



East Quay Medical Centre – Flu clinics 2020

The changes this year:

- All flu clinic appointments will be on Saturday and Sundays.
- If you attend the surgery for anything else in the autumn, the Doctor or Nurse will give you your vaccine then to avoid you coming in just for the vaccine.
- To book, you need to phone a new flu booking line – 01278 228 229.

This is open Monday, Tuesday and Friday mornings and Wednesday and Thursday afternoons.

- When you call to book, all the people eligible to receive a flu vaccination this year would have received a coloured letter in the post, please state the colour of your letter and state your EMIS number – at the top of the letter.
- When you call to book, if you think you need a pneumonia vaccine (usually you have this the year you turn 65), or a shingles vaccine (you usually have this the year you turn 70), please tell them then.

Saturday 26th September
Sunday 27th September

Saturday 17th October
Sunday 18th October

Saturday 7th November
Sunday 8th November

Saturday 3rd October
Sunday 4th October

Saturday 24th October
Sunday 25th October

Saturday 14th November
Sunday 15th November

Saturday 10th October
Sunday 11th October

Saturday 31st October
Sunday 1st November

Our Surgery details:

East Quay Medical Centre
East Quay
Bridgwater
Somerset
TA6 4GP

Reception: 01278 444666

Prescriptions: 01278 446006

www.eastquaymedicalcentre.com

Onsite Opticians: 440440

Onsite Pharmacy: 423015

Onsite Dentist: 411141

**You can now find us on Facebook
Under “East Quay Medical Centre”**



This page is updated regularly with all relevant information and support available.

Bowel cancer

Bowel cancer means cancer that starts in the large bowel (colon) and the back passage (rectum). It is also known as colorectal cancer. Your treatment depends on where the cancer starts in your bowel.

The bowel is split into 2 parts - the small bowel and the large bowel. The large bowel includes the colon, the rectum and the bowel opening (anus).

Symptoms

Symptoms of bowel (colorectal) cancer in men and women can include bleeding from the back passage, blood in your poo, or a change in your normal bowel habit.

Risks and causes

The risks and causes of bowel (colorectal) cancer include your age, family history, lifestyle factors and other medical conditions.

Getting diagnosed

You usually start by seeing your GP and they might refer you to a specialist and organise tests.

Bowel Cancer Screening

Bowel cancer screening aims to check for bowel cancer or abnormalities that could lead to bowel cancer. The screening tests include:

- testing for blood in your poo (stools)

- looking inside your bowel using a scope (bowel scope)

Because of COVID-19, you might have to wait longer to get an invitation or a follow-up appointment for screening.

What is screening?

For screening to be useful the tests need to:

- be reliable at picking up cancers or abnormalities that could lead to cancer
- do more good than harm to people taking part
- be something that people are willing to do

Screening tests are not perfect and have some risks. The screening programme should also be good value for money for the NHS.

Who can have bowel screening

The screening programmes send a bowel cancer testing kit every 2 years to people eligible to take part. You need to be registered with a GP to receive your screening invitations.

There are separate bowel screening programmes for the different countries in the UK.

Bowel Cancer Screening – Home Test

The bowel cancer screening test for people aged 60 or over is a kit you use at home.

This is used to check for tiny amounts of blood in your poo. It does not diagnose bowel cancer, but it's a simple way to find out if you need further tests.

How to get a screening kit

All men and women aged 60 to 74 who are registered with a GP in England are automatically sent a bowel cancer screening kit every 2 years.

Make sure your GP has your correct address so your kit is posted to the right place.

If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on 0800 707 60 60.

NHS screening kits are not available for people under 60.

How to use the kit

The main kit used in England is the faecal immunochemical test kit – known as the FIT kit.

Occasionally, some people may use an older kit called the faecal occult blood test kit – or FOB kit. The FOB kit is being gradually phased out.

FIT test

With this kit, you collect 1 sample of poo in a small plastic sample bottle and post it back to a laboratory for testing. There are instructions with the kit.

How to do the bowel screening kit in England

1



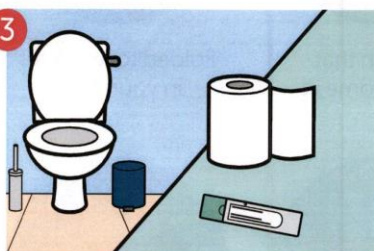
Get ready – collect what you need to catch your poo before you sit on the toilet.

2



Write the date on the sample bottle in biro.

3



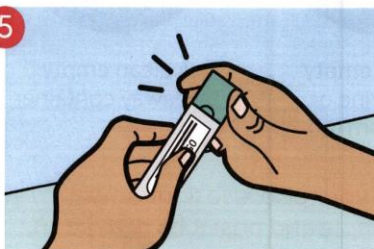
Collect your poo – we've given you some ideas for how to do this opposite. Do not let your poo touch the water or toilet.

4



Twist the cap to open the sample bottle. Scrape the stick along the poo until all the grooves are covered. You only need a little poo to test. Please do not add extra.

