

Aylesbury & Surgery Health & Engagement Forum

Date : March 2023

Issue : 27



Mr Rajash Mehta—Forum Chairman

MENTAL HEALTH

Just as we thought we were coming to terms with COVID 19, our deepest fears are once again. News of on-going wars, conflicts, natural disasters, earthquakes flooding around the world have become overbearing and difficult to digest.

Close to home the cost of living is becoming a our main problem

Between March 2022 to March 2023, the most common reasons reported by adults for increased cost of living were an increase in:

- ◆ the price of food shopping
- ◆ gas or electricity bills
- ◆ the price of my fuel
- ◆ Rise in the property rentals and mortgage rates



This has brought about more stress to everyone. People are struggling to keep their homes and put food on the table. Health organisations and charities are pushed to the brim.

People say they feel more depressed about the rising cost of living than they did six months ago Mental health charities have reported a rise in demand for their services from people who say they are struggling to cope with the hike in the cost of living. A fifth of people on low incomes are up to three times more likely to develop mental health problems.

Despite all of this, there is one thing we must remember and that is help is available, don't struggle on your own. It can be scary to reach out for help, but it is often the first step to helping you heal, grow, and recover. Remember you are not alone.

Mr Rajash Mehta

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This official emblem celebrates the coronation of His Majesty King Charles III on 6 May 2023. The emblem is created with the flora of the four nations of the United Kingdom: the rose for England, the thistle for Scotland, the daffodil for Wales and the shamrock for Northern Ireland, paying tribute to The King's love of the natural world.

These natural forms combine to describe St Edward's Crown, used for the coronation of British monarchs. Created by British designer Sir Jony Ive and his Love-From collective, Sir Jony has said of the emblem that it, "speaks to the happy optimism of spring and celebrates the beginning of this new Carolean era for the United Kingdom."



People across the country and the Commonwealth are invited to celebrate the Coronation of His Majesty The King and Her Majesty The Queen Consort over a weekend of special events on 6–8 May. The Coronation is centred around a solemn religious ceremony and has remained largely unchanged for over a thousand years. For the last 900 years, the ceremony has taken place at Westminster Abbey, London and is conducted by the Archbishop of Canterbury

The Coronation Service

Buckingham Palace is pleased to announce that the Coronation of His Majesty The King will take place on Saturday 6th May, 2023.

Their Majesties will arrive at Westminster Abbey in procession from Buckingham Palace, known as 'The King's Procession'. The Coronation Ceremony will take place at Westminster Abbey, London, and will be conducted by the Archbishop of Canterbury.

The Ceremony will see His Majesty King Charles III crowned alongside The Queen Consort.

As per tradition, The King will be crowned with St Edward's Crown during the Coronation Service at Westminster Abbey. The King will also wear the Imperial State Crown during the Service.

St Edward's Crown is the crown historically used at the moment of Coronation, and was worn by Her Majesty Queen Elizabeth at her Coronation in 1953. It was made for Charles II in 1661, as a replacement for the medieval crown which had been melted down in 1649.

The original was thought to date back to the eleventh-century royal saint, Edward the Confessor – the last Anglo-Saxon king of England.

The Coronation will reflect the monarch's role today and look towards the future, while being rooted in longstanding traditions and pageantry.

After the Service, Their Majesties will return to Buckingham Palace in a larger ceremonial procession, known as 'The Coronation Procession'. Their Majesties will be joined in this procession by other Members of the Royal Family.

At Buckingham Palace, The King and The Queen Consort, accompanied by Members of the Royal Family, will appear on the balcony to conclude the day's ceremonial events.

The Coronation of The King and The Queen Consort will be marked with events across the country and a concert at Windsor Castle. Their Majesties want to encourage people to spend the Coronation Weekend celebrating with friends, families and their communities



Keeping active

Regular physical activities are important to keeping healthy. Walking is often underestimated by many as not a form of exercise. In fact it is considered by health specialists as a most common form of exercise. Walking for health is a welcoming way for you to start to enjoy the many benefits of being physically active. It doesn't matter how fit (or unfit) you are; walking can help boost your mind set.

