



*Boultham Park  
Medical Practice  
Winter Edition 2022*





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## Editorial

Welcome to this Winter 2022 edition of the Boutham Park Medical Practice newsletter which contains lots of useful information. You are welcome to take a copy home with you, however, an electronic copy is also available on the Boutham Park Medical Centre webpage for you to download.

What a year 2022 has been for us all! We managed to return to some sort of normality after two years of COVID but this year brought us the conflict in Ukraine which has impacted the world commercially. The knock on effect is the soaring prices of gas and oil and the increase to the cost of living. It goes without saying that is important to keep warm over the winter period and if you have elderly relatives or neighbours, please keep a check on them too. Added to this we have increasing cases of Strep A.

**Check out the articles on Strep A and Available Help and Ways to save in these hard times**

When visiting the Practice it is important that you continue to wear your face coverings, so that we continue to protect our medical staff. This is still a requirement and there are plenty of posters reminding patients to do so. **Although most patients do wear their face coverings, there have been too many incidents of involving patients attending the Practice refusing to wear face coverings citing they are exempt.** This has led to unnecessary confrontation with staff who are trying to protect themselves as well as the other patients.

It is still a fact that the Practice staff are struggling to meet the demands put on them by politicians and the media. Whilst most patients are polite, there has still been a number of patients who are abusive towards the staff. **We should be supporting the staff** as best we can at all times. Remember, they are there to help us.

Please recognise the added strains put on the Practice in that they are now responsible for delivering more of the COVID vaccination. The Practice has not been given additional staff to do this but have to fit this in with delivering the annual flu vaccination and other routine medical requirements. Believe it or not – there are patients who then don't even bother turning up for their appointments without a legitimate excuse. There is some interesting statistics in this newsletter which is worth reading. **We need to give our support to the Practice – not disrupt it!**

One way the Practice is trying to increase appointment availability and to save appointment times with the doctors (so that they are available for those who really need them) is to triage the calls received by the receptionists. They are not being nosy but doing their job. Remember – if they give you an appointment to see a Practice Nurse, the Nurse will refer you to one of the doctors if they assess that you need to see one – sometimes this can mean you see a doctor quicker!

**I would also like to take this opportunity to ask for volunteers to join the PPG. We are always looking for new members. The purpose of the PPG is to promote co-operation between the Boutham Park Medical Practice (BPMP) Patients', the Partners and Practice Staff, plus the Lincolnshire Integrated Care Board (ICB) to the benefit of all parties**  
**If you are interested then please email [bouthamppg@gmail.com](mailto:bouthamppg@gmail.com)**

Finally, the Practice staff and your Patient Participation Group wish you all warm, festive greetings for the season.

**Merry Christmas!**

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Also – look out for our PPG Facebook page which contains useful information.



## Prescriptions over the Christmas Period



Christmas is coming – so please plan ahead and make sure that you order your repeat prescriptions in good time. We need at least 2 working days to process your prescription requests. However, these are now created electronically and sent directly to your nominated pharmacy. Please also remember that we cannot accept the third party ordering prescriptions.

This means that patients cannot use pharmacies or other organisations to send us requests for their medication. Prescription Requests must be submitted either from your online account, in writing or by using your repeat medication list on the right hand side of your prescription / token. By far the easiest, quickest and most secure way of ordering repeat medication is via our online service. Details on how to register for online services are available at reception.

As well as the surgery being closed for specific periods over the Christmas, so will the local pharmacies. So please give some thought to ensure you order your medications so that you are able to collect them from your nominated pharmacy.



## Opening Times over the Christmas Period

We will be open over the Christmas and New Year periods as follows:

Friday	23 <sup>rd</sup> December 2022	0800-1830
Saturday	24 <sup>th</sup> December 2022	<b>Closed</b>
Sunday	25 <sup>th</sup> December 2022	<b>Closed</b>
Monday	26 <sup>th</sup> December 2022	<b>Closed</b>
Tuesday	27 <sup>th</sup> December 2022	<b>Closed</b>
Wednesday	28 <sup>th</sup> December 2022	0800-1830
Thursday	29 <sup>th</sup> December 2022	0800 -1830
Friday	30 <sup>th</sup> December 2022	0800 -1830
Saturday	31 <sup>st</sup> December 2022	<b>Closed</b>
Sunday	1 <sup>st</sup> January 2023	<b>Closed</b>
Monday	2 <sup>nd</sup> January 2023	<b>Closed</b>
Tuesday	3 <sup>rd</sup> January 2023	<b>Closed</b>
Wednesday	4 <sup>th</sup> January 2023	0800 -1830

