



Doctors Orders

Your practice newsletter

The wellbeing edition!



What is wellbeing?

We've all heard of the term wellbeing at one point or another, but what exactly is wellbeing and how do we manage or improve it?

The dictionary describes wellbeing as "the state of being comfortable, healthy or happy."

Simply put, wellbeing is about 'how we are doing' and is affected by everything in life, including your health, relationships, finances, environment and more.

Whilst we wish it was a one-stop-shop, wellbeing is different for everyone. What works for you might not work for someone else and it's all about finding things that suit your needs!

5 is the magic number

We're encouraged to eat at least five fruit and vegetables a day to take care of our physical health, but what about our mental health? Research carried out by the New Economics Foundation found that there are five ways to wellbeing:

Connect

Talk & listen,
Be there,
Feel connected to others

Be Active

Do what you can,
Enjoy what you do,
Move your mood

Take notice

Remember the simple things that give you joy

Learn

Embrace new experiences,
See opportunities,
Surprise yourself

Give

Your time,
Your words,
Your presence

Once you've started to include the 5 ways to wellbeing into your daily life, you'll soon find that they all intertwine! For more information on the 5 ways to wellbeing, click [here](#).

Beating the record

We all try our best to stay healthy, like brushing our teeth, exercising and eating well – but other parts of your body need looking after too! If you're aged between 25 – 60 and have a cervix, it will need a regular check-up. The best and easiest way to make sure your cervix is healthy is to get your smear test (cervical screening)!

Cervical screening is a free health test that checks for HPV (Human Papillomavirus). HPV usually has no symptoms and if left untreated causes dangerous cell damage in the cervix. This damage will then lead to more serious conditions in the future.

Wanting to empower more patients to come in and get their smear test, a dedicated set of staff members formed The Cervical Smear Project! Originally starting at The Whitswood Practice and then moving to include The Robert Darbshire Practice, patients who hadn't had a smear test in the time frame for their age, or had previously declined, were contacted through a number of phone calls.

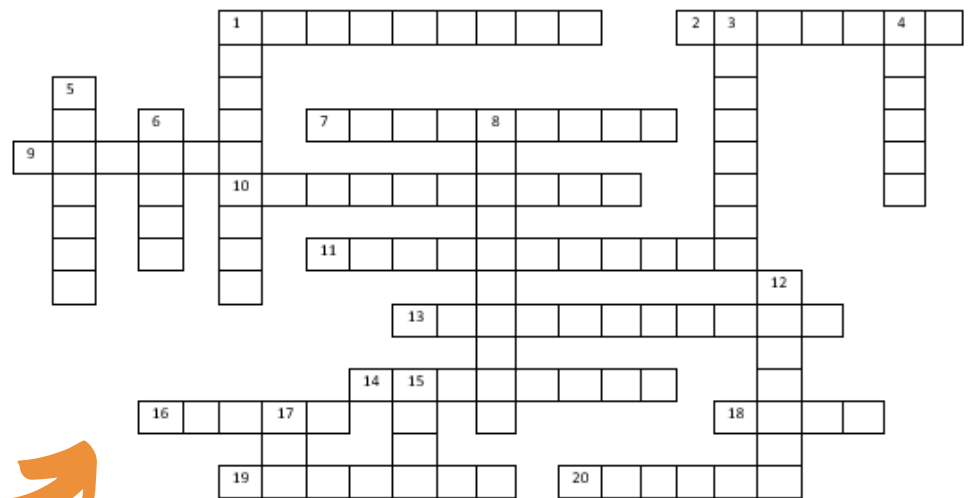
Thanks to Answer Cancer and Voice of BME Trafford, we were also able to contact patients with different first languages, and offer the important information they needed in a language that suited them.

We're pleased to share that through conversations and knowledge sharing, a huge **37%** more patients were screened at The Whitswood Practice, and **42%** more patients were screened at The Robert Darbshire Practice compared to pre-pandemic levels.

We know there's lots of reasons that might put you off getting your smear test. From fear to embarrassment, shame to misunderstanding, we hope to empower you all to book and attend your test and squash any fears you have about cervical screening.

If you have any questions or concerns about cervical screening, we're always here to help. Get in touch with us today to speak to a member of our nursing team.

We encourage you to take 5 minutes for yourself. Try nipping off for a chat with a friend, meditating with a morning brew or even this mindfulness themed crossword (answers are on page 3)!



Across

- 1) To sustain physical effort for good health (8)
- 2) To develop a positive or inspirational outlook for the future (7)
- 7) To maintain contact with others (9)
- 9) To be protected from or unlikely to cause danger, risk or injury (6)
- 10) To create a period of focused mindfulness or spiritual relaxation (10)
- 11) To connect to one or more people using a variety of senses or outlets (11)
- 13) To be a good near by residents, bystander or acquaintance (11)
- 14) To place confidence and belief in a person or thing (8)
- 16) To rest, with eyes closed (5)
- 18) To speak to someone or others and to express ideas or feelings (4)
- 19) To extend muscles or limbs as a form of exercise (7)
- 20) To express one's self through imaginative ideas (6)

Down

- 1) To be amused and have lighthearted pleasure (9)
- 3) To arrange in a structured order or whole (8)
- 4) To unravel, loosen & relax (6)
- 5) To be sound and well; not sick (7)
- 6) To make or become less tense or anxious (5)
- 8) To adopt an attitude in which you expect good results (10)
- 12) To drink water or consume combined elements with water (7)
- 15) To cease from work or movement (4)
- 17) To consume food (3)

It's all about support

It's always important to look after yourself – easier said than done though, are we right? You're not alone if you choose to skip your 5 minutes of mindfulness to catch up on housework or decide to reschedule that walk with friends to tick a few more things off your to-do list.

