with someone can help you to move through any problems you are facing.
- **Hobbies** - Getting back into an old hobby or even starting a new one can help to improve your mental health. From walking or cycling to knitting or crafting, there are many options available. You can order materials via online retailers and have them delivered to your home. Our local Ashton Court parkrun has now restarted and takes place every Saturday morning at 9am. Why not pop down and see what it's all about?
- **Limit your social media feeds** - Avoid continuous refreshing of news feeds about covid-19, as this can be mentally taxing and anxiety inducing.
- **Take each day as it comes** - Make sure to take things day by day and try not to look too far into the future. All of us are waiting to see what's coming next and uncertainty can definitely be mentally exhausting and not to mention daunting, looking forward to tomorrow means we can manage our expectations, rather than worrying about how long it will be until the world is back in order.



Our New Wellbeing Area



We now have a brand new wellbeing area where you can take your blood pressure (BP), your height and weight.

BP checks are important because high blood pressure usually has no symptoms and cannot be detected without being measured. But if untreated, it increases your risk of serious problems such as heart attacks and strokes.

Around a third of adults in the UK have high blood pressure, although many will not realise it.

Please feel free to pop down and use our wellbeing area. Once you have taken your BP, drop your reading off with one of our reception team and we will add this to your medical records.

