

Aylesbury & Surgery Health & Engagement Forum

Issue 15 - March 2020

Coronavirus



What is coronavirus?

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. covid-19 is a new strain of coronavirus first identified in Wuhan City, China in January 2020. It has now spread worldwide

What are the symptoms?

The virus is known to attack the respiratory system. The following symptoms may develop in the 14 days after exposure to someone who has covid-19 infection:

- ✚ cough
- ✚ Short of breath, difficulty in breathing
- ✚ Fever

In more severe cases, it can lead to pneumonia, multiple organ failure and even death.

Current estimates of the incubation period - the time between infection and the onset of symptoms - range from one to 14 days. Most infected people show symptoms within five to six days.



However, infected patients can also be asymptomatic, meaning they do not display any symptoms despite having the virus in their systems.

If you are worried about symptoms, or not sure please call **NHS 111**. Do not go directly to your GP or other healthcare environment.

WASH YOUR HANDS OFTEN AS YOU CAN WITH SOAP AND WATER FOR AT LEAST 20 SECONDS –Stay safe



Mr Rajash Mehta

Take everyday precautions

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

Avoid close contact with people who are sick.

Take everyday preventive actions:

- Clean your hands often
- **Wash your hands often** with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **To the extent possible, avoid touching high-touch surfaces in public places** – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- **Wash your hands** after touching surfaces in public places.
- **Avoid touching your face**, nose, eyes, etc.
- **Clean and disinfect** your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones) and don't forget to wash your hands.
- **Avoid crowds**, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- **Avoid all non-essential travel** including plane trips, and especially avoid embarking on [cruise ships](#).



HOW CAN YOU HELP PREVENT THE SPREAD OF THE CORONAVIRUS ?

Social Distancing:



What does it mean?

It means stay away from places where people gather, avoid mass gatherings, and whenever not possible, maintains a distance of at least one metre from each other.¹ Together we can help to slow the infection from spreading away.

Red Light – Avoid / Don't Do

- All gatherings of religious, commercial, official or personal nature (e.g. market/mall, cinema, meeting/conference, wedding, party/picnic, tuition, gym/yoga, dancing etc.) involving a sizeable and flowing crowd
- Social visitors or non-essential workers in your house
- Non-essential visitors in the workplace
- Non-essential travel in public transportation



Yellow Light – Do with Caution

- Attend private gatherings limited to a few family members or known friends
- Travelling in a private transport (public transport only if it is a NECESSITY)
- Visit a local restaurant BUT choose the open-air type, sitting with at least one metre apart whenever possible (takeaway food is a better choice)
- Buying in a grocery store or supermarkets without a crowd
- Pick up medicines from the pharmacy without a crowd
- Play sports in the open air with family or a few known friends

Green Light – Safe to Do

- Take a walk or jog in open park or stadium
- Cycling
- Play in the home garden, or go for a fun drive with family
- Read a book or listen to music in private
- Play games or watch TV/movie at home
- Home cooking and meals at home



➡ Wash your hands frequently with soaps and water, or alcohol-based hand rub.

➡ Best to do thing online whenever possible (e.g. Video chat, e-payment, internet games, or chat over a phone).

John Taylor Hospice
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Tel: 0121 465 2000
www.johntaylorhospice.org.uk

John Taylor Hospice Celebrates 110 Years of Care

Birmingham's John Taylor Hospice this year celebrates an incredible 110th anniversary – marking more than a century of caring for local people.

One of the oldest hospices in the country, John Taylor was founded in 1910 by the people of Birmingham who fundraised to provide a 'home of rest for the dying'.



Spearheaded by city doctor and suffragette Dr Mary Darby Sturge, the hospice opened as the Taylor Memorial Home in Showell Green House in Sparkhill near the then Women's Hospital.

The hospice was named after Birmingham's pioneering women's gynaecologist John Taylor and initially cared only for women with gynaecological cancers.

After the Second World War, the hospice moved into The Grange in Erdington, its home for the past 70 years.

