

Aylesbury Surgery Health & Engagement Forum

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Spirit of Christmas

Christmas is one of the most important Christian and cultural holidays of the year, it is also a time of spiritual reflection. Christmas is a time when Christians celebrate God's love for the world through the humble birth of the Christ child: Jesus.

It serves as a reminder to uphold the values of love, compassion, and forgiveness that Jesus taught in his lifetime. By embracing these principles, individuals can strive to make the world a better place for everyone by celebrating the true spirit of Christmas.

Though many of us may not be practicing Christians we can relate to the spiritual teachings. In times of darkness we all need a light to guide us through the dark times. Hope to lift us out of despair. The love of family and friends so we can feel the warmth that we yearn for. Peace and joy to look forward to for the future.

When we see the war torn countries it reminds us how fortunate we are. This Christmas, let us use this season to pray for those less fortunate and bring a little love, joy, hope and a little light to those that may need it.

The spirit of Christmas is in the 'togetherness', it's in the thought to which you put into thinking about others, it's a selfless time, where we forgive, take stock of what's important and become 'better' versions of ourselves and even if you don't celebrate it, you can't help but feel the love. Regardless of your back ground or belief.

This festive season let's make a difference to someone that needs us. Recognise the need in others, and it's not all about the money, it could be helping them to do their shopping, taking time to talk, to be there, taking them to visit family, cooking for them or inviting them in for a festive feast. Volunteer and visit the elderly, help the homeless or closer to home; visit family that you haven't seen in a long time.

Besides, Christmas is a time when people gather, feast, and celebrate, regardless of their religious beliefs. So let us all come together and spread the spirit of Christmas with giving, love, Joy and hope, into the world and pray for peace and Goodwill towards all.

Mr Rajash Mehta



Mr Rajash Mehta—Chairman of
Aylesbury Surgery
Health & Engagement forum

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Christmas and diabetes

Do you have diabetes – without knowing it?

Type 2 diabetes is the most common type. It is high blood sugar levels due to your body not making enough of a hormone called insulin, or what it makes not working properly — known as insulin resistance.

Treatment includes eating well and moving more. Some people may also need to take diabetes medication such as metformin or insulin.

Do you, or someone you love, have any of the following symptoms?

- feeling very tired
- cuts or wounds taking longer to heal
- feeling thirsty all the time
- urinating more than usual, particularly at night
- losing weight without trying to
- genital itching or repeated cases of thrush
- blurred vision

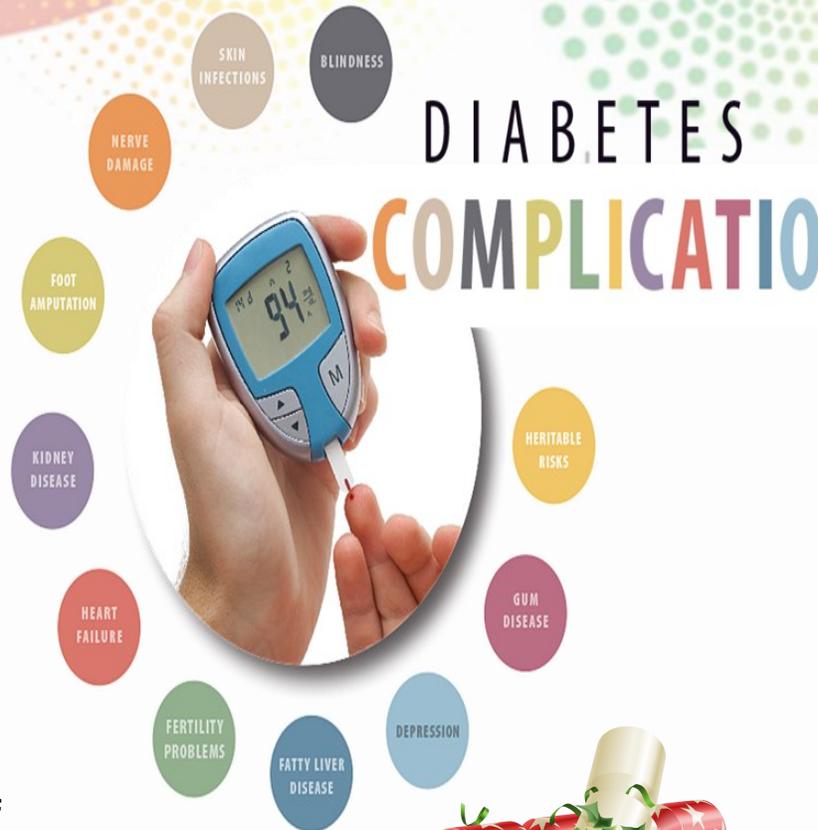
These symptoms can be signs of type 2 diabetes. There are currently 3.9 million people living with a diagnosis of diabetes in the UK, and 90% of those are type 2.

