

Newsletter

Children’s Mental Health Week 2022 - Growing Together

From 7-13 February 2022, schools, youth groups, organisations and individuals across the UK will take part in Children’s Mental Health Week. This year’s theme is **Growing Together**.

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit ‘stuck’.

For [Children's Mental Health Week 2022](#), we will be encouraging children (and adults) to consider how they have grown and how they can help others to grow.

1 in 6 children and young people have a diagnosable mental health problem, and many more struggle with challenges from bullying to bereavement.

Place2Be is a children’s mental health charity with over 25 years’ experience working with pupils, families and staff in UK schools.

They provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. They also offer expert training and professional qualifications.

Children should not have to face mental health problems alone. To find out more about Place2Be and how you can support their work, follow the link to their website: www.place2be.org.uk/



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

SEE PAGE 4

More details can be found on the practice web site.



Blood donors

Who can give blood?

Most people can give blood. You can give blood if you:

- ◆ are fit and healthy
- ◆ weigh between 7 stone 12 lbs and 25 stone, or 50kg and 158kg
- ◆ are aged between 17 and 66 (or 70 if you have given blood before)
- ◆ are over 70 and have given a full blood donation in the last two years



Coronavirus (COVID-19) for Blood Donors

Please keep donating, particularly if you are:

- ◆ Male - men can donate more often than women
- ◆ Black - Ro blood is needed and is a common type for black donors
- ◆ O negative - hospitals need this blood type most regularly, as it can be given to all patients

Our donation centres are open as normal despite coronavirus restrictions. Giving blood and platelets is essential to the NHS and vulnerable patients.

We have new rules about donating after coronavirus. Please read the following information before coming to donate:

[Read our coronavirus rules](#) about donating blood

[Read our latest advice for blood donors](#)

Check you are able to give blood

Use this quick list to [check you can give](#). You can also read some of the [most common eligibility questions](#) we receive from blood donors.





Eating disorders.
#WhyWait.

It is normal to feel scared about talking to someone about your eating disorder.

Visit beateatingdisorders.org.uk to find support today.

Beat
Eating disorders

Share me
Take a photo and tag
#WhyWait on social.

Eating Disorders Awareness Week 2022

Eating Disorders Awareness Week is an international awareness event, fighting the myths and misunderstandings that surround anorexia, bulimia, binge eating disorder and EDNOS.

This year, during Eating Disorders Awareness Week, we asked the question 'Why Wait?'

On average, 149 weeks pass before those experiencing eating disorder symptoms seek help. That's almost three years, 37 months or 1,043 days. On top of this, in a YouGov survey conducted for EDAW, more than one in three adults (34%) in the UK, who gave an answer, could not name any signs or symptoms of eating disorders.

We know the sooner someone gets the treatment they need, the more likely they are to make a full and fast recovery. As well as campaigning to improve the services available, we recognise that we must raise awareness of the signs and symptoms of an eating disorder and encourage and empower people to take action now no matter how long their symptoms have been present.

Eating disorders are complex mental illnesses

Anyone can have one, regardless of their age, gender, ethnicity, or background. In [these pages](#), you can learn more about different diagnoses and what to be aware of if you think you or someone you know may have an eating disorder.

Visit [Beat Eating Disorders](https://beateatingdisorders.org.uk) for help and advice.

From time to time, there are not enough medical or practice articles to fill the newsletter and we have gaps that we need to fill.

Obviously, this is a healthcare publication and so we'd like to try and keep it on topic, but if you have any ideas, you can send them to the email below.

We'd like: Articles, Pictures, Recipes, Puzzles, Reviews, Events and more. Send them to dstanden@iq-consulting.co.uk and include the



Join our active Patient Participation Group

Who are we?

We are a group of individuals who are all patients at this surgery and are interested in maintaining and improving the service we all receive.

Our purpose

Our purpose is to represent the patients and work with the doctors and staff to make sure your views are heard and your suggestions considered.

How do we do that?

We will hold surveys of the people waiting at the surgery when patients views are required.

How to contact us

You can contact us through the surgery website or pick up a leaflet at one of our sites or download it here: [PPG Leaflet](#)

How will we keep you informed?

You can read about any issues that are brought to our attention on the website or on the surgery boards by looking on the website or on the notice boards.

How will we pass on your views?

