



# 2021 newsletter



Cripps Health Centre

*May this year bring new happiness, new goals, new achievements and a lot of new inspirations in your life.*

*Wishing you a year fully loaded with happiness.*

*New year's resolutions – becoming healthier and happier during 2021*

Take care of your physical health

Top tips:

## *Returning to university in January*

For students returning to campus, the University is developing the staggered arrivals programme and phased resumption of in-person teaching across a five week period from **4th January to 5th February 2021**.

It will make use of its own Asymptomatic Testing Service, alongside the Government's lateral flow testing service, to offer **ALL** students Covid-19 testing upon return to Nottingham - regardless of whether they live in halls, third party accommodation or off-campus - as well as for those who have remained in and around the city over the winter break.

## *Surgery and Boots pharmacy opening times*

The Surgery will be **closed** on **Friday 1st January** but will reopen for booked appointments on Saturday 2nd January from 8:00 – 12:00.

Boots pharmacy will be **open** as usual from **Monday 4th January** from 9:00 – 17:00

- Try to get active – aim to do 30 minutes of activity everyday, whether that's a home workout, a walk, some cleaning, gardening or swimming...
- As we age we lose lean muscle, so aim to do weight bearing and strength training activities 3 times a week.
- Choose more complex carbs with higher fibre, such as wholegrain breads, cereal and starchy vegetables
- Reduce added sugar and refined carbohydrates such as white bread, fruit juice and biscuits
- Eat natural and reduce processed foods, the more you can make from scratch the better. This will help to reduce unhealthy fats, salt and sugar in food
- Drink plenty of water and limit teas and coffees to max 4 cups a day.
- Try to maintain a healthy weight or aim to lose some.
- Reduce your alcohol consumption and try to stop smoking.
- Make sure you're getting enough and regular sleep. The recommended amount is 7-9 hours for most adults.

## WaistWatchers

A **FREE** weight management group, for anyone looking for help and support to lose weight or maintain weight loss.

**Tuesday** evenings from **17:45 – 18:30**, starting **12th January**.

These sessions will be starting to take place virtually until it's safe to hold in person meetings. On starting your first group, you will be sent a booklet to track your progress. During the group we will check in on each others progress, with the opportunity to share your successes and challenges. Each week we will discuss a particular topic to give you the knowledge and confidence to make changes and help you lose weight.

Email [emma.swearman@nhs.net](mailto:emma.swearman@nhs.net) for more information or to book.

## Engage Try Chi

Free Zoom Tai Chi sessions:

Monday's @ 9:30

Wednesdays @ 14:00

Email: [Emma.Swearman@NHS.net](mailto:Emma.Swearman@NHS.net) to book

## January 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4 ✓	5	6 ✓	7	8	9	10
11 ✓	12	13 ✓	14	15	16	17
18 ✗	19	20 ✓	21	22	23	24
25 ✓	26	27 ✓	28	29	30	31

## Dry January 2021

Dry January is the annual movement through which millions of people give up alcohol for the month of January. It is run by the charity Alcohol Change UK.

**The Rules:** No alcohol from when you wake up on New Year's Day until 1 February. ... And that's all!

**Why do Dry January?** Taking part in Dry January is a chance to ditch the hangover, reduce the waistline, boost your energy and save some serious money, while doing your body a lot of good. More importantly, it's a way to reset your relationship with alcohol and drink more healthily all year-round.



GOODBYE 2020, HELLO 2021

I'M DOING  DRY JANUARY®!

Go to [www.dryjanuary.org.uk](http://www.dryjanuary.org.uk) or download the free Try Dry app.

## Try Chi

Regular Tai Chi sessions every **Monday** morning at **9:30 – 10:15** and **Wednesday** afternoon at **14:00 – 15:00**. These sessions are **FREE** and will take place over **Zoom**, and welcome to everyone, all ages and abilities.

The Monday morning session is a slow Qi Gong class to energise you and kick start your week. We will be starting the Ba Duan Jin in the new year. The Wednesday session we will be starting to learn a new form, which will be Tai Chi for Arthritis form. This is an easy short form to learn which promotes blood flow to the joints to help with joint pain and mobility.

Email [Emma.Swearman@nhs.net](mailto:Emma.Swearman@nhs.net) to book

## Back pain exercise class

**Wednesday's at 15:30 – 16:30, starting from 13th January.**

If you struggle with lower back pain, this could be due to weakened core muscles. This exercise class will help to strengthen these core muscles as well as stretching to help relieve any pain.

These sessions are **FREE** and will take place every Wednesday over **Zoom**.

To join, you need to be booked in prior through the surgery's booking system. So either contact the surgery or email [Emma.Swearman@nhs.net](mailto:Emma.Swearman@nhs.net)

## 60 MINUTE **low back pain** CLASS



### Couch to 5k

Couch to 5K is a **FREE** and easy way of getting fitter and healthier.

The running plan is for **absolute beginners** and involves 3 runs a week, with a day of rest in between, and a different schedule for each of the **9 weeks**.