Hospice teams began caring for men in the 1970s, launched community services in the 1980s and branched out to care for people with a range of conditions including motor neurone disease and

multiple sclerosis. Today John Taylor Hospice is a charity which cares for around 2,000 patients each year as well as providing support and wellbeing for their families and friends.

The 110th year will see John Taylor holding a host of special events including a Secret Garden Ball in June, a Summer Party in July, a Sunset Walk during the summer and its annual Light up a Life later in December.

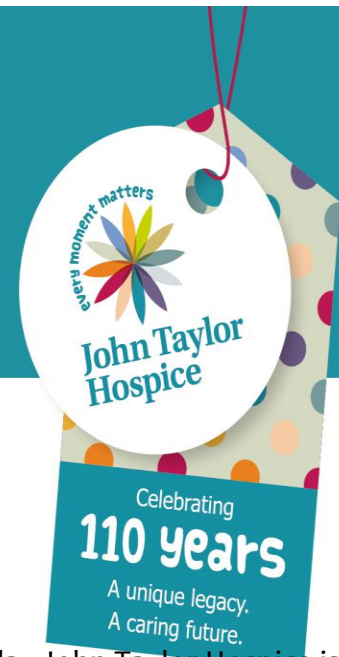
There will also be a citywide art project with an exhibition planned for later in the year as well as a celebration party in the autumn.

Hospice CEO Penny Venables says: "John Taylor Hospice is unique in its history. We were the first non-denominational hospice in the country and were founded by people in the city who recognised the need for a home in the Midlands which could provide care for patients at the end of their lives.

"More than a century later we are still receiving funding from kind and generous people and companies who give time and money so we can continue to provide much-needed specialist care for patients and their families.

"Everyone who supports us during our 110th anniversary year will be helping to ensure the legacy of care for local people for the next 110 years."

For more on John Taylor Hospice's 110th anniversary, events and how you can support the hospice see www.johntaylorhospice.org.uk

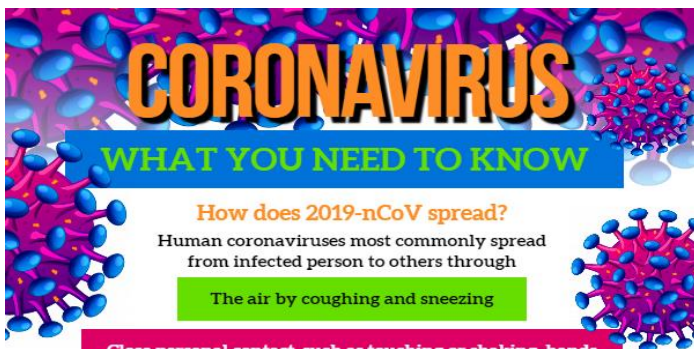




Last year's Big Brummie Bake sales raised over £4,000 for John Taylor Hospice. By holding a fundraising bake sale in 2020 – our 110th anniversary year – you can help ensure we continue to provide specialist end of life care for people living with a terminal illness and their loved ones. Thank you for your support.

By holding a Big Brummie Bake sale on **Friday 3 April** you can help provide care for local people living with a terminal illness. Every penny you raise from your bake sale will help us be here for families now and in the future.

Order your jam-packed Big Brummie Bake kit online today - it's a piece of cake!
www.johntaylorhospice.org.uk



CORONAVIRUS

WHAT YOU NEED TO KNOW

How does 2019-nCoV spread?

Human coronaviruses most commonly spread from infected person to others through

The air by coughing and sneezing

Close personal contact, such as touching or shaking hands

Touching an object or surface with the virus on it, then touching your mouth, nose, eyes before washing your hands

SIGNS & SIMPTOMS

The flu-like symptoms like the name suggests is very similar to a common cold which could last for a few days. This includes:



Fever



Cough



Short of breath

HOW CAN I PROTECT MYSELF?