When the surgery is closed, please only use the hospital accident and emergency department for genuine accidents and emergencies ensuring you observe national guidance which is being updated regularly by Public Health England. Coughs, colds and minor ailments **are not** normally emergencies and should not ordinarily be taken to A&E. The **NHS 111** service provides advice and guidance and can direct you to appropriate services when we are closed. Local pharmacies can also provide advice and over the counter medicines.





## Appointment Statistics

The following information is for the last year (From 1<sup>st</sup> November 2021-to 31<sup>st</sup> October 2022).

71% of appointments were Face to Face. The majority of these were as a result of telephone calls requested by patients.

Did Not Attend (DNA) rate was 3.6%. On the weekends of mass flu clinics where the staff come in on their days off (Including the whole nursing team plus Practice Manager, Receptionists and a GP) the Did Not Attend rates unfortunately hit highs of 7.2% and 8%!

Some of the COVID clinics Did Not Attend rates also hit the same sort percentages.

Appointments Summary		
<small>Numbers in blue show appointments per thousand registered patients</small>		
Total appointments	Registered patients	Face to face appointments
60,502 <small>5,897</small>	10,259	43,051 <small>4,196</small>
Appointments booked to GP	DNA appointments	Appointments on the same day
24,179 <small>2,357</small>	2,199 <small>214</small>	25,283 <small>2,464</small>

## Diabetes



Diabetes is expensive. It costs the NHS £10 billion each year. But this is mainly because its complications, things like amputation, blindness, kidney failure and stroke, cost a lot of money. And the cost pressure that diabetes puts on the NHS is projected to get worse. But acting early to prevent complications developing and treating them as early as possible both limits their impact on the person's life and saves the NHS money. There are a series of opportunities to improve care for people with diabetes while cutting costs or providing very highly cost effective care.

Of course, the best way to reduce the cost of diabetes is to prevent **Type 2 diabetes** in the first place. Lifestyle, in particular diet, alcohol and exercise play a significant part in the preventing of Type II diabetes. One You Lincolnshire can offer help and support to those who are keen to look after their own health. Check out the web page by clicking this link: [Home | One You Lincolnshire](#)

See more about them later in this newsletter.

## Strep A

### Symptoms of a strep A infection

Common symptoms of strep A include:

- [Flu-like symptoms](#), such as a high temperature, swollen glands or an aching body
- [Sore throat](#) (strep throat or [tonsillitis](#))
- A rash that feels rough, like sandpaper ([scarlet fever](#))
- Scabs and sores ([impetigo](#))
- Pain and swelling ([cellulitis](#))
- Severe muscle aches
- Nausea and vomiting

Most strep A infections are not serious and can be treated with antibiotics.

But rarely, the infection can cause serious problems. This is called invasive group A strep (iGAS).

### What to do if your child is unwell

It can be difficult to tell when a child is seriously ill, but the main thing is to trust your instincts. You know better than anyone else what your child is usually like, so you'll know when something is seriously wrong.

If your child does not seem to be seriously ill, you can usually look after them at home. They should feel better in a few days.

If they're uncomfortable, you can give them [children's paracetamol](#) or [children's ibuprofen](#). Check the leaflet to make sure the medicine is suitable for your child and to see how much to give them.

See more advice about:

- [High temperature in children](#)
- [Sore throat](#)
- [Rashes in babies and children](#)

### Urgent advice: Get an urgent GP appointment or get help from NHS 111 if:

- Your child is unwell and is getting worse
- Your child is feeding or eating much less than normal
- Your child has fewer wet nappies than usual or is peeing less than usual, or shows other signs of dehydration
- Your baby is under 3 months and has a temperature of 38C, or is 3 to 6 months and has a temperature of 39C or higher
- Your child is very tired or irritable

It's important to trust your instincts if your child is unwell. Get medical help if you think you need it. [Check symptoms on 111 online](#) for children aged 5 and over) or call 111 (for children under 5).

