

Newsletter

Know Your Numbers! Week

Know Your Numbers! Week is the UK's biggest [blood pressure testing](#) and awareness event. This year's campaign will take place from 5-11 September 2022.

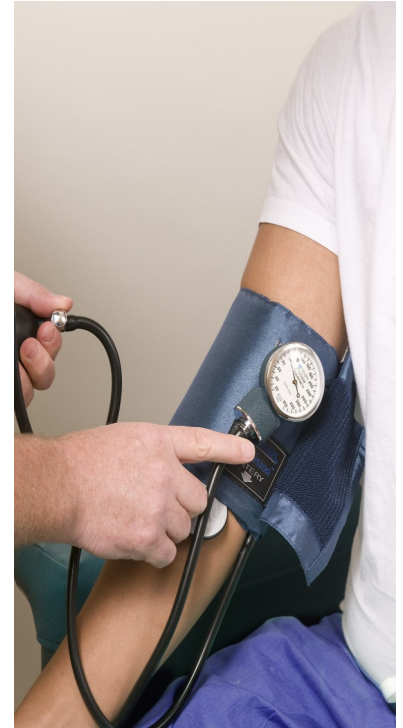
Home blood pressure monitoring is an effective and inexpensive way to keep blood pressure under control and the evidence behind it continues to get stronger. It gives you a way to take control of your health, feel confident and take the pressure off the NHS at the same time, as there's no need to visit your GP, practice nurse or pharmacist in person. It puts you in the driver's seat, and it really can save lives.

We want everyone to Know Their Numbers! and find those with undiagnosed and uncontrolled high blood pressure. We will:

- ◆ **Encourage patients to use a simple and reliable blood pressure monitor to measure their blood pressure at home**
- ◆ **... and take the necessary steps if their reading is considered high**
- ◆ **Raise awareness about the risks of high blood pressure.**

High blood pressure can lead to heart attacks, strokes and other illnesses. Once you Know Your Numbers! you can get support to bring your blood pressure under control and prevent these diseases.

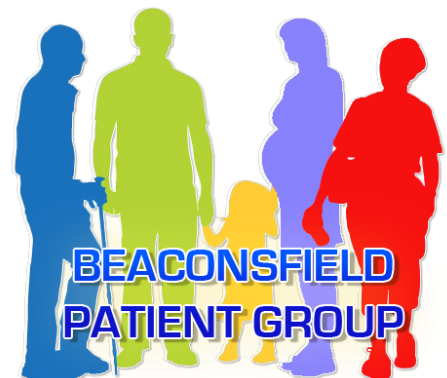
Around a third of people in the UK have high blood pressure, but most don't know it. It doesn't have any symptoms so, the only way to find out is to have a blood pressure check. If you want to check your blood pressure regularly at home, you can buy a digital blood pressure machine.



Inside this issue

| | |
|---------------------------------------|---|
| Know your numbers | 1 |
| Cut down sugar | 2 |
| Help for families with children | 2 |
| Hastings voluntary..... | 3 |
| Balance feature | 4 |
| Puzzle time and answers | 5 |
| Practice contact information | 7 |

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](#).



How to cut down on sugar in your diet

We Britons really do eat too much sugar: **700g** of the sweet stuff a week. That's an average of 140 teaspoons per person.

Added sugars, such as table sugar, honey and syrups, shouldn't make up more than [5% of the energy](#) you get from food and drink each day. That's about 30g a day for anyone aged 11 and older.

Being overweight increases your risk of health problems such as [heart disease](#), some cancers and [type 2 diabetes](#).

For a healthy, balanced diet, we should get most of our calories from other kinds of foods.

Foods, such as starchy foods (wholegrain where possible) and [fruits and vegetables](#), and only eat foods high in free sugars occasionally or not at all.

The [Eatwell Guide](#) shows how much of what we eat should come from each of the main food groups in order to have a healthy, balanced diet.

Learn more about [how to have a balanced diet](#).

Source:
NHS.UK



Support for families with children aged 0 to 19

The Early Help Service 0–19 can help support your family from pregnancy until your child is 19.

