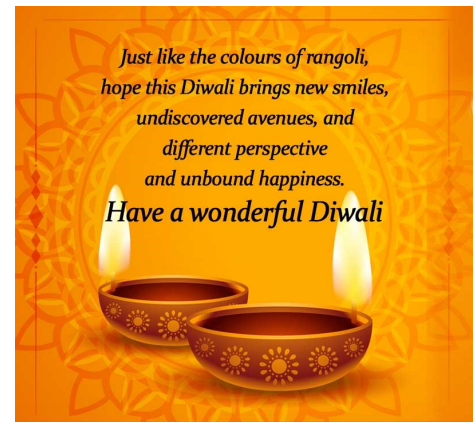


Aylesbury Surgery Health & Engagement Forum

Issue 21 : September 09/2021



The Lord-Lieutenant is Her Majesty The Queen's representative in the West Midlands and his first and foremost duty is to uphold the dignity of the Crown.

Following the example of The Queen, he seeks to promote a good atmosphere and a spirit of co-operation by the encouragement he gives to voluntary service, and to benevolent organisations, and by the interest he takes in the business, industrial and social life of his county and the voluntary activity that goes on in the region.

As the representative of Her Majesty The Queen in the West Midlands, I would like to thank you for the contribution you have made to the County during these extraordinary and difficult times.

No matter how large or small, the innovation, collaboration, humanity and selfless service shown by so many across the region during the Covid-19 pandemic has been truly inspiring.

Thank you

John Crabtree OBE
Lord-Lieutenant of the West Midlands

A Big Thank

It is an and honour and privilege to be recognised for our services in the West Midlands. We are humbled to have received a thank you note from her majesty's representative Lord-Lieutenant Mr John Crabtree OBE.

My name is Rajash Mehta and many of you know me by Raj. I would like to introduce you to my you-tube channel. [Dr Saab Health & Lifestyle & Advice on Life](#) I am currently bringing changes to my lifestyle and would like to share my journey with you. I would love your feedback & hear stories as well. So why not join me.



Mr Rajash Mehta / Practice Manager/chairman

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You can follow me on the link below
<https://youtu.be/EPMUnip7zRc>

Suicide Prevention

There should be no shame, blame, fear or judgment. Let's be ready, willing & able to help! "Creating Hope Through Action" World Suicide Prevention

What does it mean to be suicidal?

Suicidal feelings can be confusing, frightening and complicated. They can range from having general thoughts about not wanting to be here to making a plan about how and when you could end your life. You might feel less like you want to die, and more that you want the pain to stop.

You might feel:

- hopeless or trapped
 - tearful, anxious or overwhelmed by negative thoughts
 - desperate
 - tempted to do risky or reckless things because you don't care what happens to you
- like you want to avoid other people.

What can make someone want to end their life?

Suicide is complex and there is no single explanation of why people die by suicide. There are many different risk factors, including: previous suicide attempts, or previous [self harm](#). Many people who self-harm don't want to die. but are at higher risk of attempting or dying by suicide

- ♦ being unemployed
- ♦ having a [physical health problem](#), including chronic pain
- ♦ living alone
- ♦ being dependent on alcohol or [drugs](#)
- ♦ having mental health problems.

There may not be an obvious reason why someone feels suicidal. But whatever the cause, there is help available.

How can I help someone if I'm worried they're suicidal?

Simple actions can help support someone who is suicidal or recovering from an attempt to take their life.

Just asking someone if they're suicidal can help. Asking directly about suicide gives someone permission to open up and lets them know they're not a burden. If someone feels suicidal, it can be a huge relief to talk about how they feel.

If a friend does share their suicidal feelings with you, it's usually best to listen and respond with open questions, rather than advice or opinions. You don't have to solve their problems: just offer support and encourage them to talk, if you can.

It's important to know when to get professional support for someone you're supporting. You could suggest they contact one of the organisations listed in the 'What can I do if I'm feeling suicidal?' section.

What can I do if I feel suicidal?