## Immediate action required: Call 999 or go to A&E if:

- Your child is having difficulty breathing - they may make grunting noises, or you may notice their tummy sucking under their ribs
- There are pauses when your child breathes
- Your child's skin tongue or lips are blue or grey – on black or brown skin this may be easier to see on the pals of their hands or the soles of the feet
- Your child is floppy and will not wake up or stay awake

Click on the following link to [Find your nearest A&E](#)

## Treatments for a strep A infection

Most strep A infections can be easily treated with [antibiotics](#).

If you or your child has a strep A infection, you should stay away from nursery, school or work for 24 hours after you start taking antibiotics. This will help stop the infection spreading to other people.

Serious strep A infections (invasive group A strep, iGAS) need to be treated in hospital with antibiotics.

## How you get Strep A infections

Strep A infections are spread by close contact with an infected person. They can be passed on through coughs and sneezes or from a wound.

In some people, the bacteria live in the body without causing symptoms or making them feel unwell. But they can still pass the bacteria on to others.

Things that might make you more at risk of strep A infections include:

- a weakened immune system
- open sores or wounds
- some viral infections, such as a cold or flu

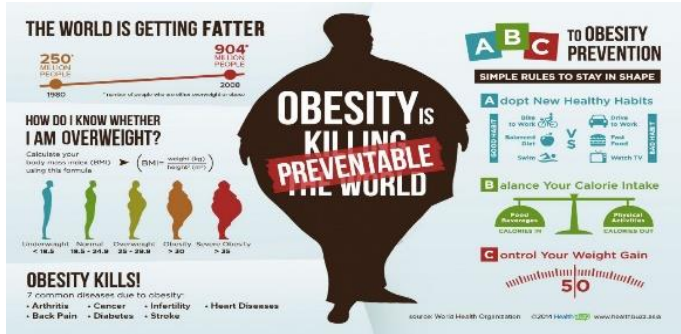
## How to avoid getting infections

Infections like strep A can easily be spread to other people. To reduce the chance of catching or spreading an infection:

- wash your hands often with soap and water
- cover your mouth and nose with a tissue when you cough or sneeze
- bin used tissues as quickly as possible

[Find out how to wash your hands to prevent the spread of germs](#)

# Obesity



The most widely used method to check if you're a healthy weight is the body mass index (BMI). BMI is a measure of whether you're a healthy weight for your height. You can use the NHS [BMI healthy weight calculator](#) to work out your score.

For most adults, a BMI of:

- 18.5 to 24.9 means you're a healthy weight
- 25 to 29.9 means you're overweight
- 30 to 39.9 means you're obese
- 40 or above means you're severely obese



It's very important to take steps to tackle obesity because, as well as causing obvious physical changes, it can lead to a number of serious and potentially life-threatening conditions. These include:

- [Type 2 diabetes](#)
- [Coronary heart disease](#)
- Some types of cancer, such as [breast cancer](#) and [bowel cancer](#)
- [Stroke](#)

Obesity can also affect your quality of life and lead to psychological problems, such as [depression](#) and low self-esteem

### Treating Obesity:

The best way to treat obesity is to eat a healthy reduced-calorie diet and [exercise regularly](#). To do this, you should:

- Eat a balanced calorie-controlled diet as recommended by a GP or weight loss management health professional (such as a dietitian)
- Join a local weight loss group
- Take up activities such as fast [walking](#), [jogging](#), [swimming](#) or tennis for 150 to 300 minutes (2.5 to 5 hours) a week
- Eat slowly and avoid situations where you know you could be tempted to over eat

You may also benefit from receiving psychological support from a trained healthcare professional to help change the way you think about food and eating.



## Smoking



Smoking is one of the biggest causes of death and illness in the UK.

Every year around 78,000 people in the UK die from smoking, with many more living with debilitating smoking-related illnesses.

Smoking increases your risk of developing more than 50 serious health conditions.