The service is made up of East Sussex County Council and NHS professionals, who can offer a wide range of support at your home, from a Children's Centre or a Youth Centre.

We can offer help and support through:

- Health Visiting health clinics and home visits
- Keywork Support
- Family groups at a Children's Centre
- Youth groups at a Youth Centre
- Supporting you to become a volunteer
- Training courses to improve Life Skills

- Support with child Speech and Language
- [Antenatal support \(NHS\)](#)
- [Parenting Advice and Courses](#)

Contact:

Email: [Early Help Service 0–19 enquiries](#) or telephone: **0345 60 80 192**

Find your local Children's Centre and Youth Centre:

<https://www.eastsussex.gov.uk/children-families/childcare/local-childrens-centre>

Source: Hastings Borough Council



Volunteering with Hastings Voluntary

Interested in Volunteering & in Helping Your Local Community?

There are many organisations offering a wide range of volunteering opportunities. From gardening, to music, to supporting people in your community and more. Volunteering is very rewarding!

If you're unsure about what sort of role might be right for you, then you can provide some brief details on our [Volunteering Registration Form](#) and we'll be in touch.

Or, if you've got an idea about what you'd like to do, you can find a list of recent volunteering opportunities [HERE](#).

We also highlight [Volunteering Opportunities of the Month](#). Additionally you can search for, or find out about, volunteering opportunities on the national volunteering website: www.do-it.org

You are also welcome to get in touch with Jane Caley to discuss volunteering opportunities that may be suitable for you. Email jane@hastingsvoluntaryaction.org.uk or phone 01424 444010.

Source: HVA—Hastings Voluntary Action

About Hastings Voluntary Action

The overall purpose of Hastings Voluntary Action (HVA) is to enhance the quality of life of people in the Hastings area by promoting the principle and practice of voluntary action by both individuals and organised groups, and by supporting the development of local initiatives to meet community needs.

To find out more, visit their website:

www.hastingsvoluntaryaction.org.uk/

Balance Awareness Week

Balance exercises

These simple balance exercises can be done at home to help improve your health and mobility.

Do not worry if you have not done much exercise for a while, these balance exercises are gentle and easy to follow.

Wear loose, comfortable clothing and keep some water handy.

Consider doing the exercises near a wall or a stable chair just in case you lose your balance.

Try to do these exercises at least twice a week:

- [sitting exercises](#)
- [flexibility exercises](#)
- [strength exercises](#)

Source NHS.UK

MAKE VESTIBULAR "VISIBLE"

While most people may not be familiar with the word "vestibular" - a system in your inner ear that sends signals to your brain to tell you where you are in space.

Many of us have likely experienced the awkward, sometimes even scary feeling, when we momentarily lose our balance.

Whether it comes on gradually over time or all of the sudden, bouts of dizziness, vertigo, and nausea can make many of life's routine tasks virtually intolerable.

Everyday life – from getting around your house to grocery shopping—becomes a progressively challenging obstacle course to navigate.

Source: Vestibular.org

That's why [VeDA](#) pioneered Balance Awareness Week (BAW) in 1997 - to shine a light on invisible balance disorders.

When everyone is more aware, we can better understand the vestibular patient experience and be empathetic to those who need our support - family, friends, co-workers, and neighbours.

While many balance disorders are incurable, faster and more accurate diagnosis, along with effective coping strategies, can greatly improve quality of life for those who suffer with these invisible chronic illnesses.

Join [VeDA](#) this September 18-24, 2022 for Balance Awareness Week, and together we can support people struggling with dizziness, vertigo and imbalance on their journey toward a life rebalanced.

Common posture mistakes and fixes

Exercises and tips to help alleviate muscle tension caused by poor sitting and standing habits.

If you have back pain, improving your posture is unlikely to address the root cause of your pain, but it may help alleviate muscle tension.

Follow the [link](#) for advice and videos on how to improve your posture or visit NHS.UK.

Do you need support to use the NHS App?

