



# Health and Wellbeing Newsletter Jan 2022

## Welcome to our first edition!

Welcome to our first CLPCN Health & Wellbeing newsletter. I'd firstly like to wish everyone a Happy New Year! I hope that 2022 is a happy and healthy one for us all. We must all prioritise the Health and Wellbeing of ourselves and our colleagues. This results in better care for our patients. Which I think we can agree, is a collective goal. We must look after ourselves in order to look after others.



## Where do we begin?

Leading a healthy lifestyle is something we all aspire to. However, at the end of a hard-working week it is so easy to reach for a glass of wine or a bottle of beer or two. But what is this really doing to our bodies and does it really help us de-stress?

### In the short term...

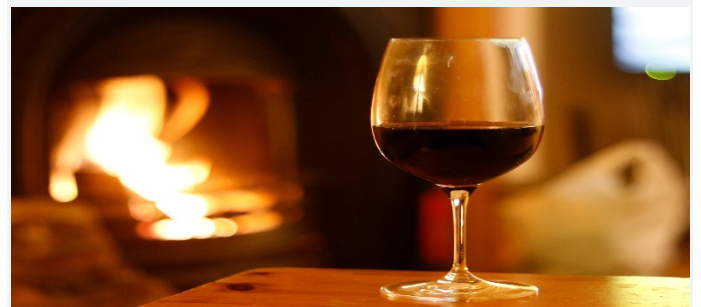
When alcohol gets absorbed into your blood it increases your heart rate, reduces your blood pressure, and expands your blood vessels. By continuing to drink, your brain and nervous system start to become affected before the liver has a

chance to clear the alcohol, this can affect your judgement and decision making – you can become more reckless and uninhibited. You become light-headed and your reaction time and coordination are affected. If you continue to drink, the depressant effects of the alcohol will make you drowsy and can eventually lead to alcohol poisoning where high levels of alcohol start to interfere with automatic functions such as your breathing, heart rate, and gag reflex and let's not forget the empty calories and hangovers!

### In the long term...

While in the short term you may be tempted to use alcohol to relax and relieve stress, it's actually associated with increased levels of anxiety, depression, and isolation as well as family and relationship problems. Persistent high levels of drinking can also lead to addiction and withdrawal, raised blood pressure, coronary artery disease, and increased chance of having a stroke. There's also an increased risk of developing liver disease, dementia, and cancer – particularly cancers of the bowel, head and neck, liver and breast. Please find useful links below:

[Drinkaware](#) [NHS](#)



# Cervical Cancer Prevention Week

## What's the lowdown?

Cervical Cancer Prevention Week is taking place 17<sup>th</sup> – 23<sup>rd</sup> January. Let's take a look at what cervical cancer is and how to recognize signs and symptoms. Most importantly, highlighting the necessity to attend our SMEARS.

## What is cervical Cancer?

- Cervical cancer is a cancer that's found anywhere in the cervix.
- The cervix is the opening between the vagina and the womb (uterus).
- It's part of the reproductive system and is sometimes called the neck of the womb.
- Nearly all cervical cancers are caused by an infection from certain types of [human papillomavirus \(HPV\)](#).
- It can often be prevented by attending [cervical screening](#), which aims to find and treat changes to cells before they turn into cancer.
- Cervical cancer usually grows very slowly. How serious it is depends on how big it is, if it has spread and your general health

## What are the symptoms?

- vaginal bleeding that's unusual for you – including bleeding during or after sex, between your periods or after the [menopause](#), or having heavier periods than usual
- changes to your vaginal discharge
- Pain during sex
- Pain in your lower back, between your hip bones (pelvis), or in your lower tummy

If you have another condition like fibroids or endometriosis, you may get symptoms like these regularly. You might find you get used to them. But it's important to be checked by a GP if your symptoms change, get worse, or do not feel normal for you.

## Prevention rather than cure?

You cannot always prevent cervical cancer. But there are things you can do to lower your chances of getting cervical cancer.

Cervical screening and HPV vaccination are the best ways to protect yourself from cervical cancer.

- All women and people with a cervix between the ages of 25 and 64 are invited for regular [cervical screening](#). It helps find and treat any changes in the cells of the cervix before they can turn into cancer.
- All children aged 12 to 13 are offered the [HPV vaccine](#). It helps protect against all cancers caused by HPV, as well as genital warts.