Some may be fatal and others can cause irreversible long-term damage to your health. You can become ill:

- if you smoke yourself
- if people around you smoke (passive smoking)

### Smoking health risks

Smoking causes around 7 out of every 10 cases of [lung cancer](#) (70%). It also causes [cancer](#) in many other parts of the body, including the:

- mouth/throat/voice box (larynx)
- oesophagus (the tube between your mouth and stomach)
- bladder
- bowel
- cervix
- kidney
- liver
- stomach
- pancreas

Smoking damages your heart and your blood circulation, increasing your risk of developing conditions such as:

- [Coronary heart disease](#) and [Heart attack](#)
- [Stroke](#)
- [Peripheral vascular disease \(damaged blood vessels\)](#)
- [Cerebrovascular disease \(damaged arteries that supply blood to your brain\)](#)

Smoking also damages your lungs, leading to conditions such as:

- [Chronic Obstructive Pulmonary Disease \(COPD\)](#), which incorporates [bronchitis](#) and [emphysema](#)
- [Pneumonia](#)

Smoking can also worsen or prolong the symptoms of respiratory conditions such as [asthma](#), or [respiratory tract infections](#) such as the [common cold](#).

In men, smoking can cause [impotence](#) because it limits the blood supply to the penis and it can also reduce the fertility of both men and women.

## Health Risks of Passive Smoking

Definition: Second-hand smoke comes from the tip of a lit cigarette and the smoke that the smoker breathes out.

Breathing in second-hand smoke, also known as passive smoking, increases your risk of getting the same health conditions as smokers.

For example: If you have never smoked but you have a spouse who smokes, your risk of developing lung cancer increases by about a quarter.

Babies and children are particularly vulnerable to the effects of second-hand smoke. A child who's exposed to passive smoke is at increased risk of developing chest infections, [meningitis](#), a persistent [cough](#) and, if they have [asthma](#), their symptoms will get worse.

They're also at increased risk of [cot death](#) and an ear infection called [glue ear](#).

Read more about [Passive smoking](#).

## Health Risks of Smoking during Pregnancy

If you smoke when you're pregnant, you put your unborn baby's health at risk, as well as your own.

Smoking during pregnancy increases the risk of complications such as:

- [Miscarriage](#)
- [Premature \(early\) birth](#)
- A low birth weight baby
- [Stillbirth](#)

## Alcohol Misuse



Alcohol misuse is when you drink in a way that's harmful, or when you're dependent on alcohol. To keep health risks from alcohol to a low level, both men and women are advised not to regularly drink more than 14 units a week

A unit of alcohol is 8g or 10ml of pure alcohol, which is about:

- Half a pint of lower to normal-strength lager/beer/cider (ABV 3.6%)
- A single small shot measure (25ml) of spirits (25ml, ABV 40%)
- A small glass (125ml, ABV 12%) of wine contains about 1.5 units of alcohol.

[Find out more about alcohol units](#)

## Low-Risk Drinking Advice

To keep your risk of alcohol-related harm low:

- Men and women are advised not to drink more than 14 units of alcohol a week on a regular basis
- If you drink as much as 14 units a week, it's best to spread this evenly over 3 or more days
- If you're trying to reduce the amount of alcohol you drink, it's a good idea to have several alcohol-free days each week
- If you're pregnant or trying to become pregnant, the safest approach is to not drink alcohol at all to keep risks to your baby to a minimum

Regular or frequent drinking means drinking alcohol most days and weeks. The risk to your health is increased by drinking any amount of alcohol on a regular basis.

## Risks of Alcohol Misuse

### Short Term

The short-term risks of alcohol misuse include:

- Accidents and injuries requiring hospital treatment, such as a [head injury](#)
- Violent behaviour and being a victim of violence
- Unprotected sex that could potentially lead to unplanned pregnancy or [sexually transmitted infections \(STIs\)](#)
- Loss of personal possessions, such as wallets, keys or mobile phones
- [Alcohol poisoning](#) – this may lead to vomiting, fits (seizures) and falling unconscious

People who [binge drink](#) (drink heavily over a short period of time) are more likely to behave recklessly and are at greater risk of being in an accident.

### Long Term

Persistent alcohol misuse increases your risk of serious health conditions, including:

- [Heart disease](#)
- [Stroke](#)
- [Liver disease](#)
- [Liver cancer](#)
- [Bowel cancer](#)
- [Mouth cancer](#)
- [Breast cancer](#)
- [Pancreatitis](#)

As well as causing serious health problems, long-term alcohol misuse can lead to social problems for some people, such as unemployment, divorce, [domestic abuse](#) and homelessness.

If someone loses control over their drinking and has an excessive desire to drink, it's known as dependent drinking (alcoholism). Dependent drinking usually affects a person's quality of life and relationships, but they may not always find it easy to see or accept this.