If you have seriously harmed yourself, or you don't feel that you can keep yourself safe right now, call 999 or go straight to A&E.

If you are experiencing suicidal thoughts and need support, you can:

- ♦ call your GP and ask for an emergency appointment
- ♦ call NHS 111 for out-of-hours help
- ♦ contact your mental health crisis team if you have one.

There are many free helplines available.

[Samaritans](#) offers a 24 hour a day, 7 days a week support service. Call them free on 116 123.

[CALM](#) (Campaign Against Living Miserably) has a helpline (5pm – midnight) and webchat for anyone who's having a tough time and needs to talk.

[Papyrus](#) supports people under 35 who have thoughts of suicide and others who are concerned about them. You can call their HOPELINE UK on 0800 068 4141, text 07860 039967 or email pat@papyrus-uk.org. They're open every day from 9am to midnight.

Samaritans has [practical tips on dealing with suicidal feelings](#).

HOPE
HOLD ON, PAIN ENDS.

Signs to look out for ?

Possible Suicide Warning Signs

- ♦ Talking about wanting to die or to kill oneself
- ♦ Looking for a way to kill oneself, such as searching online
- ♦ Talking about feeling hopeless or having no reason to live
- ♦ Talking about feeling trapped or in unbearable pain
- ♦ Talking about being a burden to others
- ♦ Increase in use of alcohol or drugs
- ♦ Acting anxious or agitated; behaving recklessly
- ♦ Sleeping too little or too much
- ♦ Withdrawing or feeling isolated
- ♦ Showing rage or talking about seeking revenge
- ♦ Displaying extreme mood swings

If you are concerned about a family or friend and not sure of what to do seek professional advice.

MENTAL HEALTH

LIFT YOUR MOOD

The pandemic has had a significant impact of the outbreak on mental health, with increase in health anxiety, acute stress reactions, adjustment disorders, depression, panic attacks and insomnia. Cases of severe mental disorders, obsessive compulsive disorder and anxiety disorders are suffering from relapses

We are creatures of habit and lockdown had a massive impact on everyone, the world, as we knew it no longer exists.

Daily habits

1. Smile

You tend to smile when you're happy. But it's actually a two-way street.

We smile because we're happy, and smiling causes the brain to release dopamine, which makes us happier.

2. Exercise

Exercise isn't just for your body. Regular exercise can help to reduce stress, feelings of anxiety, and symptoms of depression while boosting self-esteem and happiness.

Even a small amount of physical activity can make a difference. You don't have to run a marathon unless that's what makes you happy, of course.

Consider these exercise starters:

- Take a walk around the block every night after dinner.
- Sign up for a beginner's class in yoga
- Start your day with 5 minutes of stretch-

ing.

Remind yourself of any fun activities you once enjoyed, but that have fallen by the wayside. Or activities you always wanted to try, such as golf, bowling, a charity walk, or dancing.

3. Get plenty of sleep

Adequate sleep is the key to good health, brain function, and emotional well-being.

Most adults need about 7 or 8 hours of sleep every night.

Here are a few tips to help you build a better sleep routine:

- Reserve the hour before bed as quiet time. Take a bath, read, or do something relaxing. Avoid heavy eating and drinking.
- Keep your bedroom dark, cool, and quiet.
- Invest in some good bedding.
- If you have to take a nap, try to limit it to 20 minutes.

4. Eat with mood in mind

As many of us know food choices have an impact on your overall physical health. But some foods can also affect your state of mind.

Start by making one better food choice each day.

For example, swap a big, sweet breakfast pastry for some Greek yogurt with fruit.

You'll still satisfy your sweet tooth, and the protein will help you avoid a mid-morning energy crash. Try adding in a new food swap each week.

5. Be grateful

Practicing gratitude can have a significant impact on feelings of hope and happiness.

Start each day by acknowledging one thing you're grateful for, with a little practice, you may even become more aware of all the positive things around you.

6. Give a compliment

Have you ever performed an act of kindness how did it make you feel ?. Giving a sincere compliment is a quick, easy way to brighten someone's day while giving your own happiness a boost.

