

Newsletter

Our newsletter will be bi-monthly from this edition onwards. We hope you continue to find it useful and we appreciate any constructive feedback to help improve the content.

Heatwave: How to cope in hot weather

Most of us welcome hot weather, but when it's too hot for too long, there are health risks. In England, there are on average 2000 heat related deaths every year. If hot weather hits this summer, make sure it does not harm you or anyone you know.

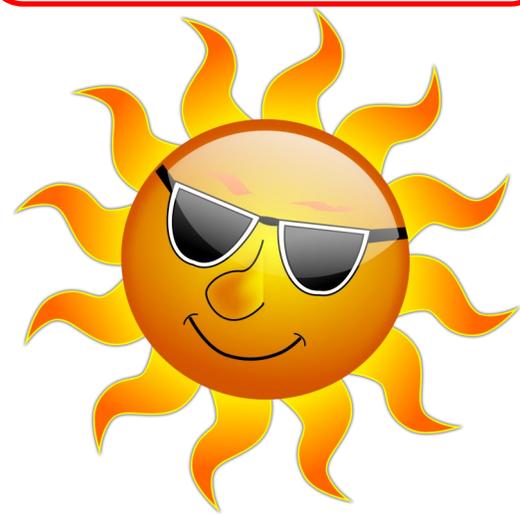
Why is a heatwave a problem?

The main risks posed by a heatwave are:

- Not drinking enough water ([dehydration](#))
- Overheating, which can make symptoms worse for people who already have problems with their heart or breathing
- [Heat exhaustion and heatstroke](#)

A heatwave can affect anyone, but the most vulnerable people are:

- Older people – especially those over 75
- Those who live on their own or in a care home
- People who have a serious or long term illness – including heart or lung conditions, [diabetes](#), [kidney disease](#), [Parkinson's disease](#) or some mental health conditions
- Those who may find it hard to keep cool – babies and the very young, the bed bound, those with drug or alcohol addictions or with [Alzheimer's disease](#)
- people who spend a lot of time outside or in hot places – those who live in a top floor flat, the homeless or those whose jobs are outside



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The Beaconsfield Patient Group is always interested in new members. If you have some time to spare, want to get involved in helping out or have an opinion that you want to share, you can contact us through the [link on the surgery website](#).



Tips for coping in hot weather

- Look out for those who may struggle to keep themselves cool and hydrated – older people, those with underlying health conditions and those who live alone are particularly at risk
- Stay cool indoors – many of us will need to stay safe at home this summer so know how to keep your home cool
- Close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors
- If going outdoors, use cool spaces considerately, keep your distance in line with social distancing guidelines
- Follow coronavirus social distancing guidance and wash your hands regularly
- Drink plenty of fluids and avoid excess alcohol
- Never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- Try to keep out of the sun between 11am to 3pm
- Walk in the shade, apply sunscreen regularly and wear a wide brimmed hat, if you have to go out in the heat
- Avoid exercising in the hottest parts of the day
- Make sure you take water with you, if you are travelling
- If you are going into open water to cool down, take care and follow local safety advice. Remember that while coronavirus restrictions are in place, you will need to follow government guidance to use public spaces safely



If you have concerns about an uncomfortably hot house that's affecting your health or someone else's, get medical advice. You can also get help from the environmental health office at your local authority. They can inspect a home for hazards to health, including excess heat.

[Find your local authority](#)

For more information visit :
[GOV.UK: Heatwave Plan for England](https://www.gov.uk/government/consultations/heatwave-plan-for-england).



World Breastfeeding Week 2022

August 1st — 7th

[Breastfeeding](#) is a skill that takes time to get the hang of. Lots of mums wonder if their baby's feeding well and getting enough - especially in the first few days. But once you've mastered it, you'll probably find it's the easiest and most satisfying way to feed your baby.



WABA | WORLD BREASTFEEDING WEEK 2022

Apart from the fact that breast milk is tailor-made for your baby, contains vitamins and minerals and is always available, it also offers protection from certain infections and helps improve your baby's long-term health. Breastfeeding reduces the risk of SIDS (Sudden Infant Death Syndrome), childhood diabetes and leukaemia.

We're here to provide lots of helpful information and advice on breastfeeding. If you have any breastfeeding worries or concerns, the best thing to do is speak to your midwife or health visitor, or join a [local breastfeeding support group](#).

Breastfeeding Friend from Start for life

The [Breastfeeding Friend](#), a digital tool from Start for Life, has lots of useful information and expert advice to share with you – and because it's a digital tool, you can access it 24 / 7.




**national
breastfeeding
helpline**

0300 100 0212

For confidential breastfeeding information and support, call the [National Breastfeeding Helpline](#) on 0300 100 0212. Lines are open 9:30am to 9:30pm every day.

Why you need vitamin D

To keep bones and muscles healthy, everyone should consider taking a daily vitamin D supplement in autumn and winter, when we cannot make vitamin D from sunlight.

And some people who are at risk of not getting enough vitamin D should take them all year round.

Just 10 micrograms a day is all you need – it's the same for kids and grown-ups.

Vitamin D helps regulate the amount of calcium and phosphate in the body.

A lack of vitamin D can lead to bone deformities such as rickets in children, and bone pain caused by a condition called Osteomalacia in adults.