Severely dependent drinkers are often able to tolerate very high levels of alcohol in amounts that would dangerously affect or even kill some people.

A dependent drinker usually experiences physical and psychological withdrawal symptoms if they suddenly cut down or stop drinking, including:

- Hand tremors – "the shakes"
- Sweating
- Seeing things that are not real (visual [Hallucinations](#))
- [Depression](#)
- [Anxiety](#)
- Difficulty sleeping ([insomnia](#))

This often leads to "relief drinking" to avoid withdrawal symptoms.

[Find out more about the risks of alcohol misuse](#)

## Am I drinking too much alcohol?

You could be misusing alcohol if:

- You feel you should cut down on your drinking
- Other people have been criticising your drinking
- You feel guilty or bad about your drinking
- You need a drink first thing in the morning to steady your nerves or get rid of a [hangover](#)

Someone you know may be misusing alcohol if:

- They regularly drink more than 14 units of alcohol a week
- They're sometimes unable to remember what happened the night before because of their drinking
- They fail to do what was expected of them as a result of their drinking (For example: Missing an appointment or work because they're drunk or hungover)

## Where do I get help?

We all know giving up the things we think we enjoy is not easy and very often help and support is needed. **This is where you can get help and support (details are also on our practice Website under self-help/referrals)**



## Stop smoking

You're up to four times more likely to quit smoking with the support of [One You Lincolnshire](#). Their team of specialist stop smoking advisors offer face to face and telephone support alongside Nicotine Replacement Therapies to give you the best possible chance of going smoke free for good.

## Lose weight

Their weight loss programmes are open to Lincolnshire residents with a long term condition and a BMI over 30. (Check your BMI [here](#)) They know what works for one person to lose weight doesn't always work for the next person so their team of health care professionals have carefully developed a range of programme options to ensure you have the best possible chance of success.

## Get Active

Their team of dedicated physical activity coaches are on hand with a range of 1:1 and group sessions designed to get you moving more and achieving the recommended 150 minutes of physical activity per week.

In addition to their in-house programmes, they also offer their 'Get Healthy, Get Active' programme which provides a number of links with community based activity programmes such as Pilates, aqua aerobics and walking football. **SIGN UP NOW!**

## Drink Less

Their Drink Less programme is for anyone drinking over 14 units per week and looking to reduce their alcohol intake to within the recommended levels or abstain for good.

In addition to 1:1 and group sessions, they also offer digital and remote support through various programmes

## Home Fire Safety

During the winter season we spend a lot more time indoors and it's easy to forget to be careful when doing things on a regular basis. It's when we forget to be careful when it may result in a home fire.

### Kitchen Safety

Kitchens and cooking are the main causes of house fires.



#### To keep your kitchen safe:

- consider fitting a heat alarm in your kitchen
- do not cook if you have been drinking alcohol, or taking drugs or medication
- keep the grill clean to avoid a build-up of fat or food
- check that your toaster is clean and away from curtains or cupboards
- avoid leaving oven gloves or tea towels on, or near, your hob and oven

#### While you are cooking:

- avoid being distracted. If you need to leave the hob, take the pans off the heat
- turn saucepan handles so they do not stick out or are over another ring
- take care if you are wearing loose clothing as it could catch fire
- do not put metal in the microwave
- always double check the hob is turned off when finished

#### Deep fat fryers

It is safer to use a thermostatically controlled deep fat fryer to cook chips or use the oven.

If you choose to deep fat fry:

- never fill a chip pan more than a third full of oil
- turn off the heat and leave the oil to cool if it starts to smoke

***In the case of a chip pan fire, turn off the heat (if it is safe), get out and call 999.***

***Never use water on a chip pan fire, as it will explode.***

## Heaters and Electric Blankets



Central heating, portable heaters and electric blankets can cause fires. To reduce your risk, you must maintain and use them correctly.

For all heating, you must also get an audible carbon monoxide alarm.