The general health benefits of regular walking include:

- **Reduced risk of type II diabetes**
- **Increased bone mass**
- **Stronger, more stable joints**
- **Better balance**
- **Improved cognitive function**
- **Stronger leg muscles**
- **Less stress and anxiety**
- **Raise good cholesterol and lower bad cholesterol**
- **Lower triglycerides**
- **increase cardiovascular fitness**
- **Lift your mood and health with Mental Health**

Lower your risk of:

- **Coronary heart disease (CHD)**
- **Chronic obstructive pulmonary disease (COPD)**
- **Heart attack**
- **Stroke**
- **High blood pressure**
- **High cholesterol**

HEALTH RISKS OF A SEDENTARY LIFESTYLE



The health risks of sedentary lifestyle is well known, Diabetes and cardiovascular diseases are probably the most widely publicized consequences of a sedentary lifestyle. However, new research shows this type of lifestyle can increase the risk of many other types of diseases.

TYPE 2 DIABETES

A sedentary lifestyle is one of the major risk factors of type 2 diabetes. The link may be the associated obesity with being less active. Obesity affects glucose tolerance. However, there may be other associations. Type 2 diabetes is a condition where the body becomes resistant to insulin, the hormone secreted by the pancreas that reduces blood glucose levels.

CORONARY ARTERY DISEASE

The coronary arteries carry oxygen-rich blood to the heart. Reduced physical ac-

tivity is associated with atherosclerosis where fatty plaques form in the artery walls. This can cause narrowing of the coronary arteries. Eventually there may be a blockage of the affected artery leading to death of a portion of the heart wall. This is known as a heart attack or myocardial infarction.

STROKE

A stroke arises when a portion of the brain tissue dies as a result of inadequate blood supply. This can arise for the same reason as coronary artery disease. The reduced physical activity contributes towards atherosclerosis. These fatty plaques may build up in the arteries supplying blood to the brain. Eventually the narrowed artery may become blocked and a stroke occurs.

CANCER

A sedentary lifestyle is a risk factor for certain cancers. It is not always clear why this may occur. Furthermore it is known that a sedentary lifestyle reduces the effectiveness of the immune system, an important component in cancer regulation.

VARICOSE VEINS

Sitting for long periods can lead to varicose veins or spider veins (a smaller version of varicose veins). This is because sitting causes blood to pool in your legs.

Varicose veins aren't usually dangerous. In rare cases, they can lead to blood clots, which can cause serious problems (see deep vein thrombosis, below).

DEEP VEIN THROMBOSIS

Sitting for too long can cause deep vein thrombosis (DVT), for example on a long plane or car trip. A deep vein thrombosis is a

blood clot that forms in the veins of your leg.

DVT is a serious problem, because if part of a blood clot in the leg vein breaks off and travels, it can cut off the blood flow to other parts of the body, including your lungs, which can cause a pulmonary embolism. This is a medical emergency that can lead to major complications or even death.

STIFF NECK AND SHOULDERS

If you spend your time hunched over a computer keyboard, this can lead to pain and stiffness in your neck and shoulders.

LEGS

Sitting for long periods can lead to weakening and wasting away of the large leg and gluteal muscles. These large muscles are important for walking and for stabilising you. If these muscles are weak you are more likely to injure yourself from falls, and from strains when you do exercise.



WEIGHT

Moving your muscles helps your body digest the fats and sugars you eat. If you spend a lot of time sitting, digestion is not as efficient, so you retain those fats and sugars as fat in your body.

HIPS AND BACK

Just like your legs and gluteal, your hips and back will not support you as well if you sit for long periods. Sitting causes your hip flexor muscles to shorten, which can lead to problems with your hip joints.

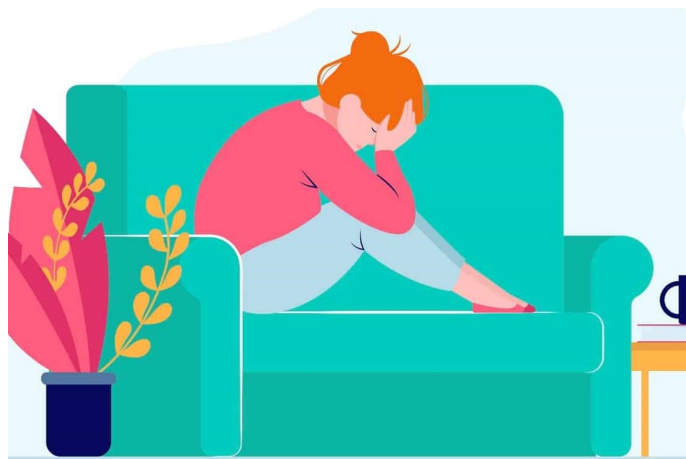
Poor posture may also cause poor spine health such as compression in the discs in your spine, leading to premature degeneration, which can be very painful.