From about late March/early April to the end of September, most people should be able to make all the vitamin D they need from sunlight.

Eating Disorders

An eating disorder is a mental health condition where you use the control of food to cope with feelings and other situations.

Unhealthy eating behaviours may include eating too much or too little or worrying about your weight or body shape.

Anyone can get an eating disorder, but teenagers between 13 and 17 are mostly affected.

With treatment, most people can recover from an eating disorder.

The most common eating disorders are:

- Anorexia Nervosa – trying to control your weight by not eating enough food, exercising too much, or doing both
- Bulimia – losing control over how much you eat and then taking drastic action to not put on weight
- Binge Eating Disorder (BED) – eating large portions of food until you feel uncomfortably full

Getting help for someone else

It can be difficult to know what to do if you're worried that someone has an eating disorder.

They may not realise they have an eating disorder.

They may also deny it, or be secretive and defensive about their eating or weight. Let them know you're worried about them and encourage them to see a GP. You could offer to go along with them.

Read more about [talking to your child about eating disorders](#) and [supporting someone with an eating disorder](#).

The eating disorder charity [Beat](#) also has information on: [what to do if you're worried about a friend or family member](#) [what to do if you're worried about a pupil](#) [what to do if you're worried about an employee](#) [supporting someone with an eating disorder](#)

Many cases of [tiredness](#) are due to :

- Stress
- Not enough sleep
- Poor diet
- Other lifestyle factors

Try these self-help tips to restore your energy levels.

If you feel you're suffering from fatigue, which is an overwhelming tiredness that isn't relieved by rest and sleep, you may have an underlying medical condition. Consult a GP for advice.



Eat often to beat tiredness

A good way to keep up your energy through the day is to eat regular meals and healthy snacks every 3 to 4 hours, rather than a large meal less often.

Read more about [healthy eating](#).

Get moving

You might feel that exercise is the last thing on your mind. But, in fact, regular exercise will make you feel less tired in the long run, so you'll have more energy.

Even a single 15-minute walk can give you an energy boost, and the benefits increase with more frequent physical activity.

Start with a small amount of exercise. Build it up gradually over weeks and months until you reach the recommended goal of 2 hours 30 minutes of moderate-intensity aerobic exercise, such as cycling or fast walking, every week.

Read more about [starting exercise](#).

Find out the [physical activity guidelines for adults](#).

Lose weight to gain energy

If your body is carrying excess weight, it can be exhausting. It also puts extra strain on your heart, which can make you tired. Lose weight and you'll feel much more energetic.

Apart from eating healthily, the best way to lose weight and keep it off is to be more active and do more exercise.

Read more about [how to lose weight](#).

Sleep well

Many people don't get the sleep they need to stay alert through the day.

The website of the Royal College of Psychiatrists has information on [sleeping well](#).

Tips for sleeping well include:

- Going to bed and getting up in the morning at the same time every day
- Avoiding naps in the day
- Taking time to relax before you go to bed

Reduce stress to boost energy

Stress uses up a lot of energy. Try to introduce relaxing activities into your day.

This could be:

- Working out at the gym
- Yoga or tai chi
- Listening to music or reading
- Spending time with friends

Whatever relaxes you will improve your energy.

Read more about how to [relieve stress](#).



Puzzle Time

Answers

CROSSWORD

The solution to the crossword from the last edition is shown left.



THE RIDDLE

Its 6am, the doorbell rings and you wake up. "Oh No", it's unexpected visitors! Your parents are on your doorstep expecting you to make them breakfast. You have strawberry jam, honey, wine, bread, bacon and cheese. What is the first thing you open?

Easy enough, right?

If you answered the door, to let your parents in, well, you're sweet, but you're oh so wrong.

Plan on opening the fridge? Well, we can be BFFs, but still wrong.

What do you open? Well, as the riddle states, you wake up, so you were asleep. The first thing you open is **your eyes**.

Puzzle Time

1. Mississippi has four S's and four I's. Can you spell that without using S or I?
2. There's a one-story house where everything is yellow. The walls are yellow. The doors are yellow. All the furniture is yellow. The house has yellow beds and yellow couches. What color are the stairs?
3. A girl fell off a 20-foot ladder. She wasn't hurt. How?
4. Grandpa went out for a walk and it started to rain. He didn't bring an umbrella or a hat. His clothes got soaked, but not a hair on his head was wet. How is this possible?
5. You're in a race and you pass the person in second place. What place are you in now?
6. What four-letter word can be written forward, backward, or upside down, and can still be read from left to right?
7. What is at the end of the rainbow?
8. Name three consecutive days without naming any of the seven days of the week.
9. You are in a dark room with a box of matches. On a table are a candle, an oil lamp, and a log of firewood. What do you light first?
10. What word is always spelled wrong?
11. Which letter of the alphabet has the most water?
12. What invention lets you look right through a wall?
13. Where does today come before yesterday?
14. Three doctors all say Robert is their brother. Robert says he has no brothers. Who is lying?
15. What kind of ship has two mates but no captain?
16. I called my dog from the opposite side of the river. The dog crossed the river without getting wet, and without using a bridge, a boat, or a raft. How is that possible?
17. What two words, added together, contain the most letters?
18. I have 13 hearts, but no lungs or stomach. What am I?

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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>



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<https://www.facebook.com>
and search for Beaconsfield Road Surgery Hastings