Type 2 diabetes can go undiagnosed for years if symptoms are missed. Left untreated high blood sugar levels can cause serious health problems called diabetes complications.

There are different treatments for and medication for type 2 diabetes.

2

DIABETES COMPLICATIONS



They are:

- Eating well
- Being more active
- Getting support to lose weight so that your weight is in the healthy range
- Metformin (a tablet) to help insulin in your body work better and can sometimes help weight loss.
- Insulin if the insulin in your body isn't working well, taking insulin as a medication through injections will help you manage your blood sugar levels.
- Other types of diabetes medication to help bring blood sugar levels down or help people lose weight

Not keeping your diabetes under control can lead to many other health issues and complications.

Make sure you've stocked up on all the medications you'll need while your GP is closed over the Christmas period.

Christmas is a time to enjoy yourself and have foods that you wouldn't regularly eat at other times of the year.

Quick tips for healthy eating during the Christmas holidays



A healthy diet is important for managing diabetes. Try these tips to make your festive occasions a little healthier: Fill up on the array of vegetables avail-



able, but watch out for added festive extras like honey as these are free (added) sugars.

Also watch out for the hidden sugars in condiments such as cranberry sauce, mint sauce and prawn cocktail sauce

Keep an eye on your portion sizes. Fill

up



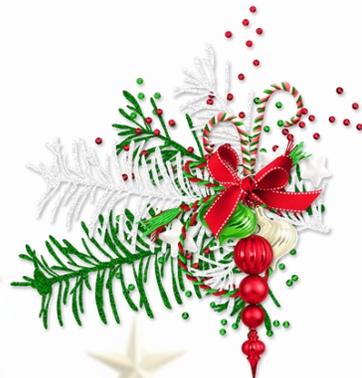
your plate

with veggies first as we tend not to get enough of these

Serve yourself small portions



If you're having a dessert, try to stick to one portion of your sweet treat and think about what it's served with. Could you have natural yogurt instead of double cream for example?



Don't drink on an empty stomach, as this increases your risk of hypos if you manage your diabetes with insulin or some medications.

Try to limit the amount of processed meat you eat a day to less than 70g. This includes pigs in

blankets, gammon, hams, pâtés and cured meats. Eating these foods frequently could raise your blood pressure and increase your blood cholesterol.

Steam your vegetables rather than fry or boil - this doesn't use oil and keeps more vitamins and minerals. Including veggies at each meal can help prevent your blood pressure and blood cholesterol going up over the holidays.

We should all try to eat less salt to help manage our blood pressure. Try using reduced-salt stock cubes to make your gravy, swap salted to unsalted nuts and check the labels on your snacks for less salty options.

Being aware of higher blood sugar levels

At some point during the festive peri-

od, you may find that you have higher **blood sugar levels** than normal due to being less active than usual, overindulging or changing your routine.

If you self-test your sugar levels, it's a good idea to do this more often over the Christmas period, so you can catch changes in your blood sugar sooner **Stay active**

Although we all love putting our feet up and relaxing over the festive period, it's important to keep active. Being physically active can help lower your blood sugar levels, blood pressure and blood fats over the Christmas period and help you manage your weight.

There are lots of easy and fun ways to fit in some physical activity, even when it's cold. A brisk walk is a great way to stay active. Jumping about with the children, dancing the night away at a party, or going ice skating all help towards keeping healthy as well. You could also try some active party games!





Christmas Art Workshop

Join us at New Heights Community Project
for free art sessions with
Birmingham Adult Education Services.



