

BEAUTIFUL

#BeautifulInsideAndOut

InsideAndOut

SPECIAL EDITION

USING NHS SERVICES

LONG HOT SUMMER!

5 WAYS TO WELLBEING

CANCER: Don't ignore the symptoms

TOP TIPS: Mental health

FREE RECIPES!

STAY WELL THIS SUMMER

All in this together

Developed by
Public Health
South Tees

Free
NHS
Northern
Cancer Alliance

MESSAGE FROM *THE EDITOR*

I hope this special edition of Beautiful Inside and Out finds you well during these distinctly 'unnormal' times. For most of us life has been well and truly disrupted by coronavirus (COVID-19) resulting in us working from home everyday, or by not being able to work at all, or by having to suddenly home school children (or by all three of the above!), while not being able to see wider family and friends or go to the places we usually visit - like the hairdressers, nail salons or restaurants. I've never looked forward to doing a weekly shop so much in my life!

For this edition we have had to move away from our usual stockists but we'll be back there for future editions, and look forward to resuming our usual service later in the year. So while coronavirus is taking front and centre on the world stage, we felt it was important to put together a special edition of the Beautiful magazine to promote key messages around how you and your family can stay well during these very different times.

I'd also like to take this opportunity to thank all those who contributed to articles and to the people who helped to brighten up the front cover of this edition while we are unable to get out and about for our feature stories. Stay well.

Sarah Slater
Advanced Public Health Practitioner
Public Health South Tees

This magazine has been developed as part of an ongoing awareness campaign aimed at improving the uptake of cancer screening, with thanks to Public Health England, Northern Cancer Alliance, Tees Valley local authorities and CCG, and VCS partners.

Digital copy of this magazine available at screeningsaveslives.co.uk

MESSAGE FROM GPs -

DON'T IGNORE SYMPTOMS OF CANCER



GPs are sending a clear message that their practices are open and the NHS is still able to provide essential and urgent treatment for cancer.

Dr Janet Walker, Medical Director, NHS Tees Valley Clinical Commissioning Group, said, "I can understand why people have not been contacting their GP practice in recent weeks but it's important that you speak to your doctor if you have a worrying symptom, the chances are it's nothing serious but finding it early can make it more treatable.

"We want to reassure people that we have worked really hard to

minimise the risk to patients of contracting coronavirus and that every precaution is being taken to keep patients safe.

"Cancer screening rates have fallen dramatically during coronavirus and we are urging people that when invited to their annual screening appointment they go."

If you need medical help you should contact your GP practice, use NHS 111 online or call 111. If you are told to go to hospital it is important that you go. If you are concerned about your health, don't put it off, the NHS will give you the care you need.

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"We are one day closer to everything being back to normal again. That's a good thought to wake up to every morning!"

USING *NHS* SERVICES

You are the expert on your own body, so if you experience any symptoms or changes that don't go away after a couple of weeks you must contact your doctor. It doesn't mean that it is anything serious, but early diagnosis saves lives.

Seek medical advice when you need it - don't put off getting professional

help because of coronavirus. NHS services are open and ready to help you safely. They may talk to you by phone or video link and can arrange for tests. Whatever happens, tell your doctor if your symptoms get worse or don't get better.

These are the kinds of symptoms you should be looking out for:

- Persistent cough
- Persistent bloating
- Unusual lump or swelling anywhere
- Difficulty swallowing
- Unexplained vaginal bleeding
- New mole or changes to a mole
- A change in bowel habit, such as constipation, looser poo or pooing more often
- Coughing up blood
- Unexplained weight loss
- Croaky voice or hoarseness
- Mouth or tongue ulcer that won't heal
- Blood in your pee
- Persistent heartburn or indigestion
- Appetite loss
- Problems peeing
- Unexplained pain or ache
- Blood in your poo
- Unusual breast changes
- Breathlessness
- Sore that won't heal
- Very heavy night sweats



For more information visit - cancerresearchuk.org/about-cancer/cancer-symptoms



There's also useful information about preventing cancer, and early signs and symptoms on the Tees Esk and Wear Valley NHS Foundation Trust's Recovery College Online. Visit - lms.recoverycollegeonline.co.uk and search for the cancer and mental health series.

REMEMBER:

You and your family should continue to **attend your NHS appointments** unless you have been told not to attend.

Continue to order and take repeat **prescriptions** as usual.

It is important that you and your baby or child have **routine vaccinations** as they protect against serious and potentially deadly illnesses and stop outbreaks in your community.

Also look out for this year's **flu vaccination** and make sure you get it early to benefit fully from the protection it offers.

For more information about vaccinations contact your GP practice.

If you need urgent medical help use the NHS 111 online service or call 111.

If it's a serious or life threatening emergency like a heart attack, stroke or accident call 999.



WE'RE EXPECTING A LONG HOT SUMMER!

Wear sun cream with at least SPF 15 and 4 or 5 stars - temperatures are similar to those experienced abroad so if you're outside wear sun cream because getting sunburnt significantly increases your risk of developing skin cancer.