ANXIETY & DEPRESSION

Physical activity is a great way to keep you physically healthy as well as improving your mental wellbeing. Research shows that doing exercise releases feel-good chemicals called endorphins in the brain. Even a short burst of 10 minutes brisk walking can im-

prove your mental alertness, energy and mood.

Its not too late to start. Why not start your daily walks with friends and family ? Regular physical activities is the best thing you can do for your health



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BFS Health Visiting Virtual HUB

The virtual HUB pilot will launch on 16.01.23 for the Erdington and Sutton Coldfield Districts

About the HUB

The Birmingham Forward Steps health visiting HUB will give parents/carers of 0-5 year olds a virtual single-point of access.

The service will be available Monday - Friday, 9-5 to support concerns.

To access the HUB please call:



0121 683 2330



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Tonsillitis

Tonsillitis is an infection of the tonsils at the back of your throat. It is a common childhood illness, but teenagers and adults can get it too.

Check if you have tonsillitis

Tonsillitis can feel like a bad cold or flu. The tonsils at the back of your throat will be red and swollen.

The main symptoms in children and adults are:

- a sore throat
- problems swallowing
- a high temperature of 38C or above
- coughing
- a headache
- feeling sick
- earache

feeling tired

Sometimes the symptoms can be more severe and include:

- swollen, painful glands in your neck (feels like a lump on the side of your neck)
- pus-filled spots on your tonsils

bad breath

What tonsils with pus-filled spots can look like

If you're not sure it's tonsillitis

Look at other [sore throat symptoms](#).

How long tonsillitis lasts

Symptoms will usually go away after 3 to 4 days.

Tonsillitis is not contagious, but most of the infections that cause it are, for example, colds and flu.

To stop these infections spreading:

- if you or your child have a high temperature or you do not feel well enough to do your normal activities, try to stay at home and avoid contact with other people until you feel better
- use tissues when you cough or sneeze and throw them away

wash your hands after coughing or sneezing

How to treat tonsillitis yourself

Tonsillitis usually gets better on its own after a few days.

To help treat the symptoms:

- get plenty of rest
- drink cool drinks to soothe the throat

take [paracetamol](#) or [ibuprofen](#) (do not give aspirin to children under 16)

gargle with warm salty water (children should not try this)

[How to gargle with salty water](#)

A pharmacist can help with tonsillitis

Speak to a pharmacist about tonsillitis.

They can give advice and suggest treatments, like:

- lozenges
 - throat sprays
- antiseptic solutions

Conjunctivitis

Conjunctivitis is an eye condition caused by infection or allergies. It usually gets better in a couple of weeks without treatment.

Check if you have conjunctivitis

Conjunctivitis is also known as red or pink eye.

It usually affects both eyes and makes them:

- red
- burn or feel gritty
- produce pus that sticks to lashes
- Itch
- water

Conjunctivitis that produces sticky pus is contagious.

If eyes are red and feel gritty, the conjunctivitis is also usually contagious.



Conjunctivitis caused by allergies like hay fever makes eyes red and watery but is not contagious.

If you're not sure it's conjunctivitis

[Find out about other conditions that can cause red eyes](#)

How to treat conjunctivitis yourself

There are things you can do to help ease your symptoms.

- Boil water and let it cool down before you gently wipe your eyelashes to clean off crusts with a clean cotton wool pad (1 piece for each eye).

Hold a cold flannel on your eyes for a few minutes to cool them down.

Do not wear contact lenses until your eyes are better.

Stop infectious conjunctivitis from spreading

- wash your hands regularly with warm soapy water.
- wash your pillow cases and face cloths in hot water and detergent.
cover your mouth and nose when sneezing and put used tissues in the bin.
- do not share towels and pillows.
- do not rub your eyes.