Every Tuesday up until
Christmas, starting from the
5th December
3.15pm-4.45pm



Free refreshments
All are welcome!



PRESUMED CONSENT FOR ORGAN DONATION – PROBLEM OR SOLUTION?

★ The law in England regarding Organ transplantation changed from voluntary registration called 'OPT IN' to Presumed consent or 'OPT OUT' in 2020. This meant everyone is presumed to have consented for Organ donation unless they expressed the wish of not participating in organ donation on the organ donor register.

Presumed consent is of two types SOFT in which families are consulted after death or HARD when families are not consented. Families can say he/she was not in favour of organ donation. In UK it is soft presumed consent for legal purposes.

Organ donation register has both options to register the wish and also to record one does not wish to participate in this programme.

A recent detailed report by NHS Blood and Transplant has published the data to confirm the effect of presumed consent and is available at this link <https://nhsbtdbe.blob.core.windows.net/umbraco-assets-corp/31332/annual-report-on-ethnicity-differences-final-2022-2023.pdf>

Sadly, many have misunderstood the presumed consent law and stopped registering their wishes on organ donation register thinking the organs will be taken anyway! This has caused problems since after death when families are consented the relatives fall in two groups, one group saying the person was on organ donation



Dr Satya Sharma MBE

register and we would honour the wish of deceased person. The second group is NO and feel once the organs are donated, the situation cannot be reversed! The statistics prove that many in NO camp win the day and organs are not donated even when the person was on the register. This is the case roughly in about 40 percent of white families and 60 percent in persons of ethnic minority groups. This is why it is vital that one discusses the wish with next of kin to ensure their wish is seen through after the death.



Even though the law around organ donation has now changed in all countries across the UK, families will still be consulted if organ donation becomes a possibility and their faith will be discussed with the family, meaning it is still just as important as ever to register and share your decision with them. Initial findings from the London School of Hygiene and Tropical medicine show that there is no evidence of any impact on organ donation because of the change in law in England in 2020.

Both factors outlined above have combined to show that despite presumed consent there has been no increase in organ donation since the change of law. This has led to NHSBT suggesting everyone needs to register despite change of law to take account of their wish.

What is encouraging is the overall decline in waiting times for kidneys for all ethnicities, but there is still concern over black patients waiting longer for a transplant than white patients. This unique disproportion requires further analysis and research as the revised kidney offering scheme that was introduced in 2019 was designed to reduce the disparity in waiting times across ethnic minority groups.

The main reasons families from ethnic minority backgrounds gave for declining consent/authorisation for organ donation were that they felt it was against their religious/cultural beliefs or they were unsure whether the patient would have agreed to donation. Survey results of ethnic minority groups show that not knowing enough about organ donation is also a major barrier to organ donation.

Most opt-out registrations are entered online and as a result have a higher proportion of people reporting their ethnicity (81% in 2022/23). In the last year, there has been a reduction in the number of opt-out registrations. In 2022/23, the majority of opt-out registrations were among white people (68%), followed by Asian people (20%) and black people (7%).

Dr Satya Sharma MBE



Should we
presume
consent for
organs?





THE 111 APPROACH
 Whether you choose to learn
 Usui Reiki or Angelic Reiki -
 either way it will truly
CHANGE YOUR LIFE!

**Get ready for an
 INCREDIBLE start to 2024!**

**Website -
www.angelicoulhealing.co**

**Etsy Shop - [https://
 www.etsy.com/uk/shop/
 AngelicSoulHealingCO](https://www.etsy.com/uk/shop/AngelicSoulHealingCO)**

**Instagram -
 @angelicoulhealing**

**Facebook - Angelic Soul
 Healing**

Twitter - @healing_angelic



THE



APPROACH



Sending Love, Light and Blessings! Lakhmi x

Kickstart 2024 in the best way possible...

Learn Reiki or Angelic Reiki for yourself! Due to the demand of so many people enquiring about learning Reiki for themselves, I've added some more dates for the beginning of 2024 for both Birmingham and London locations.

Visit my site to see which dates would suit you and get booked in TODAY as spaces are limited - www.the111approach.com

Usui Reiki is the Reiki we all know and love - it's quick to get accredited (1 day courses) and it gives you a solid foundation for your healing experience.