You should know the [symptoms of carbon monoxide poisoning and what to do](#). See Below

### For central heating:

- have your boiler serviced annually
- check for warning signs that your appliances are not working properly

### For portable heaters:

- do not sit too close (keep them at least 1m away)
- keep them away from curtains and furniture
- do not buy them second hand
- do not dry washing near or on them
- make sure they are on a flat surface and cannot fall over easily

### For electric blankets:

- read the instructions and warnings provided by the manufacturer
- replace them every 10 years
- replace them if you notice any damage, such as frays or burns
- do not fold them as it can damage the wiring
- do not get them wet

## Carbon Monoxide

The symptoms of carbon monoxide poisoning are not always obvious especially with low-level exposure. A tension type headache is the most common symptom of mild carbon monoxide poisoning. Other symptoms include:

- dizziness
- feeling sick
- tiredness and confusion
- stomach pain
- shortness of breath and difficulty breathing

The symptoms of exposure to low levels of carbon monoxide can be similar to those of food poisoning and flu. But unlike flu, carbon monoxide poisoning does not cause a high temperature.

The symptoms can gradually get worse with prolonged exposure to carbon monoxide, leading to a delay in diagnosis. However, your symptoms may be less severe when you're away from the source of carbon monoxide. If this is the case, you should investigate the possibility of a carbon monoxide leak and ask a suitably qualified professional to check any appliances you think may be faulty and leaking gas.

The longer you inhale the gas, the worse your symptoms will be. You may lose balance, vision and memory and, eventually, you may lose consciousness. This can happen within 2 hours if there is a lot of carbon monoxide in the air.

### Treating Carbon Monoxide Poisoning

Seek medical advice from your GP if you think you have been exposed to low levels of carbon monoxide.

Go to your local A&E straight away if you think you have been exposed to high levels

Your symptoms will often indicate whether you have carbon monoxide poisoning, but a blood test will confirm the amount of carboxyhaemoglobin in your blood. A level of 30% indicates severe exposure.

People who smoke can often have higher than normal levels of carboxyhaemoglobin in their blood which can sometimes make it difficult to interpret results.

Mild carbon monoxide poisoning does not usually need hospital treatment, but it's still important that you seek medical advice.

Your house will also need to be checked for safety before anyone returns.

For more information take a look at the following:

<https://www.nhs.uk/conditions/carbon-monoxide-poisoning/>

**You can always install a Carbon Monoxide alarm**





## Electrical Safety



Electricity can kill or injure people and cause damage to property. There are steps you can take to reduce the risk of electrical accidents in your home.

### For cables and plugs:

- do not overload sockets with too many appliances
- keep an eye out for fraying power leads
- switch off and unplug appliances when not in use, unless designed to stay on
- never charge or place electrical equipment under pillows or blankets

### To avoid house fires due to electrical appliances:

- register your appliances at <https://www.registermyappliance.org.uk/> This will let you know of any safety repairs or recalls
- make sure your electrical appliances are not near water
- have them serviced once a year
- do not leave washing machines, tumble dryers or dishwashers on when you are out or asleep
- beware of fake products as they may not meet safety requirements

For more electrical home safety advice, visit the following webpage:

<https://www.electricalsafetyfirst.org.uk/guidance/safety-around-the-home/>

## Smoking and Vaping

More people die in fires caused by smoking than any other causes.



If you do smoke in your home:

- do not smoke if you are tired or in bed
- do not leave cigarettes alight
- double check your cigarette is stubbed out
- use a proper ash tray which has water in
- do not leave matches or lighters within reach of children
- make sure you have working smoke alarms and test them

To reduce your risk of fire or accident whilst vaping:

- only use the charger supplied with your vaping kit
- read the instructions and warnings provided by the manufacturer
- do not over-tighten the screwed connection to the battery
- do not leave your e-cigarette on charge overnight or unattended
- only buy chargers with the CE mark

## Candle Safety



Candles are often used for birthdays, family occasions and religious festivals.

It is safer to use battery-powered candles. If you do use anything with a naked flame, it should be treated with care. You should:

- never leave a burning candle unattended
- always keep candles away from soft furnishings
- make sure candles are secured in a proper holder, on a heat-resistant surface
- keep candles out of reach of animals and children
- keep candles away from hair and clothing
- check that you extinguish candles after use
- keep lighters and matches are out of the reach of children
- never move a lit candle

## Chimney Safety



Chimney fires are usually due to poor maintenance or a blocked flue. The risk of having a chimney fire reduces when chimneys are swept regularly. It also reduces the risk of a build-up of carbon monoxide.