5



Put the stick back in the bottle and click the cap to close it. Do not reopen the bottle after use. Please wash your hands.

6



Check you have written the date on your sample bottle, put the bottle in the prepaid envelope and post it back as soon as possible.

You will receive your result by letter, please read it carefully to find out what the next steps will be. If you get a result saying further tests are needed, it could be down to lots of different things and does not necessarily mean cancer. But if it is cancer, finding it at an early stage means it is easier to treat successfully.

Feeling Anxious?

What is anxiety?

Anxiety is something everyone experiences at times, and feeling anxious is a perfectly natural reaction to some situations.

But sometimes feelings of anxiety can be constant, overwhelming or out of proportion to the situation and this can affect your daily life.

The good news is there are plenty of things you can try to help cope with anxiety. Anxiety is a feeling of unease, like a worry or fear, that can be mild or severe. Everyone feels anxious from time to time and it usually passes once the situation is over.

It can make our heart race, we might feel sweaty, shaky or short of breath. Anxiety can also cause changes in our behaviour, such as becoming overly careful or avoiding things that trigger anxiety.

When anxiety becomes a problem, our worries can be out of proportion with relatively harmless situations. It can feel more intense or overwhelming, and interfere with our everyday lives and relationships.

Feeling Low?

Feeling low is a part of all of our lives at some stage. Everyone feels upset, sad or disheartened from time to time, but for some of us it can be a real problem. The good news is that there are things you can do to improve your mood.

Everyone feels low or down from time to time. It does not always mean something is wrong. Feeling low is common after distressing events or major life changes, but sometimes periods of low mood happen for no obvious reason.

You may feel tired, lacking confidence, frustrated, angry and worried. But a low mood will often pass after a couple of days or weeks – and there

are some easy things you can try and small changes you can make that will usually help improve your mood.

Feeling stressed?

Stress is something everyone feels at times, and there are all kinds of stressful situations that can be a part of daily life. Low-level stress can even be helpful or motivational.

Stress is the body's reaction to feeling threatened or under pressure. It's very common and can be motivating to help us achieve things in our daily life, and can help us meet the demands of home, work and family life.

But too much stress can affect our mood, our body and our relationships – especially when it feels out of our control. It can make us feel anxious and irritable, and affect our self-esteem.

What affects our mental health?

Life affects us all differently. We all go through difficult times, and negative emotions can be a healthy reaction to the challenges we face. But for many of us, things can become more serious, and each year as many as 1 in 4 of us experiences a mental health problem.

Being aware of what can affect our mental health can make it easier to understand when we, or someone we care about, are struggling, and helps us think about what we can do to improve things or where to get support.

Some of us are more deeply affected by events than others. How we deal with things can also depend on how well other parts of our life are going or how well supported we feel.

Things that affect our mental health include our:

- upbringing and environment, which shapes our brain development when young and opportunities throughout life
- experiences, like our relationships, how we are treated, our financial situation, work, where we live, physical health, life events and the changes we go through
- genes and temperament, which may make some of us more likely to develop certain kinds of mental health problems when combined with our life experiences

All of these influence how we think about, make sense of and respond to challenges and opportunities in life.

How we think about ourselves, the people and the world around us and the future, is a result of the things that happen to us. But it also has profound implications for our mental health.

There are many situations or life events that can affect us and make us feel distressed or less able to cope. We all respond to life's challenges differently – there's no single "right way" to react.

It may be everyday events, one-off experiences or several things building up. Even experiences that are positive can be difficult to cope with sometimes.

How we feel is often a completely natural reaction to challenges. But for some of us, these feelings can become more difficult to manage, especially if they do not go away – after a while, what we're experiencing affects our daily life.

Things that affect our mental wellbeing include:

- personal life and relationships
- money, work or housing
- life changes
- health issues
- traumatic life events

- smoking, alcohol, gambling and drug misuse

Trouble Sleeping?

We all have evenings when we find it hard to fall asleep or find ourselves waking up in the night. How we sleep and how much sleep we need is different for all of us and changes as we get older.

Sleep problems usually sort themselves out within about a month. But longer stretches of bad sleep can start to affect our lives.

It can cause extreme tiredness and make usually manageable tasks harder. If you regularly have problems sleeping, you may be experiencing insomnia. Insomnia can last for months or even years, but usually improves if you change your sleeping habits.

Sleep problems are common, and the tips on this page should help. But if they have not worked, or you have had trouble sleeping for months and it affects your daily life in a way that makes it hard to cope, you could benefit from further support.

When to get support?

If you are concerned about your mental health, visiting your GP is a good place to start. In most areas, you can also refer yourself for free, non-urgent NHS psychological therapy services, also known as IAPT (Improving Access to Psychological Therapies) services, which provide evidence-based treatments for depression and anxiety.

It's important to seek help from your GP immediately if you are experiencing the symptoms below for the first time or are not already receiving care from mental health services:

- hallucinations – hearing or seeing things that are not there (for example, hearing voices); this can also include feeling, smelling or tasting things that are not there

- delusions – having strong beliefs that are not shared by others (for example, believing there is a conspiracy against you)

These are symptoms of psychosis and it's important to get treated as soon as possible, as early treatment is more effective.