Angelic Reiki is a very powerful version of Reiki and is the most AUTHENTIC way of working with Angel Energy.

Both courses are the OFFICIAL accredited courses from both governing bodies and you will be given ALL the tools you need including booklets, crystals and ongoing support after each course

How much does it cost?

Visit my Etsy Shop to see prices for products and services. I also offer bespoke services including Intuitive Energy Healing as part of your workplace / employee benefits package, end of life/palliative care treatments, and will soon be setting up teaching workshops so you can learn Intuitive Energy Healing for yourself.

The 111 Approach – 1 Minute Practices

**Unlock Mastery in Every Area of Your Life
with 1-Minute Practices**

**At 'The 111 Approach,' we believe in the
extraordinary power of just one minute.**

**It's all it takes to start your journey towards
mastery in every facet of your life.**

**Our unique approach integrates 1-minute
practices into your daily routine, making
wellness easy, adaptable, and achievable.**

Transformative 1-Minute Practices

**Discover a wide range of 1-minute practices
designed to elevate your life:**

1-Minute Productivity:

**Boost your efficiency, organization, and time
management skills to supercharge your
productivity.**

1-Minute Wealth:

**Practices to help remove limiting beliefs
around wealth and help break through mon-
ey making blocks.**

1-Minute Mindset Improvement:

**Cultivate a positive and resilient mindset,
empowering you to overcome challenges and
seize opportunities.**

1-Minute Energy Boosts:

**Recharge your energy levels instantly, revi-
talizing your body and mind for peak perfor-
mance.**

1-Minute Meditations:

**Find inner peace, clarity, and mindfulness in
just 60 seconds, setting the tone for a harmo-**

nious day.

1-Minute Breathing:

**Harness the profound effects of controlled
breathing to reduce stress and promote re-
laxation, anytime, anywhere.**

1-Minute Nutrition:

**Make healthier food choices and boost your
energy with quick, nutrition-focused practic-
es.**

1-Minute Stress Relief:

**Banish stress and tension in a flash, allowing
you to regain your balance and focus.**

1-Minute Anxiety Relief:

**Combat anxiety and overwhelm with rapid
techniques that promote calm and tranquilli-
ty.**

1-Minute Pain Relief:

**Experience natural pain relief methods that
soothe discomfort and support your well-
being.**

1-Minute Exercises:

**Keep your body active and energized with
quick, effective workouts tailored to your
busy schedule.**

1-Minute Relationship Healing:

**Strengthen bonds, resolve conflicts, and fos-
ter deeper connections in just 60 seconds.**

1-Minute Sleep Aids:

**Prepare your body and mind for a restful
night's sleep, ensuring you wake up re-
freshed and rejuvenated.**

And many more!

**Our 1-minute practices are your pathway to
holistic well-being, addressing the physical,
emotional, and mental aspects of your life
with ease.**

Subscribe to get notified and updates.

PREPARING FOR CHRISTMAS

More than half the people in the UK (59%) say that the cost-of-living crisis has had a negative impact on their mental health, according to a new report. On top of everything with Christmas approaching it can cause a lot of stress and anxiety.

Careful planning and preparing can help to ease the stress .

Preparing for Christmas

- **Make lists, plans or a budget.** Noting things down can make them feel a bit more manageable or help you think more clearly. Creating a budget could also help you feel more in control of what you can spend.
- **Be open with others.** It can be hard to talk about money. But being honest with others can help. You may be able to agree ways to make Christmas plans free or low cost.
- **Look for local offers or events.** Local organisations, such as charities and community centres, may have free or low-cost events for Christmas. Or they may be able to offer support with things like gifts or food.
- **Look for free or low-cost items online.** You may be able to find free items to use as gifts or decorations online.
- **Try to avoid comparisons with the Christmas you see in adverts and social media.** These often do not reflect reality and can make us feel bad about ourselves. It may help to take breaks from social media.
- **Make a list of any services that you might need and their Christmas opening hours**
- **Pharmacies can be closed on certain days over the Christmas period.** So if you take medication, make sure you have enough for the whole period.
- **Taking time out for yourself .** Do something to forget that it's Christmas or distract yourself. For



example, you could watch a film or read a book that's set in the summer. Or you could try learning a new skill..

