



Primary Care Wellbeing Derbyshire

August is known for many things, including the dog days of summer, National Watermelon Day (Aug. 3) and National Smile Week (Aug. 5-11). Its also a busy time for us all taking annual leave and spending time with loved ones.

This month we are focusing on women's health, its effects on the body and positive, proactive steps that can be taken to support women's health and wellbeing.



Wellbeing comes from improving the mind, and body. Your Health Improvement Advisors, Jon and Alex hope to be able to provide you tools for both.

Women's health is a broad term referring to physical and mental health problems that are of exclusive concern for women, and which are more common in women or which differ in presentation, severity, or consequences in women compared to men.

There are many factors which can affect women's health.

Major life transitions such as pregnancy, motherhood and menopause can create physical and emotional stresses for women. Negative life experiences, infertility and perinatal loss, poverty, discrimination, violence, unemployment and isolation also impact on women's mental health and wellbeing.

Whatever your age, whatever your experiences, whatever you do, your health as a woman should be the most important thing to you.

COMMON WOMENS HEALTH CONCERNS

- Heart disease
- Breast cancer
- Cervical & ovarian cancer
- Pregnancy issues
- Depression/anxiety
- Autoimmune disease
- Menopause
- Period problems

SUPPORT YOURSELF BY

- Drinking more water
- Ensure you have enough quality sleep
- Exercise
- Eat the rainbow - fruit and veg
- Cut down process foods
- Try to avoid negativity
- Prepare your meals
- Stop smoking
- Reduce alcohol
- Access support via your EAP or HIA Team

Contact us to find out how we can support you and your team further

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Lets talk PERIODS!

It happens every month, it can be very heavy and very painful. Yet most women come to work and carry on through the day just like any other day. It's a taboo subject and other than close friends, most women wouldn't approach their line manager about this.

It can impact work, the days of the period and those leading up to it can be a difficult time for many. You see all through the month the female hormones are changing, but the big changes in hormones tend to be the 2 weeks before the period.

Not only is dealing with your period at work troublesome, so can having the pre-menstrual syndrome (PMS). **PMS can lead you to feel irritated, angry or anxious, or have mood swings, particularly in the week leading up to your period.** Commonly it can alter sleeping patterns. It's tricky because we know it happens every month, we know it's on its way and most women just get on with it. But all of this can potentially impact work. **There are things that you can do to support yourself.**



Prepare yourself

Get a period tracker, jot down the dates when you noticed mood/sleep changes and when your period is. Sleep CBT is the most evidenced based help for insomnia, and you can self-refer to your local talking therapies service.

Hormonal medication

If your periods have always been heavy and now you feel it stops you from doing things then there are contraceptive pills and the hormone coil (Mirena) which you can ask your GP about. These can help lighten and regulate your period.

Hormonal pills can also help with PMS, stop you from having those mood changes and if you don't want those then you can take antidepressants to see if they help.

Tranexamic acid

For those choosing not to have hormonal medication, you can consider Tranexamic acid. Only to be taken on the days of your period.

Speak up

Chat with your manager to see what support they can offer you as an employer and of course speak to your own GP. Don't suffer in silence. If the above, don't help then you can always be referred to the specialist for a review.

What's next... The Menopause!

Yes, it's that word again, menopause. It keeps being mentioned everywhere. We are going to talk a little about why it is important in the workplace. A significant number of women feel they aren't supported at work when they begin to go through this change as its not openly talked about.

How to reduce symptoms For Menopause

- Eat foods rich in calcium and vitamin D
- Maintain a moderate weight
- Eat lots of fruit and veg
- Avoid trigger foods
- Exercise regularly
- Eat more foods that are high in phytoestrogens
- Drink plenty of water
- Reduce fined sugars and process foods
- Take natural supplements
- Don't skip meals

Here is a little nudge to perhaps make you think about it at least. In the UK, the average age of the menopause is 51 years. But symptoms and changes leading up to this can start around 10 years before!

Symptoms range from poor sleep, poor concentration, poor memory and hot flushes amongst many other symptoms. Yes, there is HRT, but what can you do to help with the working day, here are some pieces of information that may help.

Speak to someone, your line manager or a friend at work, let them know what is happening.

Look at asking work for reasonable adjustments, this could be a desk fan, seated near a window, or if needed closer to the toilet.

If you are having hot flushes through the day, a conversation about any work clothing that you may be required to wear.

In some cases you may want to consider flexible work, possibly amending your working hours.

Setting reminders on your computer, phone or smart watch for all important meetings, projects.

Consider accessing CIC for support or joining a virtual menopause café.