7. Breathe deeply

The next time you feel stressed or at your wit's end, work through these steps:

- Close your eyes. Try to envision a happy memory or beautiful place.
- Take a slow, deep breath in through your nose.
- Slowly breathe out through your mouth or nose.
- Repeat this process several times, until you start to feel yourself calm down.

8. Acknowledge the unhappy moments

A positive attitude is generally a good thing, but bad things happen to everyone. It's just part of life.

If you get some bad news, make a mistake, or just feel like you're in a funk, don't try to pretend you're happy.

Acknowledge the feeling of unhappiness, Let the moment pass and take care of yourself.

Remember, no one's happy all the time.

As the pandemic is no closer to leaving us completely, we learn to live with the pandemic. We must continue to support good mental health and wellbeing, to help people manage their own mental health, and to build their emotional resilience. It is important to ensure that people get the right support.

Those that struggle should not struggle alone help is out there. For many people, mental health problems can have a negative impact on all areas of their life. However, mental health conditions are treatable and it is possible to make a full recovery.

People often do not get the mental health help they need because they do not know where to start.

Use the NHS 111 online service, or call 111. You may be able to speak to a nurse, or mental health nurse, over the phone. Mental health services are free on the NHS, but in some cases, you will need a referral from your GP to access them. You may be able to refer yourself to some services. You can access help online

Mental Health Helpline for Urgent Help - NHS (www.nhs.uk)



NHS bowel cancer screening

NHS bowel cancer screening checks if you could have bowel cancer. It's available to everyone aged 60 or over. The programme is expanding to include 56 year olds in 2021.

You use a home test kit, called a faecal immunochemical test (FIT), to collect a small sample of poo and send it to a lab. This is checked for tiny amounts of blood.

Blood can be a sign of polyps or bowel cancer. [Polyps](#) are growths in the bowel. They are not cancer, but may turn into cancer over time.

If the test finds anything unusual, you might be asked to have further tests to confirm or rule out cancer.

Always see a GP if you have [symptoms of bowel cancer](#) at any age, even if you have recently completed a [NHS bowel cancer screening test kit](#) – do not wait to have a screening test.

The symptoms of bowel cancer can be subtle and do not necessarily make you feel ill. However, it's worth trying simple treatments for a short time to see if they get better.

More than 90% of people with bowel cancer have 1 of the following combinations of symptoms:

a persistent change in bowel habit – pooing more often, with looser, runnier poos and some-

times [tummy \(abdominal\) pain](#)

blood in the poo without other [symptoms of piles \(haemorrhoids\)](#) – this makes it unlikely the cause is haemorrhoids

abdominal pain, discomfort or bloating always brought on by eating – sometimes resulting in a reduction in the amount of food eaten and weight loss

[Constipation](#), where you pass harder stools less often, is rarely caused by serious bowel conditions.

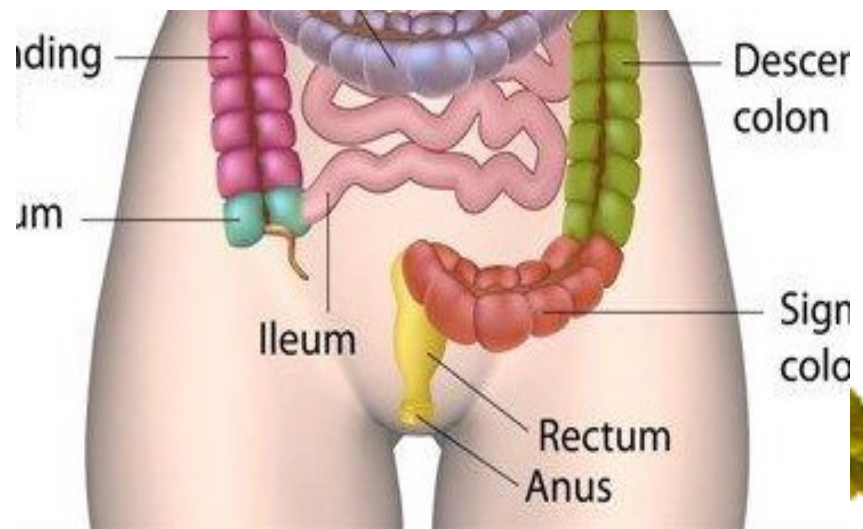
Most people with these symptoms do not have bowel cancer.