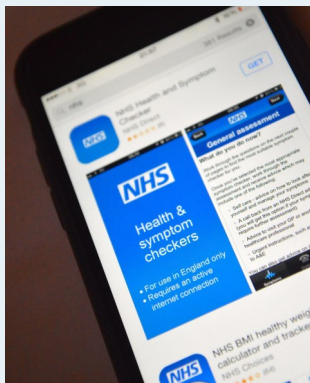
Free NHS App and digital skills training for patients in East Sussex

The Digital First programme has partnered with East Sussex Library Service to provide free NHS App and general digital skills training and support for patients in East Sussex.

The training is through the IT for You service and takes place in the libraries in East Sussex.

Patients can book in for one-to-one support to download and register on the NHS App as well as other digital skills support.

Patients can call 01323 463759 to book themselves onto a session, or via the [link](#).



Flu Clinics 2022

We are currently making plans for our Flu Clinics this year and we will be offering co-administration of both flu and COVID vaccines.

We are aiming to give both vaccines at the same time for patient convenience. Clinics will start in October and more details will follow nearer the time.

These vaccines will be offered to 'over 50s' and 'at risk' groups and you will be notified and invited in for an appointment.

Flu vaccine and coronavirus (COVID-19)

Flu vaccination is important because:

- more people are likely to get flu this winter as fewer people will have built up natural immunity to it during the COVID-19 pandemic

- if you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill
- getting vaccinated against flu and COVID-19 will provide protection for you and those around you for both these serious illnesses

If you've had COVID-19, it's safe to have the flu vaccine. It will still be effective at helping to prevent flu.

Please check our website for updates on our Flu Clinics:

www.beaconsfieldroadsurgery.co.uk/services/flu-clinics-2021-22/



Join our Patient Group

The Patient Participation Group are individuals who are all patients at this surgery and are interested in maintaining and improving the service received. Their purpose is to represent the patients and work with the doctors and staff to make sure your views are heard and your suggestions considered.

Perhaps you have skills that could help the group to represent the patients. You could consider [joining the group](#). See details on joining the group [here](#) or in the surgery.