We have regular meetings with the staff at the surgery, where we can discuss things on your behalf. The minutes are circulated to all members of the group and a summary is displayed on the Surgery notice board. The full minutes are on the website.

What can you do?

You could consider joining the group. See details on joining the group here or in the surgery. Some members give their views exclusively via email. Others meet for about an hour and a half, every month or two.

Maybe you have a particular interest, such as the services for pregnant mums, children, people with certain illnesses, older people or people who work. Perhaps you have skills that could help the group to represent the patients.

We would love to hear from you and tell you more about how you could help us to help the patients and staff at Beaconsfield Road Surgery. If you would like to find out more about PPGs in general, please go to <https://www.eastsussexccg.nhs.uk/get-involved/ppgs/ppgs-in-east-sussex/>

PPG meetings

Meetings have now resumed virtually. The next online meeting is **8th of February 2022 at 7.30pm**

Puzzle Time

Answers

Last month we set a completely new (or at least for this newsletter it is) puzzle type - A coded crossword, where there are no clues, and you have to crack the code to complete the grid. Each letter is represented by a number, and we have reproduced the answers and the code grid below.

	7		13		6		5		1		11		
	T		M		C		O		P		I		
13		11	13	5	14	17		3	10	15	11	18	24
M	I	M	O	S	A			F	L	Y	I	N	G
	10		18		1		3		22		8		
	L		N		P		F		R		V		
3	10	17	20		11	6	16	25	17	7	16	22	
F	L	A	K		I	C	E	W	A	T	E	R	
			16		7		22		13		11		
			E		T		R		M		I		
19	12	22	15	4	5	26		21	11	18	24	15	
J	U	R	Y	B	O	X		D	I	N	G	Y	
	18		1		10		23		21		10		
	N		P		L		Q		D		L		
14	6	22	12	13		1	12	18	14	7	16	22	
S	C	R	U	M		P	U	N	S	T	E	R	
	9		2		14		5		6				
	H		Z		S		O		C				
13	17	22	2	11	1	17	18		9	5	14	7	
M	A	R	Z	I	P	A	N		H	O	S	T	
	14		10		17		21		16		12		
	S		L		A		D		E		U		
17	7	7	16	18	21		17	10	13	5	18	21	
A	T	T	E	N	D		A	L	M	O	N	D	
	16		14		16		13		16		24		
	E		S		E		M		E		G		

1	2	3	4	5	6	7	8	9	10	11	12	13
P	Z	F	B	O	C	T	V	H	L	I	U	M
14	15	16	17	18	19	20	21	22	23	24	25	26
S	Y	E	A	N	J	K	D	R	Q	G	W	X

Puzzle Time - February

This month we have a selection of puzzles for you to ponder, and as always, we will have the answers in next month's edition. Good luck!

	5				
		3	2		
			4		
				3	1
				1	
6	4				

SUDOKU

	1						7	
3				1		8		
				8			4	
	7					1		
					2			8
				4	6		2	
5	4			7		3		
		7		9				5
1			8	6				

Anagrams

- Con Men Stop (9) C _____
- Alone Reap (9) A _____
- Decimal (7) M _____
- Cheat At Kart (5, 6) H _____
- Mined Ice (8) M _____
- Kings Moon (2, 7) N _____

Riddle Me?

1. A person stands 8 feet away from a wall. With each step they cover half the remaining distance from the wall. How many steps will it take to reach the wall?
2. A farmer owns a beautiful pear tree. He supplies the fruit to a nearby grocery store. The store owner calls the farmer to see how much fruit is available for him to buy. The farmer knows the main trunk has 24 branches. Each branch has exactly 12 boughs and each bough has exactly 6 twigs. Since each twig bears one piece of fruit, how many plums will the farmer be able to deliver?
3. The captain of a ship is telling you an interesting story, and then poses a question. He says, "I have travelled the oceans far and wide. One time, two of my sailors were standing on opposite sides of the ship. One was looking west and the other one east. And at the same time, they could see each other clearly. Can you tell me how that was possible?"
4. Sally lives in a place where six months of the year is mild summer and the temperature drops significantly the other six months. She owns a lake where there is a small island. She wants to build a house on the island and needs to get materials there. She doesn't have a boat, plane, or anything to transport them to the island. How does Sally solve this problem?

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