Causes of bowel cancer

The exact cause of bowel cancer is not known, but there are a number of things that can increase your risk, including:

- age – almost 9 in 10 people with bowel cancer are aged 60 or over
- diet – a diet high in red or processed meats and low in fibre can increase your risk
- weight – bowel cancer is more common in overweight or obese people
- exercise – being inactive increases your risk of getting bowel cancer
- alcohol – drinking alcohol might increase your risk of getting bowel cancer
- smoking – smoking may increase your chances of getting bowel cancer

family history – having a close relative (mother or father, brother or sister) who developed bowel cancer under the age of 50 puts you at a greater lifetime risk of developing the condition; screening is offered to people in this situation, and you should discuss this with a GP



Importance of Breast Screening

The NHS offers screening to save lives from breast cancer

Breast cancer screening is a way of finding breast cancers early, when they are small. When breast cancer is diagnosed early, less treatment may be needed, and treatment is more likely to be effective. The first stage of breast screening is a breast x-ray (mammogram) of each breast. Screening also does not prevent you getting breast cancer, and it may not help if you already have advanced stage breast cancer.

As the likelihood of getting breast cancer increases with age, all women aged from 50 to their 71st birthday who are registered with a GP are automatically invited for breast cancer screening every 3 years.

Symptoms

In many cases, symptoms may go unnoticed until it becomes severe and may include:

- A lump or mass in the breast that feels different from the surrounding tissue
- Change in the shape, size, or appearance of the breast
- Discharge from the nipple
- Breast rash
- Changes in the skin over the breast, for example, dimpling
- Breast pain
- Inverted or pulling-in of the nipple
- Scaling, peeling, or flaking skin over the breast, particularly the dark area around the nipple

Redness and/or pitting of the breast skin, resembling the skin of an orange



Treatments

Treatment is primarily based on the type and stage of cancer.

Medication

- **Chemotherapy:** Drugs may be recommended before or after the surgery to reduce the mass size and prevent spread or recurrence.
- **Hormone therapy:** Drugs used in hormone therapy help in regulating the proliferation of hormone sensitive cancer cells and prevent the production of hormones or reduce their action.
- **Medical procedures:** Lumpectomy · Mastectomy · Breast reconstruction
- **Therapies:** Radiation therapy

The risk factors include:

- Family history
- Hormonal changes
- Age -at more risk after 40 years of age
- Personal history of breast cancer: A cancer in one breast increases the chances of having cancer in the other breast
- Lifestyle, including excess of alcohol consumption
- Environmental factors, including exposure to radiations
- Obesity and over weight
- Menarche: having periods at younger age and menopause at an older age
- Pregnancy: Becoming pregnant at an older age or never being pregnant
- Hormone use, including long-term contraceptive use or postmenopausal Hormone therapy

Corona Pandemic: Good, bad

Now that Corona pandemic restrictions are ending, hopefully permanently, it is time for assessment of this hugely different health disaster affecting all of us throughout the world in the living memory.

Whilst subjective differences would be there in terms of quantitative effect on each of us, some facts are undeniably true.

BAD

Huge number of deaths when 'one death is one too many', ask the family or a friend of the person who lost the loved one.

Illness- many people who escaped death including current UK PM, UK chief medical officer, previous High Sheriff of West Midlands and other important persons, most have said "this was the worst illness of my life" some from the ventilators recovered to tell us the tale.

'Lock down'- an unfamiliar term became the talk of the day, so many of these happened at a short notice and for many weeks disrupting life, penalising the economy, changing the way we lived, masks, frequent hand washing, social distancing rules changing frequently. This has ruined entertainment, hospitality, travel, hotel and holiday businesses. Some have gone bust, others will remember this as a horrible phase.