Keep out of the sun - avoid being out during the hottest part of the day 11am to 3pm, don't leave animals or pets in parked vehicles and if possible spend a couple of hours in a cool, shaded place.



Keep your home cool - by having blinds on windows shut while the sun is on them, by turning off as many electrical devices as possible, and by allowing cooler evening air in through doors and windows.

Keep your body cool and hydrated - wear loose fitting clothes, spend time in the shade, take cool showers and drink water regularly rather than sugary, caffeinated or alcoholic drinks.



There is no evidence that exposure to sun or temperatures higher than 25°C prevents or cures coronavirus so continue to protect yourself by washing hands regularly, coughing into your folded elbow or tissue and avoid touching your face.

FIVE WAYS TO WELLBEING

We are all currently spending much more time at home. Even for those who are leaving the house to work, the social distancing measures mean that our usual routines of shopping, socialising and having days out are on hold for now.

It is really easy to slip into bad habits around food, exercise, alcohol, sleep and many other things as our lives are so disrupted. However, if you choose to include some of the following simple tips to stay well in your daily routine, you will feel much better for it both physically and mentally.



1 CONNECT WITH FAMILY AND FRIENDS

- Call or video family or friends regularly
- Celebrate happy occasions like birthdays on video calls
- Write a letter or send a card
- Organise a group quiz using an app like House Party or Zoom
- Use social media



2 BE ACTIVE

Try to be active every day - it's easy to sit watching box sets or work on computers all day at the best of times! But with restrictions easing, being more active is really important for our body and our mind, it can help prevent us from putting on weight and therefore help reduce our risk of heart attacks, strokes, diabetes and some cancers.

Lots of us are concerned about putting on weight while we're not going about our usual routines. The best way to maintain or lose weight is to eat fewer

calories by making healthier choices like reducing fatty and sugary foods and to use more calories by being more active.

The stricter you try to be, the more difficult it is to maintain. Here are a few easy ways you can eat fewer calories:

- Add extra veggies and salads to meals
- Plan your meals & snacks in advance
- Reduce portion sizes slightly
- Snack on fruit and veg
- Reduce availability of crisps, biscuits and cakes, sweets
- Reduce your alcohol intake

There are lots of ways to get your heart rate up, find something that you enjoy and get the whole family involved. *(please be mindful of current government guidelines around distancing from others.)*

If you do go for a walk or cycle remember to observe social distancing rule by following current guidelines. Always wash your hands when you get home.

It's often a good idea to clear any new exercise plans with your doctor before you begin, especially if you have a pre-existing health condition.

TIPS TO KEEP MOTIVATED...

- Find a time of day that fits with your routine
- Team up with house members or online with family and friends to support each other
- Don't overdo it, start out small and build up as your fitness levels increase, it should be fun!
- There is no time like the present to start... Don't keep putting it off! You will feel so much better!



- Don't give up, tomorrow is a whole new day

For more information explaining the physical activity needed for general health benefits for all age groups, disabled adults, pregnant women and women after childbirth, visit - sportengland.org/jointhemovement



3 TAKE NOTICE

It's important to be in the here and now, rather than worrying about the past or future. These things can help you do this:

- Be aware of the world around you
- Reflect on what matters to you
- Notice the change in weather and nature
- Think about the things you are enjoying doing now
- Find beauty in 3 things

4 LEARN SOMETHING NEW

I never thought that 25 years after leaving school I'd be doing French homework again - it's surprising how much I still remember! Learning helps us to continue to grow as a person.

WORD SEARCH: Can you find the bold italic words in the colour circles in the word search below??

- Watch a **documentary**
- Read a factual book or **autobiography**
- Take up a new **hobby**
- Take the 'one you' and 'every mind matters' **quizzes**
- Find and **cook** a new healthy **recipe**
- Learn a craft like **knitting**, **sewing** or card making
- Learn a new **language** with apps like Duolingo
- Learn a musical **instrument**
- Complete **puzzles**
- Help children to complete **homework**
- Spend time **drawing** and **colouring**

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A	W	L	B	R	E	A	X	Y	M	S	C	U	O	A
J	F	A	R	O	S	C	S	C	O	O	K	Z	L	T
I	C	N	U	N	J	W	I	N	G	H	N	R	O	B
Q	E	G	F	T	L	V	H	P	N	E	I	R	U	B
U	S	U	D	D	O	C	U	M	E	N	T	A	R	Y
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N	T	G	S	H	O	S	M	Q	U	I	A	K	N	O
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A	P	U	Z	Z	L	E	S	N	D	H	U	M	H	B
B	D	S	H	M	J	I	N	G	L	D	X	N	G	Y



5 GIVE / BE KIND TO OTHERS AND YOURSELF

If you can be anything in this world, be kind. Being kind to others not only benefits them, it has been proven to have a positive effect on our own mental wellbeing.