Staying away from work or school

You do not need to stay away from work or school unless you or your child are feeling very unwell.

A pharmacist can help with conjunctivitis

Speak to a pharmacist about conjunctivitis. They can give you advice and suggest eyedrops or [antihistamines](#) to help with your symptoms. If you need treatment for a child under 2, you'll need a prescription from a GP.



Welcome to the 111 Approach



Life is **busier than ever**, and with more things to distract us than ever before it is vital **we all have mindfulness tools we can lean on.**

My aim for The 111 Approach is for **you to join this process and** have a **toolbox of techniques** to create **a wellness practice that works for you and your lifestyle.**

This approach combines the transformational power of **Intuitive Energy Healing** and **Life Coaching.**

1 Minute Meditation Benefits.

Meditation is a practice that has been around for thousands of years, and it's been shown to have a wide range of benefits for both physical and mental health. While many people believe that meditation requires a lot of time and effort, even just 1 minute of meditation can provide a number of benefits. Here are some of the benefits of 1 minute meditation:

Reduces stress and anxiety: One of the most well-known benefits of meditation is its ability to reduce stress and anxiety. Even just one minute of focused breathing can help to calm the mind and reduce feelings of stress and tension.

Improves focus and concentration: By taking just one minute to clear your mind and focus on your breath, you can improve your ability to concentrate and stay focused on your work or tasks.

Enhances self-awareness: During one minute of meditation, you become more aware of your thoughts and emotions. This increased self-awareness can help you to better understand your own behaviors and motivations.

Boosts mood: Meditation has been shown to increase levels of serotonin and dopamine, which are neurotransmitters that are associated with feelings of happiness and well-being.

Lowers blood pressure: Even just one minute of meditation can help to lower blood pressure and reduce the risk of heart disease.

Increases creativity: By clearing your mind and reducing stress, one minute of meditation can help to boost creativity and encourage new ideas to flow.

Improves sleep: Practicing one minute of meditation before bedtime can help to calm the mind and promote better sleep.

Enhances overall well-being: By practicing just one minute of meditation each day,

you can experience an overall sense of well-being, improved mental clarity, and a greater sense of peace and calm.

Increases happiness: By setting a small, achievable goal – your brain releases endorphins and feels a sense of accomplishment when you have finished a 1 minute meditation. You've successfully completed a task and you feel good about yourself. Doing this daily will then train your brain into being able to accomplish longer tasks and thus increasing your happiness and sense of achievements.

In conclusion, the benefits of 1 minute of meditation are numerous and can have a positive impact on both physical and mental health.

Join my FREE 1 Minute Meditation Movement on Instagram/Facebook and TikTok.

Each day at 9pm I will take you through a very simple but effective 1 minute meditation practice which will provide a quick and easy way to reduce stress, improve focus, boost creativity, and promote overall well-being.

Follow me on Instagram/TikTok @the111approach, Facebook – The 111 Approach, Free Facebook Group – The Silent Minute Movement Group

Sending you all Love, Light and Blessings

Lakhmi x



Could The 111 Approach work for you?

Book a free 30-minute discovery call and find out if The 111 Approach is right for you!

Click the link below to book now!

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Easter is the most important festival in the Christian calendar. What is Easter? Easter is one of the principal holidays, or feasts, of Christianity.

It marks the Resurrection of Jesus three days after his death by crucifixion. Remembering the resurrection of Jesus is a way to renew daily hope that we have victory over sin. For many Christian churches, Easter is the joyful end to the Lenten season of fasting and penitence.

Easter follows a period of fasting called Lent, in which many churches set aside time for repentance and remembrance. Lent begins on Ash Wednesday and ends on Good Friday, the day of Jesus' crucifixion.

Why do we celebrate Easter? Christians around the world celebrate the resurrection of Jesus from the dead on Easter Sunday and thus the foundation of the Christian faith. The resurrection gives them hope for eternal life. Thus, Easter is also called the festival of hope by believers. From Everyone at Aylesbury Surgery Health and Engagement Forum we wish everyone a Happy Easter Let us all come together and hope for a better future .

Mr Rajash Mehta



Due to unforeseen circumstances we are sorry to announce that our annual Community health walk has been postponed until 2024.

Please get in touch with us for any refunds for any registration packs.