Additionally, lockdown played havoc due to loneliness, making mental illness worse, travel and holiday impossible, reducing productivity where work from home was not possible. The uncertainty exaggerated fear.

The confusing statements by politicians who took advice from scientists not knowing enough themselves made a mockery of the statements.

What was true yesterday, not true today and sometimes there were more changes in the day!! The duration of first wave and second wave was anyone's guess and impending third wave is a threat we have to live with, in addition to the other future problems, who knows what lies ahead due to this pandemic?

The legacy of lockdown will continue for some time, longest NHS waiting lists for treatments, delayed justice due to several thousand pending court cases and more taxes to recover the money lost and spent unwisely are some examples. We all now know the stories of nightingale hospitals and PPE saga, examined with retro scopes it makes a horrible experience.

In summary life came to a standstill!!

All was not bad and all was not lost, let us see.....

Weather was very kind in first lockdown, encouraging us to exercise, walk, run and benefit from various indoor/garden activities, an experience showing benefits.

All of us had more time for each other, we could see spend more time with our family within limitations of a household. Enjoyed home cooking and had protected time during the meals, great time for relaxed conversations with family members. Watched more TV and films together as a family.

Continue.....

Corona Pandemic: Good, bad or different?



Dr Satya Sharma MBE DL | West Midlands

cont..

Meetings were cancelled and the travel time which is often wasted, was saved, cars had well deserved rest, saving petrol money but more important saving the pollution of environment.

When permitted, many of us did more cycling, sport activities such as golf.

Some planned activities could be accomplished, car garage and outhouses cleaned and de cluttered. More importantly. My wife and I read our holy books Ramayan and Gita during first and second lockdowns, life time mission accomplished, unachievable prior to this due to busy lives

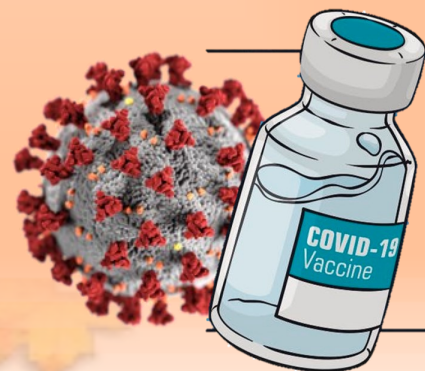
We never realised the value of health and lives which became the most important matter. Thanks to dedication of

NHS for saving so many lives, unprecedented accelerated vaccine production and administration, a great achievement of NHS within UK, a shining example for others.

Work from home was allowed and became an 'unusual norm' for many. This has and would change thinking about the office space as well as travel, would be more popular with businesses where it can be made possible. Something to watch in the future

Virtual meetings became popular and zoom, Microsoft teams have been shining examples. It brought us together and whole world has become a family. Despite different time zones we were invited by friends, family and businesses to connect through virtual media which was mostly without extra costs for computer literates and access to Wi Fi. These meeting were precise and completed within short time although deprived us of networking and social interactions. Many invitations for such meetings were received and would not have been possible in pre-Corona era.

By Dr Satya Sharma MBE



What is End of life care ?

End of life care is support for people who are in the last months or years of their life.

End of life care should help you to live as well as possible until you die and to die with dignity. The people providing your care should ask you about your wishes and preferences, and take these into account as they work with you to plan your care. They should also support your family, carers or other people who are important to you.

You have the right to express your wishes about where you would like to receive care and where you want to die. You can [receive end of life care at home](#), or in [care homes](#), [hospices](#) or [hospitals](#), depending on your needs and preference.

People who are approaching the end of life are entitled to high-quality care, wherever they're being cared for. Find out [what to expect from end of life care](#).

Different health and social care professionals may be involved in your end of life care, depending on your needs. For example, hospital doctors and nurses, your GP, community nurses, hospice staff and counsellors all work side by side, as well as social care staff, spiritual care (of all faiths or none), physiotherapists, occupational therapists or complementary therapists. They can offer psychological and emotional support in a safe and confidential manner.