Allowing yourself some time to take care of you is vital to your own wellbeing. Looking after yourself has proven health benefits, both mentally and physically, and can have a positive impact on everyone in your life.

Nowadays, there are some amazing resources out there that can help you with your wellbeing.

Why not try **Headspace**? Headspace is an app that through science-backed meditation and mindfulness tools, can help create life-changing habits to support your mental health and find a healthier, happier you. You can find the app on your phones apple or play store or by visiting www.headspace.com. Try it for 14 days for free.

Another great tool to use is **Youtube**. Youtube is filled with wonderful videos on how to improve your wellbeing. From learning what wellbeing actually is to tips on how to give yours a boost, you're sure to find everything you need. Youtube is free and can be found by visiting www.youtube.com or downloading the Youtube app from your phones apple or play store.

Top tips on: Improving sleep

- 1 Get into a routine:** you may think that creating a sleep schedule is just for babies, but it's proven to work for adults too! Try and go to bed and get up at the same times every day. You'll soon find it helps to improve your nightly slumber!
- 2 Avoid technology:** putting down your phone or switching off the TV 60 minutes before you plan on going to bed is a sure fire way to get a better nights sleep. Try reading a book, having a bath or indulging in some relaxation time instead!
- 3 Stay healthy:** Physical exercise is great to induce sleep (although try to avoid it 2 hours before bedtime!) Try not to consume spicy food, alcohol, caffeine and sugar in the hours before you hit the hay too, these can all have a negative impact on your sleep cycle.



Let's get digital!



It's no secret that technology is playing an even bigger role in our daily lives. It's a really great way to connect with loved ones, meet like-minded people and join groups in your community. Most organisations now offer a digital service, whether that's keeping track of your bills, shopping online or in our case, gaining access to your health care.

There are some real benefits to being online, but what if you're not able to? We know the internet can be a daunting place, especially if you're unsure how to use it.

We believe that everyone should have the opportunity to use the internet, and we're trying to make that happen. Together with Manchester Adult Education, we're hosting digital workshop sessions from 9:30am – 12pm every Wednesday morning at The Whitswood Practice. There's no need to book an appointment, just drop in any time!

So if you, or a loved one, are looking to kickstart your journey online, or would like a helping hand with certain parts of the internet, head down to one of our sessions!

If you'd prefer to learn somewhere else, sessions are also running at Moss Side Millennium Powerhouse and Trinity House, Rusholme. For more information click [here](#).

Crossword Answers: Across 1. Exercise 2. Hopeful 7.Connected 9.Safety

10.Medication 11.Communicate 13.Neighbourly 14.Trusting 16.Sleep 18.Talk 19.Stretch 20.Create // Down 1.Enjoyment 3.Organise 4.Unwind 5.Healthy 6.Relax 8.Enthusiasm 12.Hydrate 15.Rest 17.Eat

We're here to help with your wellbeing

We realise that although looking after your physical health plays an important part, there's more than needs to be done to help you achieve good wellbeing. That's where our Wellbeing Team come in! Here at The Robert Darbshire Practice, we're always here to support you and have a dedicated team on hand to help you with all things wellbeing.

With the help of one of our friendly Wellbeing Co-ordinators, you will receive advice tailored to your needs, and targeted at the problems you need the most support with. This could be help connecting to others, advice on what is happening in your local community, help with navigating the health care system, offering non-medical support, reducing social isolation and focussing on what matters to you! Our Wellbeing co-ordinators will always strive to get you the help you need and work in partnership with many local organisations. If they don't have the answers, they'll direct you to someone who does!



The support doesn't stop there though! We're passionate about empowering patients to take control of their own wellbeing. With the help of our Wellbeing Team, you will be guided step by step through your own wellbeing journey and given helpful tips and tricks on how to keep improving your health and wellbeing for years to come. If you feel you need the support of our fantastic Wellbeing Team, speak to your GP today to see if you are eligible.

From the ground up

Coming to visit the practice can sometimes be a scary and stressful time. Although we all play our parts to ensure that you have a pleasant experience, we wanted to offer a safe and peaceful place for you to relax before/after your appointments.

Thanks to the hard work of Beth Donohoe and The Wellbeing Team, on Wednesday 13th April we saw the unveiling of the new RDP Community Garden.

Filled with beautiful plants that will bloom throughout the summer months, the garden also has a handmade herb wheel where you, alongside a team of volunteers can grow your own herbs!

If gardening leaves you in a zen like state, you are welcome to volunteer some time to keep the Community Garden looking spick and span. The Community gardening Group meets every Monday at 3:30pm - 5:00pm in the garden.



Don't forget we're now on social media. We'd love for you to be involved in building the awareness of our organisation online, so please make sure to like, follow and share our posts!



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