- Give a smile, compliment or encouragement
- Spend some time alone
- Play board games
- Help a neighbour with shopping
- If it's safe for you to do so, volunteer





SETTING A GOOD DAILY ROUTINE TO MAINTAIN GREAT MENTAL WELLBEING

Whether it's during the coronavirus pandemic or when life returns more towards normal, it's important to place value on your wellbeing and mental health. There are many little things that everyone can do to help become better protected from the possibility of developing mental health problems.

Remember though, mental health problems can develop for many reasons, and recognising your own signs and symptoms is the first thing to think about. The golden rule of mental health is that you can't look after others unless you look after yourself. So if you are struggling to cope or having thoughts of suicide there is hope and you are not alone, there is always someone able to help, contact your doctor, ring NHS 111 or Samaritans on 116 123.

BETTER SLEEP = BETTER WELLBEING

TOP TIPS:

- **Get into a daily routine** - wake up, wind down and go to bed around the same time each day. Set regular time aside to work and to achieve your five ways to wellbeing
- **Manage your worries** - set aside time before bed to make a to-do list for the next day so these things don't keep you awake
- **Prepare your body for sleep** - having caffeine, alcohol, nicotine or a big meal too close to bedtime can stop you falling asleep and prevent deep sleep. Try to avoid them before bed
- **Create a restful environment** - it's generally easier to drop off when it's cool, dark and quiet; try putting your phone on silent and face down, or out of the room entirely
- **Confront sleeplessness** - if you're lying awake unable to sleep, do not try to force it, get up and do something relaxing for a bit, like reading a book or listening to quiet music, and go back to bed when you feel sleepier

and see if things improve



Every mind matters is a Public Health England campaign that focuses on the many little things we can all do to stay mentally healthy.

Try to follow the five ways to wellbeing every day.

Visit the Every Mind Matters website for more information - nhs.uk/oneyou/every-mind-matters

THINKING ABOUT QUITTING?

Smoking raises the risks of severe respiratory problems, cancer, heart disease and stroke. It's a worrying time for everyone right now, but by quitting smoking you can do something positive for your health.

The health benefits from quitting smoking start from the moment you stop and reduces your risk at any age. By quitting smoking you reduce the risks of at least

16 types of cancer, as well as the risk of severe complications from coronavirus.

In times like these, creating a smokefree home is more important than ever. Breathing secondhand smoke puts children at more risk of asthma and adults at more risk of heart disease and cancer. Even if you've smoked for many years it's never too late to quit.



For tips, tools and support to stop in your local area visit the NHS smokefree website -

nhs.uk/smokefree



TOP TIPS TO *STAY WELL* THIS SUMMER

- 1 If you need medical help you should still contact your GP practice, use NHS 111 online or call 111.
- 2 If you have a symptom or a change that you are worried about you must contact your GP practice.
- 3 You must continue to adhere to current social distancing rules to stop the spread of coronavirus. Wash your hands regularly, cough into your folded elbow or tissue and avoid touching your face.
- 4 Make sure that you and your family are up to date with your vaccinations and look out for this year's flu vaccine especially if you are eligible for a free vaccine.
- 5 Keep cool and well hydrated during periods of hot sunny weather and don't forget to apply sun cream.
- 6 Stay connected with family and friends by phone or online
- 7 Be active every day
- 8 Take notice of things around you, keep learning and find opportunities to give even just a smile!
- 9 A good daily routine will help you to sleep and feel better
- 10 If you want to make changes to your behaviour like quitting smoking or reducing your alcohol intake then contact your local services who will still be able to help you.

FREE RECIPES TO HELP YOU GET CREATIVE IN THE KITCHEN!



Looking for some culinary inspiration?

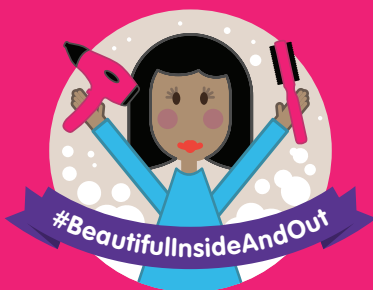
Then look no further!

Healthworks have made their 25:25 Cookbook available as a free download, along with a variety of other fab resources.

There are also more recipe videos on their Youtube channel.

Visit the Healthworks website to find out more -

healthworksnewcastle.org.uk



Just like making an appointment to have your hair done, make cervical screening part of your routine.

If yours is overdue don't put it off.



Cervical screening saves lives

Don't be the one missing out...



For more information see your GP or visit screeningsaveslives.co.uk

BE AWARE:

The screening service will NEVER contact you asking for your personal details, always make appointments via your GP practice or sexual health and contraception service



CREATED BY LOCAL ILLUSTRATOR LIZ MILLION

Want to create your own illustrations?

Check out Liz's easy to follow draw along tutorials on her Facebook page 'Liz Million Illustrator / Author'

1. Simply make time to relax and colour in this picture
2. Take a photo of your artwork and post it on social media using **#BeautifulInsideAndOut** **#ReduceYourRisk**
3. Display your picture in your window to brighten the day of passers by!