Free 24-hour listening support

When life is tough, Samaritans are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult.

Call free on 116 123 or visit the Samaritans website

Crisis support for young people

If you are under 35 and feel that life is not worth living any more, call Papyrus's HopelineUK from 9am to 10pm weekdays and 2pm to 10pm on weekends.

**Call HopelineUK on 0800 068 41 41 or
Text 07786 209697**

CALM

CALM is the Campaign Against Living Miserably, for people in the UK who are down or have hit a wall for any reason.

Call 0800 58 58 58 (daily, 5pm to midnight)

Free, anonymous webchat with trained staff

Shout offers confidential 24/7 crisis text support for times when you need immediate assistance.

**Text "SHOUT" to 85258 or
visit Shout Crisis Text Line**

Bereavement Advice Centre

Supports bereaved people on a wide range of practical issues

**0800 634 9494 or
www.bereavementadvice.org**

Way – widowed and young

National Charity for Men and Woman aged 50 or under who's partners have died

www.widowandyoung.org.uk

In Charley's Memory

Support service for children with mental health conditions

**01278 557 490,
enquiries@incharleymemory.org.uk or
www.incharleymemory.org.uk**

Here is a selection of activities and information available for you and your families:



Somerset Suicide Bereavement Support Service Monthly Surgery

The team will be providing information, support and signposting once a month for anyone aged 14 + who has been bereaved by suicide or affected by the death of someone by suicide. There is no need to pre book unless you would like to arrange one to one support.

BRIDGWATER

**The second Wednesday of each month
11am - 2pm**

LOCATION

**St Marys Church
Bridgwater
TA6 3EQ**

Contact us: 0300 330 5463 or Email:

bereaved@mindinsomerset.org.uk

<https://suicidebereavement.wixsite.com/somerset>

Somerset Wellbeing Friends

Somerset Wellbeing Friends groups focus on tackling loneliness, improving life skills and promoting coping strategies. This service is for adults who feel isolated or are struggling with their mental health and wellbeing.

When and where:

**Bridgwater – The Engine Room –
Every Monday 10am-12pm**

Or find out more info on:

<https://www.mindinsomerset.org.uk/>

The Chatty Café Scheme

Sit at a chatter & natter table – A chatter and natter table is where customers can sit if they are happy to talk to other customers.

Who can join in? – Anyone... if you're on your own, in a couple, with a friend, if your a carer why not sit there with who you care for, mums and babies, dads and babies, grandparents and babies, young people, older people and anyone in between.

What do I do? – When you are decided where to sit look for the chatter & natter table and sit there! Stay for five minutes while you have your drink or longer. It's not about making friends just having good old fashioned human interaction!

Local chatter & natter tables at: Coffee #1 Fore Street, Bridgwater
Every Tuesday & Thursday 10am – 4pm

For more information contact Alex.

alexandrahoskyn@gmail.com or 07917 586 6160

<https://thechattvcafescheme.co.uk/>

Health & Wellbeing Help for Young People and Families

Mindline Somerset
Emotional support helpline
Coronavirus



01823 276 892

Available
Mon - Fri 9am - 11pm
Sat - Sun 8pm - 11pm

Open 24 hours a day, seven-days a week, Mindline is open to people of all ages who need urgent mental health support. The helpline is the first port of call for mental health help – it is operated by people in your local area who will know how best to support you.



ChatHealth is a new mobile health service for parents and young people in Somerset making it easier to get health and wellbeing advice. Available Monday-Friday 9am - 4pm.

Parents of children 0-4:

Confidential help from the

Health Visiting Team for parents and carers of 0-4 years. **Just send a text 07480 635514**

Parents of children 5-19 years: If you have a child 5-19 and looking for confidential help and advice? Just send a text to your School Nurse Team. **Text 07480 635515**

Young People 11-19 years: Discreet and quick. If you're aged 11-19 it only takes one text to start making a difference. You'll get confidential advice from a local School Nurse. You don't have to give your name if you don't want to. **Text 07480 635516**



Young Somerset's Wellbeing Service - Free wellbeing support for young people experiencing low level mental health needs. Find out more here: www.youngsomerset.org.uk/wellbeing-support

What is the Virtual Hub? This is a safe online space for young people & parents to find out about what support is available in your area. We also have interactive workshops each week on social media, led by Young Somerset's team to give you professional advice and guidance on how to maintain positive Wellbeing, and look after your Mental Health. - find out more here: www.youngsomerset.org.uk/the-hubs



Kooth – Safe and anonymous online support for young people until 10pm – friendly counsellors, self-help and community support. kooth.com

And More...

- ❖ For further Health & Wellbeing tips, advice & information including support for parents and carers go to the Public Health website: www.cypsomersethealth.org
- ❖ For further information & support for young people during the Coronavirus go to: www.youngsomerset.org.uk/coronavirus-support-for-young-people

