

Aylesbury Surgery Health & Engagement Forum

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CHRISTMAS - COMING TOGETHER

Just when we thought we were coming out of a crises like the Covid, we face an even bleaker time ahead. The threat of inflation rising, more and more people are at the brink of becoming homeless. Everyone is struggling with energy bills and the impending winter weather with minus temperatures heading our way adds to the gloomy outlook.

As the war and strikes bring fear into the Christmas Cheer. Remember through every crisis and not just Christmas that we have stood together with our colleagues, friends, families and neighbours and come out stronger. It is time again to stand together and help our fellow man kind.

Christmas time can be bleak reminder for those that lost friends and family. It is also a time when we can remember loved ones and reflect on our own lives.

The kindness and generosity of communities coming together, giving their time and sharing what little they have, that's what Christmas is all about. Let us for a moment forget our troubles and rally around and help those less fortunate than ourselves.

Let us not focus on the sad and the negatives of the year. Instead let us give gratitude, and thanks for all the good that we have received and be grateful for the many opportunities we have had to learn, flourish, and grow.

Mr Rajash Mehta



Mr Rajash Mehta—Chairman

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Strep A and scarlet fever

There are currently high rates of Group A strep and scarlet fever in the UK. Scarlet fever, which is caused by the bacteria Group A streptococcus, is usually a mild illness but it is highly infectious. It is much more common in children than in adults.

The first signs of scarlet fever can be flu-like symptoms, including a high temperature, a sore throat and swollen neck glands (a large lump on the side of your neck).

A rash appears 12 to 48 hours later. It looks like small, raised bumps and starts on the chest and tummy, then spreads. The rash makes your skin feel rough, like sandpaper.

On white skin the rash looks pink or red. On brown and black skin it might be harder to see a change in colour, but you can still feel the rash and see the raised bumps.

The rash of scarlet fever often begins with small spots on the body that then spread to the neck, arms and legs over the next 1-2 days. It is often 'sand-paper' like to touch but is not itchy.

Your child may also have a:

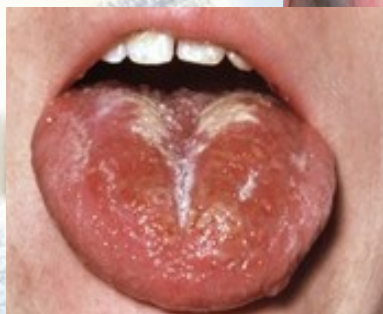
Sore throat/tonsillitis

Fever (temperature of 38°C (100.4°F) or above)

Painful, swollen glands in the neck

A red tongue (strawberry tongue)

When should you worry?



Amber

If your child has any of the following:

- Is finding it hard to breathe
- Has laboured/rapid breathing or they are working hard to breathe – drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession).
- Unable to swallow saliva
- Has features suggestive of scarlet fever (see above)
- Seems dehydrated (sunken eyes, drowsy or not passed urine for 12 hours)
- Is drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Has a painful, red swollen gland in their neck which is increasing in size
- Is 3-6 months of age with a temperature of 39°C/102.2°F or above (but fever is common in babies up to two days after they receive vaccinations)
- Continues to have a fever of 38°C or above for more than 5 days
- If your child has recently had scarlet fever but now appears to have a puffy face/eyelids, tea 'coke-cola' coloured urine (pee), or a swollen, painful joint(s)
- Is getting worse or if you are worried

Action to take

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 111 staff, recheck that your child has not developed any red features.

If your child has any of the following:

- **Is pale, mottled and feels abnormally cold to touch**
- **Has blue lips**
- **Too breathless to talk / eat or drink**
- **Has a fit/seizure**
- **Is extremely agitated (crying inconsolably despite distraction), confused or very lethargic(difficult to wake)**
- **Has dark green vomit**
- **Has a rash that does not disappear with pressure (the 'Glass Test')**

You need urgent help.

**Go to the nearest
Hospital Emergency (A&E) Department
or phone 999**

If your child also has a runny nose with their tonsillitis, it makes a diagnosis of scarlet fever / Group A strep less likely.

Occasionally, Group A streptococcus can spread to other areas of the body, causing infections in the neck (tonsillar abscesses or lymph node abscesses), chest infections (pneumonia), bone and joint infections (septic arthritis) or sepsis.

In addition, a small number of children experience complications in the week or two after recovering from scarlet fever. This can affect their kidneys (post-streptococcal glomerulonephritis) or their joints (post-streptococcal arthritis).

There is a Public Health England leaflet that is useful for parents:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/33

Self Care

What should you do?