- Be gentle and kind with yourself. It might help to think about what is best for your wellbeing during Christmas, and prioritise what you need.
- Do what makes you feel happy rather than what your expected of you.
- Set your boundaries. Try to say no to things that aren't helpful for you.
- If you're worried about feeling lonely or isolated this Christmas, see what activities might be running over Christmas that you might want to take part in or get in touch with local organisations, often there are organisations that arrange you to be near people in similar circumstances
- If you can't be with the people you want to see in person, you

could arrange a phone or video call to catch up with them on Christmas day. Or try to arrange a visit around Christmas, if there's a time when it's possible to meet.

- Try out some new traditions if any of your previous traditions don't feel possible this year. For example, if they're too expensive, or too difficult because of a bereavement. These new ideas could be a one-off, or they could become part of Christmas in future.
- If you have a lot of free time why not join a charity or group where you can volunteer at Christmas. It can give you a sense of achievement or worth.
- Most important of all is to Remember Christmas time is also for you to enjoy so take time to do what you enjoy. Make your own memories.



Have a
stress free
Christmas



Look
After Your
Mental
Health
At
Christmas





HelpinBrum

Find Help In Brum Are you concerned about the rise in cost of living?

Find some helpful contact details for advice and support.

Birmingham City Council and partners are working to support and offer guidance to our residents during the cost of living crisis in the UK.

We want to support as many of our residents as possible across key areas which are outlined in this leaflet.

Warm Welcome:

We are working with the local community and a partnership of voluntary and community sector organisations to expand a network of warm spaces. These spaces will be available for people to use and visit during the winter period and beyond.

There are several existing Warm Welcome Spaces within local communities across the city. Warm Welcome Spaces are:

- inclusive and non-judgmental
- heated and free to access

The services at each space will vary but may include:

- information on further support and available guidance
- opportunities to participate in activities and learn new things
- free internet access, computers and charging points
- a friendly environment to connect with others within the community

You can find details of our current Birmingham Warm Welcome Spaces at www.birmingham.gov.uk/warmwelcome

Keeping checking back online as more spaces will be launched weekly.

Food Support:

The cost of living crisis has made it much more difficult for many people to afford food. If this is something you are experiencing, there are several information points below which can help.

Foodbanks:

We know that accessing a foodbank or other projects for the first time can be daunting. However, the volunteers do their utmost to make visitors feel welcome.

With one visitor saying *"It was just a small personal touch that made you feel welcome and on the occasions where I was on a tiny budget, it also felt like somebody did care that times were tough."*

To find a foodbank or other food support please visit <https://www.birmingham.gov.uk/foodhelp>

Healthy Start card

If you are 10 weeks pregnant or more, have a child under four years old, or you or your family get certain benefits, you may be able to qualify for a Healthy Start card.

The card has money on it to be used in shops to buy: plain liquid cow's milk; fresh, frozen, and tinned fruit and vegetables; fresh, dried, and tinned pulses; and infant formula milk based on cow's milk. You can also get free vitamins.

To find out more and way to apply visit www.birmingham.gov.uk/healthystart

Free School Meals

You can also check if your child can get free school meals, visit www.birmingham.gov.uk/school-meals to see if you are eligible. (This will also automatically register you for the Holidays, Activities and Food Programme.)

More Information Available

Even more information is available on the Birmingham City Council website www.birmingham.gov.uk/helpinbrum which can guide you to various organisations depending on the help you may require. Alternatively, phone 0121 303 9944 and one of our customer service team will be able to help you.

Benefits and Money

During the cost of living crisis, it is also important to ensure you have access to the right benefits and money advice for you. There are several information portals below which can help.

To find out what benefits you are entitled to, it is best to use the Benefits Calculator provided by the Government. Find out more by using this link www.gov.uk/check-benefits-financial-support

Birmingham City Council has also developed several support factsheets which provide useful information on a range of debt related issues. You can view and download information on www.birmingham.gov.uk/debtadvice

If you are struggling with debt and need advice and support you can also visit www.birmingham.gov.uk/helpinbrum which can help direct you to the right information.

