

Newsletter

Breast Cancer awareness month

**WEAR PINK. RAISE MONEY. HELP MAKE
LIFE-CHANGING BREAST CANCER
RESEARCH AND CARE HAPPEN.**



Breast cancer hasn't stopped for this pandemic, and we need your help to be there for anyone affected by breast cancer.

Over the past year people have been diagnosed with the disease at a time when everything from treatment to screenings have been disrupted. The support our events provide and the hope our research generates has never been more important.

Now more than ever, on 22 October we need you to wear pink, raise money and help make life-changing breast cancer research and care happen. **Sign up now!**

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Have you thought about joining the **Beaconsfield Patient Group?**

More details can be found on the practice web site.



Keep an eye on our [website](#) and Facebook pages for information about our Flu Clinics—dates and times will be published soon!





**MACMILLAN
CANCER SUPPORT**
RIGHT THERE WITH YOU

Go Sober In October

What is Sober October?

Sober October encourages people to go booze-free in October to raise money for Macmillan Cancer Support, who need your support now more than ever.

Benefits of going sober:

Help people with cancer

- * A clearer head
- * More energy
- * Sleeping better
- * Weight loss
- * Sense of achievement

By going Sober this October, you'll be raising vital funds for Macmillan, so they can continue providing much-needed physical, financial and emotional support to the millions of people living with cancer.

We need you to do whatever it takes to go as sober as you can.

[Click here for more information and to sign up!](#)

Lupus Awareness Month

takes place during October in the UK every year.

The Lupus patient will need to adjust to the demands of the illness and the impact of medication.

While some people are severely afflicted by Lupus, many others (especially if careful for themselves) can live virtually normal lives.

Lupus awareness month

Lupus is an incurable immune system illness, probably genetic in origin and mainly suffered by females.

It can affect any part of the body and that's the danger. In Lupus the immune system produces far too many antibodies which, circulating through the bloodstream, cause reactions leading to inflammatory processes anywhere in the body.

Patients can certainly be positive in obtaining good information on Lupus and in learning to 'pace' themselves - rest is very essential.

Being open with family and friends about the unpredictable pattern of Lupus helps, and stress, depression and pain each need to be managed.

Avoiding direct sunlight always helps. Seeking assistance at the right time from doctors or the family takes some resolve but is a 'must'.

There is a wealth of information available on the Lupus UK website. Click [here](#) to find out more.



World Mental Health Day

Being mentally healthy doesn't just mean that you don't have a mental health problem. If you're in good mental health, you can:

- make the most of your potential
- cope with life
- play a full part in your family, workplace, community and among friends

Some people call mental health 'emotional health' or 'well-being' and it's just as important as good physical health.

Mental health is everyone's business. We all have times when we feel down or stressed or frightened. Most of the time those feelings pass. But sometimes they develop into a more serious problem and that could happen to any one of us.

Everyone is different. You may bounce back from a setback while someone else may feel weighed down by it for a long time.

Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages of your life.

There's a stigma attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't even feel comfortable talking about their feelings. But it's healthy to know and say how you're feeling.



[Get urgent help for mental health](#)

NHS [urgent mental health helplines](#) are for people of all ages.

You can call for:

- 24-hour advice and support - for you, your child, your parent or someone you care for
- help to speak to a mental health professional
- an assessment to help decide on the best course of care

What is Active Hastings?

Active Hastings works closely with local providers of physical activity to give you easy, fun ways to get your everyday dose of physical activity. It only takes 30 minutes a day for adults and 60 a day for children to get fitter, healthier and happier. You can even break it down into 10 minute slots!

In Hastings we are lucky to have fantastic instructors delivering 100s of amazing sessions a week, from walks in the park to Zumba, and netball to tai chi. So whether you're a fitness freak or a couch potato, from 2 to 102, we've got something for you.

Check out what's on offer:

[Activities for Adults](#)
[Activities for Young People](#)



activehastings

Find out about the sport and play opportunities, facilities and activities in the town.

You can also find out about Active Hastings and the work that they do, how to volunteer in sport and play and more.

Active Hastings regularly produce programmes of sport, wellbeing and fitness events and activities. Click [here](#) for more information.

The Active Hastings Volunteer Network

Aged 14-17? Enjoy Sport? Want to make a difference? Then why not become a Active Hastings Volunteer?