If you think your child has scarlet fever, they should be seen by their GP. They may need treatment with antibiotics.

- To make your child more comfortable, you may want to lower their temperature using paracetamol (calpol) and/or ibuprofen. Use one and if your child has not improved 2/3 hours later you may want to try giving the other medicine. However, remember that fever is a normal response that may help the body to fight infection and paracetamol/ibuprofen will not get rid of it entirely.
- Avoid tepid sponging your child - it doesn't actually reduce your child's temperature and may cause your child to shiver.
- Encourage them to drink plenty of fluids.
- Eating soft foods if you have a sore throat
- Using calamine lotion or antihistamine tablets to ease itching

Good hand and respiratory hygiene are important for stopping the spread of many bugs. By teaching your child how to wash their hands properly with soap for 20 seconds, using a tissue to catch coughs and sneezes, and keeping away from others when feeling unwell, they will be able to reduce the risk of picking up or spreading infections.

So remember to:

Catch it: always cough or sneeze into a tissue

Bin it: always throw the used tissue in a bin

Kill it: always wash your hands with soap and hot water

How long will your child's symptoms last?

The sore throat and fever often last for about 3-6 days and the rash usually improves within a week. Antibiotics reduce the length of fever/sore throat by about 1 day.

Children commonly experience peeling of their fingers and toes after scarlet-fever.

Your child is no longer infectious to others (contagious) after 24 hours of starting antibiotics and can go back to school/nursery if they feel well enough.

What is asthma?

Asthma is an inflammatory disease of the airways to the lungs. It makes breathing difficult and can make some physical activities difficult or even impossible. Asthma is a long-term condition for many people, particularly if it first develops when you're an adult.

In children, it sometimes goes away or improves during the teenage years, but can come back later in life

It's the most common chronic condition among children and adults:

Symptoms of asthma

The main symptoms of asthma are:

- a whistling sound when breathing (wheezing)
- breathlessness
- a tight chest, which may feel like a band is tightening around it
- coughing

The symptoms can sometimes get temporarily worse. This is known as an asthma attack.

Treatments for asthma

Asthma is usually treated by using an inhaler, a small device that lets you breathe in medicines.

The main types are:

- reliever inhalers – used when needed to quickly relieve asthma symptoms for a short time
- preventer inhalers – used every day to prevent asthma symptoms happening

Some people also need to take tablets.

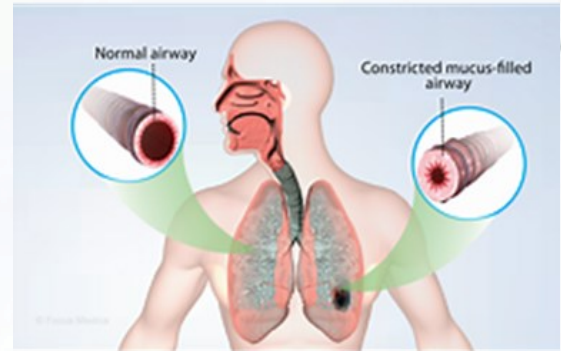
Causes and triggers of asthma

Asthma is caused by swelling (inflammation) of the breathing tubes that carry air in and out of the lungs. This makes the tubes highly sensitive, so they temporarily narrow.

It may happen randomly or after exposure to a trigger.

Common asthma triggers include:

- allergies (to house dust mites, animal fur or pollen, for example)
- smoke, pollution and cold air
- exercise
- infections like colds or flu



- medicines – particularly anti-inflammatory pain-killers like ibuprofen and aspirin
- emotions, including stress, or laughter
- weather – such as sudden changes in temperature, cold air, wind, thunderstorms, heat and humidity
- mould or damp

Identifying and avoiding your asthma triggers can help you keep your symptoms under control.

Complications of asthma

If not kept under control, it's still a serious condition that can cause a number of problems.

This is why it's important to follow your treatment plan and not ignore your symptoms if they're getting worse.

Badly controlled asthma can cause problems such as:

- feeling tired all the time
- underperformance at, or absence from, work or school
- stress, anxiety or depression
- disruption of your work and leisure because of unplanned visits to a GP or hospital
- lung infections (pneumonia)
- delays in growth or puberty in children
- Asthma attacks

Asthma attacks-

can sometimes get worse for a short time – this is known as an asthma attack. It can happen suddenly, or gradually over a few days.

Signs of a severe asthma attack include:

- wheezing, coughing and chest tightness becoming severe and constant

- being too breathless to eat, speak or sleep
- breathing faster
- a fast heartbeat
- drowsiness, confusion, exhaustion or dizziness
- blue lips or fingers
- fainting

There's currently no cure for asthma, but treatment can help control the symptoms so you're able to live a normal, active life.