There are also other services who offer free and confidential advice:

- The Project - Benefit, debt and housing advice
0121 453 0606 | www.theprojectbirmingham.org
- Citizens Advice Birmingham - Advice on benefits, debt, housing and more
0344 477 1010 | www.bcabs.org.uk
- Disability Resource Centre - Advice and advocacy services for disabled people
03030 402 040 | www.disability.co.uk

Energy Efficiency:

As energy costs rise we are committed to reducing energy bills and helping everyone to keep warm as we head into the winter months.

There are several schemes already available for residents, with full information and guidance available at www.birmingham.gov.uk/energyhelp

There has been a significant rise in energy scams linked to the cost of living crisis.

There is some helpful support on the Birmingham City Council website to avoid these scams.

www.birmingham.gov.uk/energyscam

Other Support Available

There is also a lot of support at a local and national level. Here are some key contacts if you need information or guidance:

Age UK Birmingham

Information, advice and helpline services for older people (50+), their families and carers
0121 437 0479 | www.ageuk.org.uk/birmingham

Birmingham Mind

Providing advice, information and signposting for people affected by mental health issues
0121 262 3555 | www.birminghammind.org

Moneyhelper

Advice to help improve your finances
0800 138 7777 | www.moneyhelper.org.uk

Stop Loan Sharks

Investigates and prosecutes illegal money lenders and provides support for borrowers
0300 555 2222 | www.stoploansharks.co.uk

Turn2Us

Information and financial support
0808 802 2000 | www.turn2us.org.uk

Birmingham and Solihull Women's Aid

Support for women and children affected by domestic violence and abuse
0800 800 0028 | www.bswaid.org

Shelter

Housing advice 0808 800 4444 | www.england.shelter.org.uk

The Active Wellbeing Society

Listen and Connect support people to feel heard, connect with others, be active, live well and access information
0121 728 7030 | www.theaws.co.uk/listen-connect

The Refugee and Migrant Centre

Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship
0121 374 0140 | www.rmcentre.org.uk

Spitfire Services

Advice on money, benefit, housing and employment issues
0121 747 5932 | www.spitfireservices.org.uk



Christmas Toy Appeal 2023

*Thank
You*



Mr Rajash Mehta , Divya Lal, Alison Painter at hand over of donated toys to staff at Birmingham Children's Hospital

Aylesbury Surgery Health & Engagement Forum would like to say a big thank you to our community members, patients, staff and everyone that made a donation to our annual Toy Appeal this year.

For those people who donate to the Toy Appeal we cannot say thank enough. Only the families struggling can understand what impact that act of generosity has. It might feel small to you, but it plays such a huge part in the bigger picture.

When families are struggling it can be daunting not knowing when things will change. Your donation could be life changing for a child as children's wishes and dreams are built on hope.

The 40- 45 toys donated will go to local families in need and also the Birmingham Children's Hospital.



**Aylesbury Surgery
Health & Engagement
Forum**

**Warren Farm Road
Kingstanding
Birmingham
B44 0DX**

Sign up for our newsletter

Tel:

0747479195

E-Mail:

ashiforum@outlook.com

Facebook:

**Aylesbury Surgery Health &
Engagement Forum**

Twitter: @rajashmehta

It has come to an end of the year and beginning of another. Though it has been a hard year with the cost of living rising and wars breaking out we have strived to overcome the hardships. Many of us have experienced challenges and losses in the past year, but acts of kindness has shown the empathy in us has made us stronger.

The Toy Appeal has shown us that we can still all pull together when it matters .

Let us look into the New Year with fresh eyes and find inspiration in everything around us. Take a leap of faith and begin the wondrous new year by believing and having enough courage to go after your dreams and goals.

Christmas is a time to reflect on the previous year and The New year to celebrate the arrival of a new chapter. It's also a time to share hopeful "Happy New Year" wishes with everyone in your life, including family, friends, co-workers and neighbours so from everyone at Aylesbury Surgery Health & Engagement Forum. -



**Mr Rajash Mehta— Chairman—Aylesbury
Surgery Health & Engagement Forum**