The Active Hastings Volunteer Network is the first step for anyone of any age, to start their volunteer journey in sport and physical activity. The network exists to be a one-stop shop, where volunteers can sign up and be sent information on local opportunities and available training.



Visit [Hastings Online](#) for local information on sports and play, arts and culture, housing, environmental health, education services and much more.

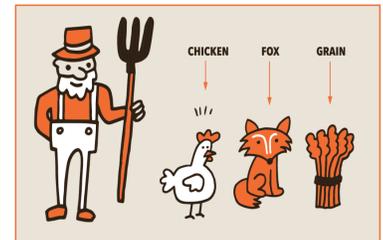
Puzzle Time

Answers

Last month we had some mind-melting puzzles for you to work on. We hope you enjoyed them. The answers are in bold below:

- Two professional athletes decided to work out together. At exactly 6:00pm, they began their workout at their gym. One ran 10 miles at 10 miles per hour, and one cycled 6 miles at 6 miles per hour. Then they both ran at 2.5 miles an hour for 15 minutes. The athletes never took any breaks, and they started at the same time and place. How is it possible that they both finished at exactly the same spot? **They never left the gym**
- Two boys raced 100 meters. Boy A finishes 10-meters ahead of his friend. Boy B demands a rematch and says that boy A needs to start 10-meters behind the start line so that the race is fair, but doing so boy A wins again. **This involves a bit of maths. Let's say that boy A completes the 100m in exactly 10 seconds or 10 metres per second (mps). Boy B is still 10 metres behind so he is travelling at 9 metres p/s. If they race again Boy A will finish in 11 seconds (110m divided by 10) boy B will finish in 11.11 seconds (100 divided by 9)**
- Another easy one - If you have 5 potatoes and need to share them equally among 3 people, how do you do it? There were at least 2 possible answers. **1 - Cut each potato into 3 and give each 5 pieces. Answer 2 - Mash them**

- A farmer had to take a trip crossing a river. He had with him a fox, a hen and some seed. The boat was too small to take more than one at a time. If he left the fox and the hen behind, the fox would eat the hen. If he left the hen and the seed, the hen would eat the seed. **Heres how: On trip 1 he takes the hen and returns empty. On the 2nd trip he takes the seed and returns with the hen. On the 3rd trip he takes the fox and returns empty. On the 4th trip he takes the hen. Now all 3 are on the other side of the river.**



- This is one of my favourites. You have a plastic bottle that holds 5 litres of water and another that holds only 3 litres. By filling and emptying the two bottles it is possible to end up with exactly 4 litres in the larger bottle. There are two ways to do this - **Here's how:**

Method 1

Fill 3L bottle and empty into 5L
 Refill 3L and pour into 5L which leaves 2L in the 3L bottle. Empty the 5L and pour in the 1L from the 3L bottle. Finally, refill the 3L and pour into 5L making exactly 4L in the 5L bottle.