Couch to 5K works because it starts with a mix of running and walking to gradually build up your fitness and stamina. For example week 1 involves running for just a minute at a time, creating realistic expectations and making the challenge feel achievable right from the start.

You can either download running podcasts from the NHS website or download the couch to 5K app.

## UoN moves+ app

UoN moves+ app is a **FREE** app you can download to track your steps and physical activity and earn points. Once you've collected enough points, you'll be able to claim fantastic prizes.

The app also has a range of active challenges you can compete in to earn additional points, prizes and badges for achieving milestones. There's also the opportunity to connect with friends, create private groups and work together to achieve group goals and challenges.

The Moves+ app integrates with a range of popular fitness trackers including the Apple Health app, Strava, Fiband, Withings and Google Fit, to track all your activity. This free app is available to download now. Simply sign up by searching Moves+ in the Apple app store or Google play store.

## ParkRun

In the absence of parkrun events, parkrun is an opportunity for parkrunners to submit a 5k walk, jog, or run or 2k for junior parkrunners, on a route of your choosing, on a day and time of your choice. You can record up to one activity per day, with your fastest time each week included in a weekly results table. You just need to submit your time via your parkrun profile.

If you haven't already created a parkrun profile it is free and easy to use. You only need to register once and affiliate yourself with a local parkrun.

Visit <https://www.parkrun.org.uk/>

## Additional help

For any additional lifestyle help, whether that's to lose or gain weight, improve your stress management or sleep or just general lifestyle aid, feel free to book yourself in for a 1 to 1 appointment with Emma, our health and wellbeing coach.

You can self-refer either by contacting the surgery or by emailing [Emma.Swearman@nhs.net](mailto:Emma.Swearman@nhs.net)

### Take care of your mental health

#### Top tips:

- Keep active, try to do a little bit of exercise everyday even when you don't feel like it, you will feel better afterwards.
- Get out in nature and expose yourself to natural light during the day
- Talk about your feelings and try to make the effort to socialise with friends, family or neighbours.
- Write a to-do list and any thoughts and worries down on a notepad
- Take time for hobbies and things that you enjoy. Make sure you give yourself some 'me time'.
- Take time to relax, whether that's meditation, breathing exercises, yoga, listening to music or painting. Try to allocate 30 minutes every day to switch off and relax without screens.
- Take a break. Sometimes we need to take a time out, whether that's a 5 minute pause or a weekend break. We sometimes need to take a step back, breathe and think about the bigger picture.
- 'It's okay, to not be okay'. Don't be afraid to seek help from family, peers or professionals

### Relaxation workshops

Amy, the occupational therapist, will be running an online relaxation group using Microsoft teams, starting on the **20th January** and running on a **Wednesday for four weeks**. The group will start at **4pm** and last for **30-45 minutes**. Each session will introduce a different relaxation technique. There will be time to practice the technique, in addition to time for questions and group discussion. The following techniques will be covered over the four sessions:

- Diaphragmatic breathing
- Progressive muscle relaxation
- Guided imagery
- Mindfulness

As the group will be run online you can tailor your level of participation to suit your own needs and preferences. You can choose to have your camera on or off and can participate in the group discussions through speaking or writing in the group chat. To be booked on to the four sessions please speak to reception. If you would like any further information please ask reception to book you an appointment with Amy.



## Walk and talk with Debs

Whether you're feeling lonely or isolated or stressed out by work, money, housing problems, or managing long-term conditions, this is where social prescribing comes in.

**It all starts with a conversation.**

This conversation doesn't have to take place in a formal or clinical environment but can take place during a walk and talk. Debs will listen to you and help guide you to people, communities, services or activities that might help you feel better.

To self-refer to social prescribing either contact the surgery or email [Debbie.Butler7@nhs.net](mailto:Debbie.Butler7@nhs.net) directly.

## Community garden

We are working towards developing a community garden behind the surgery. So whether you're a keen gardener, wanting to try something new or just want somewhere to sit and relax, this will be available to anyone who wants to get involved.

We are in the process of asking for donations in terms of plants and equipment but we will need some volunteers to help with the upkeep of the garden.

If this is something you are interested in being a part of, please email [Debbie.Butler7@nhs.net](mailto:Debbie.Butler7@nhs.net)

Keep your eyes peeled!

## Togetherall app

The University is offering free access to the Togetherall mental health service from **Monday 9 November 2020 for 12 months**.

Togetherall provides a safe space for members to engage anonymously with a wider network of people across the world who understand what it's like to struggle with mental health. Members can share thoughts and feelings, ask questions and access support 24 hours a day, 365 days a year. Trained clinicians monitor the environment to ensure compliance and to guide users in the right direction for remedial support. There are also creative tools to help express how you are feeling and a wide range of self-guided courses to do at your own pace.

### How to join:

- Visit Togetherall's website
- Click 'register'
- Select 'I'm from a university or college' and register with your academic email address (@nottingham.ac.uk)
- Togetherall is available via the app or by visiting [together.com](http://together.com) from a device connected to the internet.