John Taylor Hospice is one such establishment that provides specialist care for people living with terminal illness and their families.

If you are being cared for at home or in a care home, your GP has overall responsibility for your care. Community nurses usually visit you at home, and family and friends may be closely involved in caring for you too.

What is palliative care?

End of life care includes palliative care. If you have an illness that cannot be cured, palliative care makes you as comfortable as possible, by [managing your pain](#) and other distressing symptoms. It also involves psychological, social and spiritual support for you and your family or carers. This is called a holistic approach, because it deals with you as a "whole" person, not just your illness or symptoms.

Palliative care is not just for the end of life – you may receive palliative care earlier in your illness, while you are still receiving other therapies to treat your condition.

Palliative care teams are made up of different healthcare professionals and can coordinate the care of people with an incurable illness. As specialists, they also advise other professionals on palliative care.

When does end of life care begin?

End of life care should begin when you need it and may last a few days, or for months or years.

People are considered to be approaching the end of life when they are likely to die, although this is not always possible to predict. This includes people whose death is imminent, as well as people who:

- ◆ have an advanced incurable illness, such as cancer, dementia or motor neurone disease
- ◆ are generally frail and have co-existing conditions that mean they are expected to die within 12 months have existing conditions if they are at risk of dying from a sudden crisis in their condition
- ◆ have a life-threatening acute condition caused by a sudden catastrophic event, such as an accident or stroke

The National Institute for Health and Care Excellence (NICE) has published guidance on the care of dying adults in the last days of life. This guidance covers how to manage common symptoms, as well as dignity and respect for the dying person, their relatives and carers.

How do I find out about end of life care services in my area?

If you are approaching the end of life, or caring for someone who is, and you want to

find

out about the care and support available, your first step is to speak to your GP or to call the number your healthcare professionals have given you.

Planning ahead

In this end of life care guide, "end of life care" also covers legal issues to help you [plan ahead for your future care](#). These include creating a [lasting power of attorney](#) so the person or people of your choice can make decisions about your care if you are no longer able to do so yourself.

Your end of life plan includes things like your end of life care preferences, as well as how extensive medical interventions and measures taken should be. And though it can feel uncomfortable to prepare, it means you can take control of the dying process while you're still able. you may even feel a sense of peace once you put an end of life plan into place.



FREE COMMUNITY HOT-MEAL ARE BACK

Due to COVID-19 restrictions the Community hot meals sponsored by Aylesbury Surgery were put on hold. As from September the FREE community Hot Meals are back. Free hot-meals will be provided on the last Sunday of every month by curtesy of Aylesbury Surgery. All food is prepared and cooked on-site at St Johns Centre in Kingstanding.

If you would like to take advantage of this opportunity please contact Sandra on :07985607091 to book your meal. Spaces may be limited so please book in advance to ensure that you don't miss out.



HOSTED BY
Aylesbury & **Surgery**

FREE

Community Hot Meal

on the last Sunday of every month

To Book for Sunday the 31/10/21 -Please contact
Sandra on : 07985607091
at St Johns Centre
124 Warren Farm Road Kingstanding B44 0QN

Booking is required

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DIWALI - 4th November 2021

Diwali literally means a row of Lights. It is a time filled with light and love;. A time when Indians all over the world celebrate the occasion by spring cleaning their homes , performing religious prayers to offer thanks and gratitude. It ends by lighting candles and celebrating with family, friends and neighbours. It is also a time for people to reflect and free their hearts of anything which has been troubling them or casting a shadow over their lives, put aside their differences and come together.

The true meaning of Diwali is the celebration of light, making a fresh start, new beginnings and triumph over evil, righteousness over treachery, truth over falsehood, and light over darkness.

Many Indian people consider that Diwali marks the start of their new year, enabling them to make plans for a new start, a little like new year's resolutions.

I would like to wish everyone a Happy Diwali, may the light drive the darkness away from your path and sadness turn to peace, Joy and laughter.

Mr Rajash Mehta

Practice Manager and Chairman