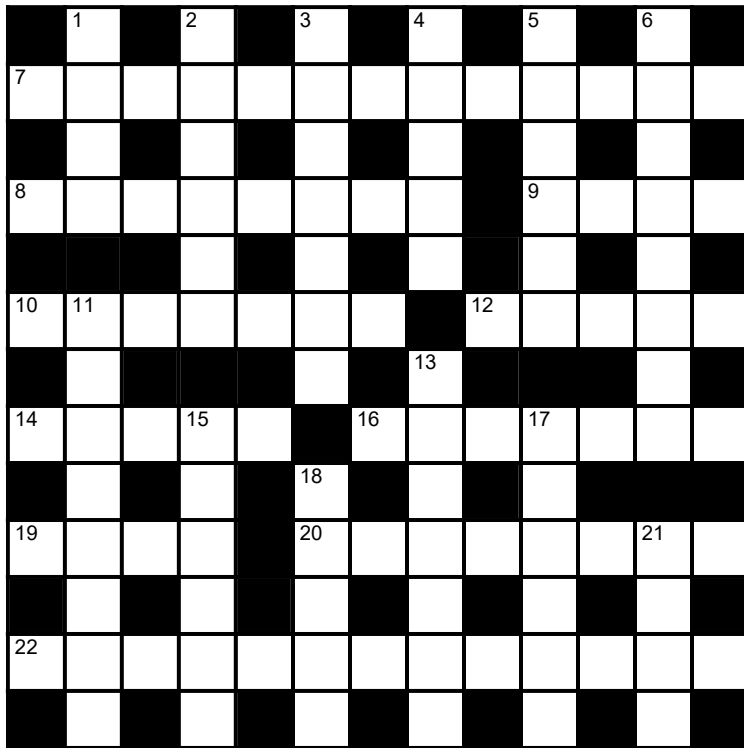
Puzzle Time

Answers

1. Mississippi has four S's and four I's. Can you spell that without using S or I? **Yes, T H A T.**
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?
There are no stairs, it's a bungalow.
3. A girl fell off a 20-foot ladder. She wasn't hurt. How? **She was on the bottom rung.**
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? **He is bald.**
5. You're in a race and you pass the person in second place. What place are you in now? **Second place. You didn't pass the leader, so you are in second.**
6. What four-letter word can be written forward, backward, or upside down, and can still be read from left to right? **NOON.**
7. What is at the end of the rainbow? **The letter W.**
8. Name three consecutive days without naming any of the seven days of the week. **Yesterday, Today and Tomorrow.**
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? **The match of course.**
10. What word is always spelled wrong? **Wrong.**
11. Which letter of the alphabet has the most water? **The C**
12. What invention lets you look right through a wall? **A window.**
13. Where does today come before yesterday? **In a dictionary.**
14. Three doctors all say Robert is their brother. Robert says he has no brothers. Who is lying? **Nobody, he has 3 sisters who are all doctors.**
15. What kind of ship has two mates but no captain? **A relationship**
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? **Frozen river.**
17. What two words, added together, contain the most letters? **There are several answers to this one. Alpha - Bets, Post Office, Pillar Box, Post Box. All good answers.**
18. I have 13 hearts, but no lungs or stomach. t am I? **A deck of cards.**

Now turn overleaf for this month's puzzle.

Puzzle Time

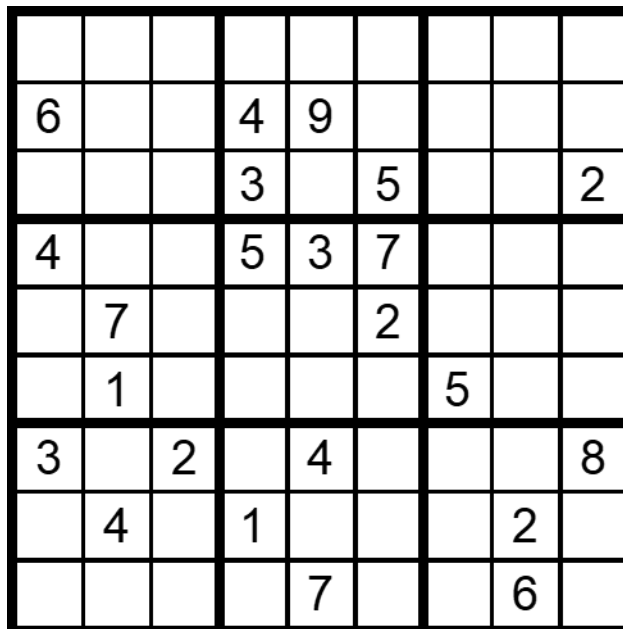


Across

- 7 A film by another name (6,7)
- 8 Connected (8)
- 9 Cuts off (4)
- 10 Service post-mortem (7)
- 12 Bitter (5)
- 14 English exam finale, often (5)
- 16 Spending spree (7)
- 19 Nastiness (4)
- 20 Drops from above (8)
- 22 Mixed union ceremony (13)

Down

- 1 Debatable (4)
- 2 Fodder or hay (6)
- 3 Brainiac (7)
- 4 Lightheaded (5)
- 5 Emphatic, in a way (6)
- 6 Swathe (8)
- 11 Pinochio perhaps? (8)
- 13 Deductive (1,6)
- 15 Flower (6)
- 17 Biased (6)
- 18 Body build (5)
- 21 Balcony section (4)



Answers will appear in the next edition

Beaconsfield Group Practice - Tel: 01424 755355

Beaconsfield Road Surgery (Main site)

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



Beaconsfield Ore Surgery Site (satellite site)

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



- * Our doors are now open on a trial basis.
- * We would request that patients still wear a face covering.
- * Appointments for on-the-day CANNOT be booked on Reception; please could patients telephone our dedicated specialist appointment line.
- * Prescriptions are not to be collected at Reception, they will be sent to the nominated pharmacy.

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