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose or mouth with unwashed hands
- Avoid close contact with people who are sick



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Walking for Health

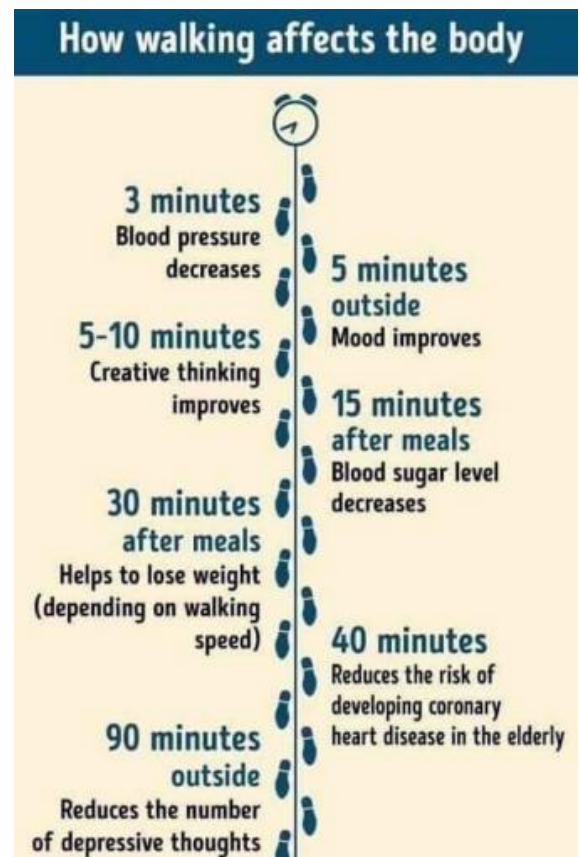
Make walking part of your daily life. Walk to work and to the store. If it's too far, try walking to the train instead of driving there, and then get off the bus or subway a few stops before your destination. Take the stairs instead of the lift (for at least part of the way). Walking is simple and natural; it doesn't require any instruction or skill. It can be a very modest form of exercise.

To stay motivated, walk with a friend or member of your family or listen to a radio or MP3 player. If you want to stick close to home and limit your walking to neighbourhood streets, pick different routes so you don't get tired of seeing the same sights. For some people, the best motivation is a dog — studies show that owning pets is good for health, and walking the dog is a major reason for this benefit.

Walking is a great way to improve or maintain your overall health. Just 30 minutes brisk walk every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. If it's too difficult to walk for 30 minutes at one time, do regular small bouts (10 minutes) three times per day and gradually build up to longer sessions. However, if your goal is to lose weight, you will need to do physical activity for longer than 30 minutes each day. You can still achieve this by starting with smaller bouts of activity throughout the day and increasing these as your fitness improves.

It can also reduce your risk of developing conditions such as:

- Type 2 diabetes.
- A good walk can do wonders for your mental wellbeing. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue.
- Increased cardiovascular and pulmonary (heart and lung) fitness
- Reduced risk of heart disease and stroke
- Improved management of conditions such as hypertension (high blood pressure),
- High cholesterol, joint and muscular pain or stiffness, and diabetes
- Stronger bones and improved balance
- Increased muscle strength and endurance
- Reduced body fat.
- strengthening of your feet, legs, hips, and torso



Physical activity built into a daily lifestyle plan is also one of the most effective ways to assist with weight loss and keep weight off once it's lost. If you want to make it a regular routine, you can join local walking groups. Look for the self-guided nature walks that have been set up in many parks

Every year the Aylesbury Surgery Health Forum hosts the Kingstanding annual health walk to raise awareness of benefits of walking for health.

Our hectic social and personal engagements can often come in the way of our fitness regime. Often it becomes a normal routine to take the easy way out. We become lazy and try find excuses not walk because we find it a chore. Not exercising can lead to poor circulation and many other health problems.

The annual health walk is reminder not just for our patients at Aylesbury Surgery but for all the Community the benefits of walking for health. A brisk walk is a mild form of exercise and does not require a lot of energy.

Come and join us for the HEALTH WALK ON THE 24TH JUNE 2020 AT 2.00PM

Bring friends, colleagues, neighbours, families. Come and meet new people and make that change in your lifestyle.

In the meantime we request everyone to follow the NHS guidelines and stay safe.

Mr Rajash Mehta



Aylesbury Surgery
Health & Engagement
Forum
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Forum
Next meeting
will be held on
Wednesday
24th June 2020
at 2.00 pm