Treatment for asthma

Inhalers, which are devices that let you breathe in medicine, are the main treatment. Tablets and other treatments may also be needed if your asthma is severe.

Inhalers can help:

- relieve symptoms when they occur (reliever inhalers)
- stop symptoms developing (preventer inhalers)

Some people need an inhaler that does both (combination inhalers).

Reliever inhalers

Most people with asthma will be given a reliever inhaler. These are usually blue.

You use a reliever inhaler to treat your symptoms when they occur. They should relieve your symptoms within a few minutes.

Reliever inhalers have few side effects, but they can sometimes cause shaking or a fast heartbeat for a few minutes after they're used.

Preventer inhalers contain steroid medicine.

They do not usually have side effects, but can sometimes cause:

- a fungal infection of the mouth or throat (oral thrush)
- a hoarse voice
- a sore throat

You can help prevent these side effects by using a spacer, which is a hollow plastic tube you attach to your inhaler, as well as by rinsing your mouth after using your inhaler.

If using reliever and preventer inhalers does not con-

trol your asthma, you may need an inhaler that combines both.

Things you can do

If you have asthma, things you can do to help include:

using your inhaler correctly – Asthma UK has information about using your inhaler, and you can ask a nurse or GP for advice if you're still not sure

- using your preventer inhaler or tablets every day – this can help keep your symptoms under control and prevent asthma attacks
- checking before taking other medicines – always check the packet to see if a medicine is suitable for someone with asthma, and ask a pharmacist, doctor or nurse if you're not sure
- not smoking – stopping smoking can significantly reduce the severity and frequency of the symptoms are
- exercising regularly – exercise should not trigger your symptoms once you're on appropriate treatment; Asthma UK has advice about exercising with asthma
- eating healthily – most people with asthma can have a normal diet
- getting vaccinated – it's a good idea to have the annual flu jab and the one-off pneumococcal vaccination

Cold weather is a common trigger for asthma symptoms.

There are things you can do to help control your symptoms in the cold:

- carry your reliever inhaler with you at all times and keep taking your regular preventer inhaler as prescribed
- Have regular asthma review
- keep warm and dry – wear gloves, a scarf and a hat, and carry an umbrella
- wrap a scarf loosely over your nose and mouth – this will help warm up the air before you breathe it
- try breathing in through your nose instead of your mouth – your nose warms the air as you breathe
- If you feel you're struggling to cope, talk to a Nurse or GP. They will be able to give advice and support.

Reiki

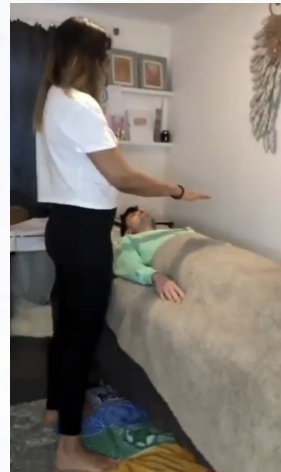
Feeling Overwhelmed This Christmas? Want to Give Yourself or a Loved One a Gift with a Difference?

The festive period is upon us once again and with the current economic and financial state a lot of people are feeling a wide range of emotions and stresses more so than usual. Christmas is a beautiful time of year for spending time with families and loved ones, but it can also bring up a lot of sadness and emotions as we remember our loved ones who are no longer with us physically. It can also make people feel very overwhelmed and pressured to spend money on gifts and entertaining friends and family. So how can we help ourselves ensure we don't get stressed out or overwhelmed with all the emotions that arise during the holiday season? Reiki may very well be the answer!

Reiki is an ancient Japanese form of healing technique that is based upon the idea that everything in the Universe is connected via energy. Now I studied science at University and work in the medical field and I used to be a massive sceptic when it came to holistic healing methods, but when I remembered Einstein had proved that everything is made up of atoms that are arranged in different forms and structures – solids, liquids and gases alike, then this concept of being connected via energetic forces all started making sense.

Without going into a science lesson here, I can tell you that Reiki is a very effective and safe method of bringing in positive outcomes on all levels – emotionally, mentally and even physically. It can be used in conjunction with all medical treatments and medications and it is suitable for anyone, all ages including babies and pregnant women. I usually describe a Reiki treatment like having a massage – but you keep your clothes on. It is a massage for your energy system that is flowing in and around your physical body. Our brains and organs send electrical, chemical and neurological signals all over our body constantly and so energy is flowing in and around us all the time without us giving it a second thought!