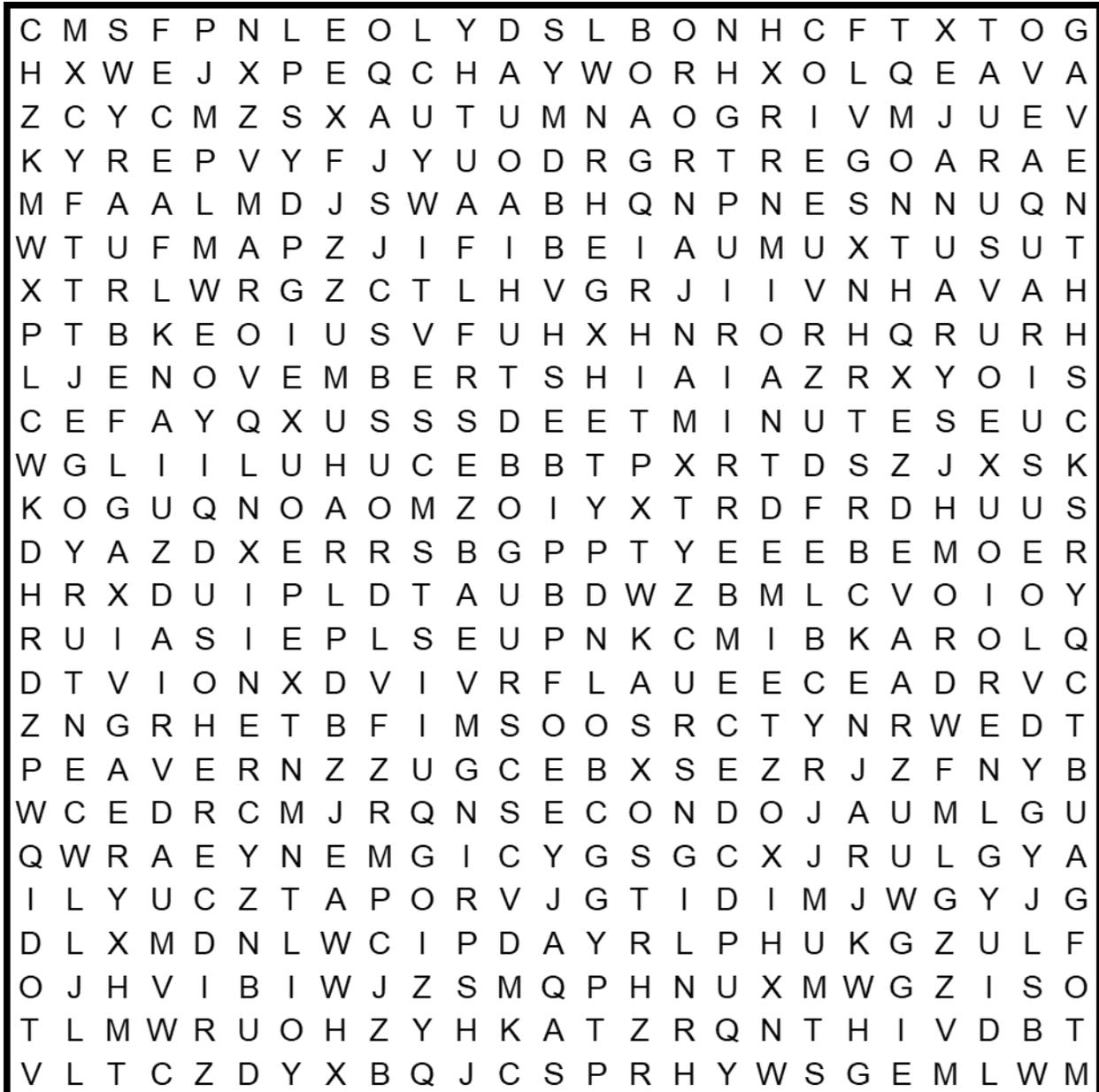


Method 2

Fill 5L bottle and pour into 3L bottle leaving 2L in the 5L bottle. Empty 3L bottle and pour the 2L from the 5L into it. Refill the 5L and pour 1L into the 3L making exactly 4L in the 5L bottle.

Puzzle Time - October

This month we have a printable word search for you. The terms are all about time and astrology. Have fun!



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|----------|-----------|-----------|-----------|-------------|-----------|--------|
| APRIL | CAPRICORN | FORTNIGHT | LEO | MONTH | SCORPIO | VIRGO |
| AQUARIUS | CENTURY | GEMINI | LIBRA | NOVEMBER | SECOND | WEEK |
| ARIES | DAY | HOURL | MARCH | OCTOBER | SEPTEMBER | WINTER |
| AUGUST | DECADE | JANUARY | MAY | PISCES | SPRING | YEAR |
| AUTUMN | DECEMBER | JULY | MILLENNIA | QUARTER | SUMMER | |
| CANCER | FEBRUARY | JUNE | MINUTE | SAGITTARIUS | TAURUS | |

Answer next month!

Beaconsfield Group Practice - Tel: 01424 755355

Beaconsfield Road Surgery (Main site)

**21 Beaconsfield Road, Hastings, East
Sussex, TN34 3TW**

Open - By appointment only



**Beaconsfield Ore Surgery Site
(Satellite site)**

**21 Fairlight Road, Hastings, East Sussex,
TN35 5ED**

Open - By appointment only



The telephone number for both surgeries is 01424 755355

Find us on the internet at
<https://www.beaconsfieldroadsurgery.co.uk>



...and on Facebook - Go to
<https://www.facebook.com>
and search for Beaconsfield Road Surgery Hastings