How often you should sweep your chimney depends on the type of fuel you use. The recommendations are:

- smokeless fuels – once a year
- coal – twice a year
- wood – four times a year
- oil – once a year
- gas – once a year

For more safety advice or to find an approved chimney sweep, visit the National Association for Chimney Sweeps. <https://nacs.org.uk/advice>



## Connect to Support



**Connect to Support Lincolnshire** is an online information and advice library, community directory and marketplace for adults in Lincolnshire. The website is intended for adults who want to find out about local groups, activities and services within the community.

Connect to Support Lincolnshire will provide people with a range of options on how care, support, health and community services can be accessed. Alongside the website, it will offer remote support by telephone, email, and web chat.

The site provides an online directory of providers and services, alongside information and advice content pages.

The website can be accessed at: <https://lincolnshire.connecttosupport.org/>

## Mental Health

### Staying Safe Website

The Staying Safe website is a potentially life-saving resource developed by 4 Mental Health with invaluable input from people who have survived suicidal thoughts and those personally affected by suicide through bereavement. [StayingSafe.net](http://StayingSafe.net) offers compassion, kindness and easy ways to help keep people safer from thoughts of harm and suicide, seek support and discover hope of recovery through powerful videos from people with personal experience.

The website provides vital 'Safety Plan' guidance tools with easy to print / online templates and guidance video tutorials purposefully designed to help people through the process of writing their own Safety Plan. A Safety Plan helps to build hope, identify actions and strategies to resist suicidal thoughts and develop positive ways to cope with stress and emotional distress. Everyone is encouraged to PREPARE for possible difficult times ahead BEFORE they happen, by completing a Safety Plan.

During times of deep distress, Safety Plans become a vital and valuable reminder of:

- What people can do for themselves to get through difficult times
- Practical ways they can make their situation safer
- Who to contact for support
- Where to go or who to contact in an emergency

It is **4 Mental Health's** hope that anyone currently in extreme distress can share our hope that recovery is possible with the right support and that one day keeping a Safety Plan will be common-place and regarded an extension of wellbeing and self-care.



## Do you struggle to access public transport?

The DialaRide service provides accessible and affordable transport to our local community. Users of the service can be anyone who has a difficulty accessing public transport. It dedicates itself to improving the quality of life and promoting the social inclusion and independence of those individuals that are disadvantaged through age and/or disability. We can transport all types of mobility equipment.

If you live within a 10-mile radius of Lincoln City centre, you can register to use our service. Once registered you can request to be taken anywhere in mainland UK. Annual registration fees apply.

We can transport you for your **medical appointments, shopping, or social trips.**

**For further information about our DialaRide service and our other services including our Voluntary Car Scheme and Shopmobility call 01522 544 983.**

Information and booking lines are open between 9 and 4 every Monday to Friday.

Alternatively, you could visit our website at [www.lincolndialaride.co.uk](http://www.lincolndialaride.co.uk) or call in to see us at the office inside Lincoln Central Carpark.



## Christmas Quiz Questions

1. What are the names of Father Christmas' eight reindeers (excluding Rudolph!)?
2. Where is Wenceslas square?
3. What are the names of the seven dwarfs in Snow White?
4. What did the three wise men bring to baby Jesus?
5. On Boxing Day of what year was the 'Snowman' first shown on TV?
6. According to the Christmas classic It's a Wonderful Life, what happens every time a bell rings?
7. Which character declares "Merry Christmas, one and all!" in Charles Dickens' A Christmas Carol?
8. What is Will Ferrell's character's name in Elf
9. What did my true love send to me on the 8th day of Christmas?
10. How many ghosts show up in A Christmas Carol?



## Christmas Quiz Answers

1. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donder and Blitzen	8 Points
2. Prague, Czech Republic	1 Point
3. Doc, Happy, Sneezy, Sleepy, Bashful, Grumpy, Dopey	7 Points
4. Gold, Frankincense and Myrrh	3 Points
5. 1982	1 Point
6. An angel gets its wings	1 Point
7. Tiny Tim	1 Point
8. Buddy	1 Point
9. Maids a Milking	1 Point
10. 4 - Jacob Marley, Christmas Past Present and Future	1 Point
<b>Total</b>	<b>25 Points</b>





## FIGHTING FIT WILL:

Support people with Cancer from point of diagnosis onwards, to reduce recurrence and enable them to live a fulfilled life after treatment or surgery.