If this energy gets blocked or is not flowing freely then this can lead to us feeling emotionally drained or even physically ill. It is important to look after your energy system the same way you would your physical body. A Reiki treatment



helps to unblock any stuck or heavy energy and helps you to feel better on multiple levels. It will help you have a clearer mind, more focus and clarity in your thoughts. It helps with anxiety and stress and also helps with trauma like grief and loss. It can also help to alleviate physical pain as well, which is why it is now used in some hospitals in the UK and around the world to help with recovery after surgeries and for those undergoing long term

treatments like chemotherapy. It helps people get into a better mind set and helps your body to heal itself from a deeper aspect than just physical healing.

So if you are struggling this holiday period for whatever reason – physically, emotionally or mentally, why not try a Reiki Energy Healing Treatment? And if you are looking to give a meaningful and unique gift to a loved one or a friend – why not give them the gift of healing and wellness – I am a certified Reiki Master and Life Coach and I have clients all over the world as Reiki can be given remotely over video call in the comfort of your own home. You can purchase gift vouchers for a Reiki Session or even make your own Wellness Gift Box with added gifts such as organic sleep sprays, soy candles and more to meet your desired budget. All are available through my website – www.angelicsoulhealing.co

Sending you and your loved ones Love, Light and Blessings this Christmas period.

Lakhmi – Angelic Soul Healing

Certified Usui and Angelic Reiki Master Teacher and Life Coach





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 Advice:

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/debtadviceteam

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



FREE Community Hot Meal

29TH JANUARY 2023

at St Johns Centre
124 Warren Farm Road Kingstanding B44 0QN

Everyone is Welcome no booking required

If you or you know someone that would benefit from a hot meal or would like more information or to book in advance please call -07763466488

Sign up now

Aylesbury Surgery

Health & Engagement Forum

invites you to join us for our annual health
walk on the 9th April 2023.



TOY APPEAL

Christmas is a time of spiritual reflection on the important foundations of the Christian faith. It's also a celebration. Christmas isn't just about the birth of Christ—it's about His purpose and His mission . To spread the message of love, peace, hope, forgiveness and goodwill to all mankind.



Toys donated to Birmingham Children's Hospital Charity (Left Mr Rajash Mehta Chairman, middle representative of the charity and Lisa Ford member of the Aylesbury Surgery Health & Engagement forum)

Every child is a seedling and deserves the gift of hope whilst growing, We can't thank you enough for bringing a little joy and hope into a child's life this Christmas. A child's face opening their Christmas present on Christmas day is priceless. A child to feel like they matter is the best gift you can give a child. This hopefully will inspire a child's confidence and imagination for years to come.

Spreading kindness and caring for others during these difficult times is not easy when times are hard. This Christmas the communities generosity has shown us that it truly is season of miracles and goodwill.

On behalf of Aylesbury Surgery Health & Engagement Forum we would like to thank everyone that donated to the Christmas Toy appeal.

It is only with your generosity and support that this was possible. This year the toy donations went to the Birmingham's Children Hospital Charity.

Aylesbury Surgery Health and Engagement forum in collaboration with Birmingham Children's Hospital Charity will be hosting our fun Easter day event with stalls with fun and games along with our annual Health walk on the 9th April . We hope that you will support and join us for a good cause.

More information will available nearer the time, please look out for our emails.



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Sign up for our newsletter

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E-Mail:
ashiforum@outlook.com

Facebook:

Aylesbury Surgery Health
& Engagement Forum

Twitter: @rajashmehta

CHRISTMAS MESSAGE

I bring you the warmest of the season's greetings. In a special way, I extend my warm wishes to all our community members and key stakeholders, who form an integral part of our connected community. We sought your support in our endeavours and projects throughout the COVID lock down period and after and you indeed did not let us down. We have come a long way and it is only through tremendous support of people like you, and our dedicated staff at Aylesbury Surgery Health and Engagement Forum that we have succeeded to flourish. We hope that you will join us in 2023 when we rally together for our annual Health Walk in collaboration with Birmingham Children's Hospital Charity. If you would like to help or take part of our Easter Fun Day and Health walk please get in touch with us at ashiforum@outlook.com

The miracles of Christmas are love and hope. May the love of this Christmas season heal you from the pain of the past and fill you with inspiration and hope for a rebirth in the new year. Merry Christmas. Remember that Christmas isn't about giving gifts and eating good food, though we gladly do plenty of that. It's about all of the memories and love in your house and in your heart. Wishing you all a Merry Christmas and Happy New YearMr Rajash Mehta