You can find loads of information on [Menopause - Help and support - NHS](#) or [Menopause Matters.co.uk](#)

MY WELLBEING SUPPORT



Health Improvement Advisor Visits with Jon and Alex

Bookable appointments are available for every Primary Care site with a health improvement advisor to visit in person or virtually.

Reflective Practice Sessions for me and my team

Reflective practice sessions provide an opportunity for teams that have been undertaking highly challenging work to reflect on what they, and their colleagues, have been doing and the psychological and emotional impact of the work on both individuals and the teams they work in.



Employee Assistant Programme

Derbyshire Primary Care employees have free access to emotional and practical support through CiC's Confidential Care service. You can access the EAP by visiting www.well-online.co.uk

login: DTLogin **password:** wellbeing.

You can also call **0800 085 1376** or use the Text Relay service **18001 0800 085 1376**, or email assist@cic-eap.co.uk



Primary Care Coaching

A dedicated coaching programme for Primary Care colleagues: which includes access to individual coaching, team support and career support.



Wellbeing Website Pages

Filled full of signposting, local and national support, a toolkit for Wellbeing Champion, regular newsletters and a self-guided training resource to facilitate wellbeing conversations are all included. A full list of support organisations that you can contact directly for a variety of issues, difficulties and concerns is also available.



Monthly Wellbeing Learning sessions

For more information visit www.GPTASKFORCE.COM/primary-care-wellbeing



Wellbeing Apps

NHS staff have been given free access to a number of wellbeing apps to support with their mental health and wellbeing.



OPEN TO ANY TEAM MEMBER

Volunteer to become your organisation's Wellbeing Champion and help raise awareness of wellbeing activities, promote healthy lifestyles and positive mental health.

You will provide information to colleagues about the local and national wellbeing services available.

National NHSE wellbeing training and various local educational events and training sessions will support in your role.



Become a Wellbeing Champion

To express your interest:

- Obtain permission from your line manager
- Inform GPTF via the QR code, who will send you a welcome letter and join you with the Primary Care Wellbeing Champion Network.

To find out more visit

<https://gptaskforce.com/primary-care-wellbeing/>

SCAN ME



UPCOMING EVENTS

What will you do this month to support your health and wellbeing?

There should be something for everyone, from group walks to money-saving workshops!

To find out more visit our events page;

JUCD Wellbeing - Booking by Bookwhen

<https://bookwhen.com/jucdwellbeing>

Upcoming Events - GP Task Force Derbyshire

<https://gptaskforce.com/events/>

Tuesday, August 9th, 2022 at 1:00 pm - 1:30 pm

NHS Knowledge and Library Hub

Tuesday, 9th August 2022 7:30pm - 8:30pm

Evening Meditation in Swadlincote - Nature-based guided meditation for all levels of experience. Set to the back drop of a wonderful woodland and the sounds of nature.

Thursday, 11 August 2022 7pm - 7:45pm

Coppafeel talk with a Boobette! Talking about the importance of checking your breasts, getting to know your normal and feeling confident to get help if needed

Monday, 15 August 2022 6:30pm - 7:15pm

Lifestyle and Wellbeing Education & Exercise

Tuesday, 16 August 2022 2pm - 2:45pm

Menopause Café (Virtual)

Thursday, 15 September 2022 12:30 - 4:00

DEN - Basic Life Support

Saturday, 17th September 2022

Yorkshire 3 Peaks Challenge, Challenge yourself to complete this classic UK trekking challenge in the beautiful Yorkshire Dales National Park. It entails a 24.5 mile trek to summit the famous Yorkshire Three Peaks - Pen-y-Ghent, Wharfedale and Ingleborough within a period of just 12 hours!.

THRIVE: MENTAL WELLBEING

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Screens for **anxiety** and **depression**



Signposts to **external support services** - seek immediate help directly from the app.



A personalised wellbeing app with **progress tracking**



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Over **100 hours** of content

IN-APP CONTENT

- ✓ A full CBT (Cognitive Behavioural Therapy) programme
- ✓ A range of calm breathing sessions ranging from 3 to 15 minutes
- ✓ Deep muscle relaxation and meditation sessions
- ✓ Assessments to screen for anxiety and depression using NHS approved tools
- ✓ Wise words game - a game to distract your mind
- ✓ The ability to seek further support with the touch of a button
- ✓ A progress journal to help keep track of your moods and stressors
- ✓ Personalised goals ranging from completing in-app sessions to outdoor exercise



Create your account by scanning the **QR code** to claim your free access to Thrive. Download **Thrive: Mental Wellbeing** from your Apple or Android App store and log in.