# FIGHTING FIT

### Cancer Care Programme

WE'VE GOT YOU!

Fighting Fit is designed to help you to maintain or increase physical activity levels at a pace that suits you and support you in the fight against cancer and long-term health conditions. We will help you build your strength, motivation and physical ambitions, It's not all about the body. This is a group session, where you can connect with people with shared experiences.

# BUILD BACK BALANCE, POSTURE & FLEXIBILITY



Sessions are led by a Level 4 qualified coach in Cancer and Exercise Rehabilitation  
After referral, we will be in touch to arrange a 1-2-1 chat to go through the next steps and discuss your individual needs



Email: [health@lincolncityfoundation.co.uk](mailto:health@lincolncityfoundation.co.uk)  
Phone Number: 07305 108167  
Website: [lincolncityfoundation.com/fightingfit](http://lincolncityfoundation.com/fightingfit)



## FINISHED YOUR CANCER TREATMENT? ARE YOU FEELING....



Then our Macmillan HOPE course is possibly for you.

It aims to help you to achieve some of the following positive outcomes:

- ✓ Feel more able to support others and share your own experiences to help you feel less isolated
- ✓ Feel reassured and able to recognise your own potential and enhance your happiness and quality of life
- ✓ Feel more confident in dealing with emotional issues such as anxiety, anger, depression and uncertainty
- ✓ Increase your ability to handle stressful situations
- ✓ Discover how to use relaxation techniques to refresh your mind and body
- ✓ Learn how to make plans and achieve goals that are important to you that can help you make changes for the better
- ✓ Use the skills from the course to improve and help manage your life after cancer treatment

February to March 2023 course dates:

Thursday 2<sup>nd</sup> February

Thursday 9<sup>th</sup> February

Thursday 16<sup>th</sup> February

Thursday 23<sup>rd</sup> February

Thursday 9<sup>th</sup> March

Thursday 16<sup>th</sup> March

Time: 10.00am - 12.30pm. Venue to be confirmed.

If you would like to attend but are unable to do so due to transport issues, please contact us for further information.

For more information, or to book one of our next courses please call 01522 573799 or email [Macmillan.infosupport@ulh.nhs.uk](mailto:Macmillan.infosupport@ulh.nhs.uk)





# look good **feel better**

## FACING CANCER WITH CONFIDENCE

*Free Wellbeing Workshops*

*Starting 6<sup>th</sup> April 2022*

In need of a wellbeing boost? We offer free skincare and make-up workshops for women living with or beyond cancer

The workshops run 11am-1pm on the first Wednesday of every month at the Lincoln Hotel, Eastgate, Lincoln, LN2 1PN

For more information go to [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk)

To book your place call Claire Fowler on 01522 572350



### Available Help and Ways to save in these hard times

**Too Good To Go** – Every day, tonnes of food is wasted from cafes, restaurants, shops, hotels and manufacturers. The Too Good To Go app makes it easy for you to access ‘magic bags’ of this from £2. [Find out more on the Too Good To Go website.](#)

**OLIO** - OLIO connects neighbours with each other and with local businesses so surplus food can be shared, not thrown away. This could be food nearing its sell-by date in local stores, spare home-grown vegetables, bread from your baker, or the groceries in your fridge when you go away. For your convenience, OLIO can also be used for non-food household items, too. [Find out more on the OLIO website.](#)

**Trolley.co.uk** - Visit this price comparison website to compare supermarkets, discover daily deals, and create smart shopping lists to save as much as 30% on your next shopping trip! [Find out more on the Trolley.co.uk website.](#)

**Discounts for Carers** - Whether you're a paid or unpaid carer, there are a huge range of discounts, money-saving deals and vouchers that you're entitled to, including travel and holiday deals, money off top fashion brands, savings on homeware and electricals, through to deals on mobile phones, utilities and gym memberships. Find out more on the [Discounts for Carers website.](#)

**Lincolnshire food banks** – No one should have to face going hungry. Food banks are there to help and support those who may be struggling to access food. There are a range of food banks in Lincolnshire who can help families in need. Find out more on the [Trussell Trust website](#), or the [Greater Lincolnshire Food Partnership website.](#)