You can also lower your chance of getting cervical cancer by:

- Using [condoms](#), which lower your chance of getting HPV – but they do not cover all the skin around your genitals so you're not fully protected
- [quitting smoking](#) – smoking can weaken your immune system and the chemicals in cigarettes can also cause cervical cancer
- eating a [balanced diet](#) to help support your immune system



# The fun stuff

## Recreation!!!

We all know we need to move more. How can we make this as fun as possible? Because let's face it...not all of us can grab our trainers when the alarm clock sounds.

Why not try taking up a sport? There are multiple sports teams within our community who would be happy to welcome new members. Sports are not only great for our physical health but also our mental health. It can bring about feelings of happiness and belonging, which in a world of such disconnect, is priceless!

- Football
- Netball
- Dodgeball
- Bowling
- Rugby
- Cricket
- Basketball
- Tennis
- Dodgeball
- Hockey (remember to wear a gumshield)!

More importantly, we all must get training ready for the next NHS corporate games....Team CLPCN!



## My mind needs exercise too!

Why not indulge yourself in a crossword, or practice meditation or mindfulness? Take that course you've always been interested in or pick up a book...and put down your phone. There are so many ways we can exercise our minds and the more we exercise our minds, bodies and soul the more we will be able to cope with all life's curveballs and stresses. Or at the very least enable us to cope just that little bit better

## But, I like peace and quiet....

If you are an individual who would prefer not to engage in further human interaction, then that's fine too!!! There are many activities you can do that require minimal interaction, which may be just what you need at the end of a busy day.

- Swimming
- Pilates
- Yoga
- Walking/hiking
- Running

## Feed you tastebuds!

We are all aware of the catastrophic effects CO2 is having on our planet. Advice to cut down on meat consumption is being echoed across the world. However, cutting down on meat can be a little daunting, especially if you don't have any decent recipes up your sleeve.

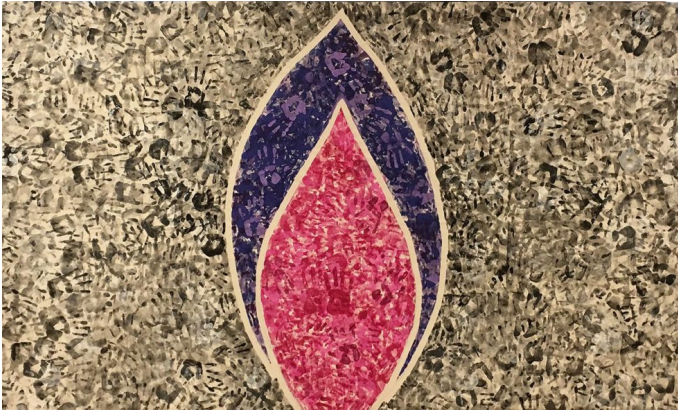
I highly recommend **Woodland Mushroomy Pasta** by Gousto. It's absolutely delicious and a great meat free swap, the portobella mushrooms have a 'meaty' texture....and it's filling too!

Click on picture for recipe





# Learn something new



## What is Holocaust Memorial Day?

Holocaust Memorial Day Trust (HMDT) encourages remembrance in a world scarred by genocide. We promote and support Holocaust Memorial Day (HMD) – the international day on 27 January to remember the six million Jews murdered during the [Holocaust](#), alongside the millions of other people killed under [Nazi persecution of other groups](#) and in genocides that followed in [Cambodia](#), [Rwanda](#), [Bosnia](#) and [Darfur](#).

27 January marks the anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death camp.

The Holocaust threatened the fabric of civilisation, and genocide must still be resisted every day. Our world often feels fragile and vulnerable and we cannot be complacent. Even in the UK, prejudice and the language of hatred must be challenged by us all.

HMD is for everyone. Each year across the UK, thousands of people come together to learn more about the past and take action to create a safer future. We know they learn more, empathise more and do more.

Together we bear witness for those who endured genocide and honour the survivors and all those whose lives were changed beyond recognition.

[Learn more here](#)

## Chinese New Year...Year of the Tiger!

Chinese New Year is celebrated by more than 20% of the world. It's the most important holiday in China and to Chinese people all over.

## Chinese New Year is also known as the Spring Festival

In China, you'll hear it being called *chunjie*, or the Spring Festival. It's still very wintry, but the holiday marks the end of the coldest days. People welcome spring and what it brings along: planting and harvests, new beginnings and fresh starts

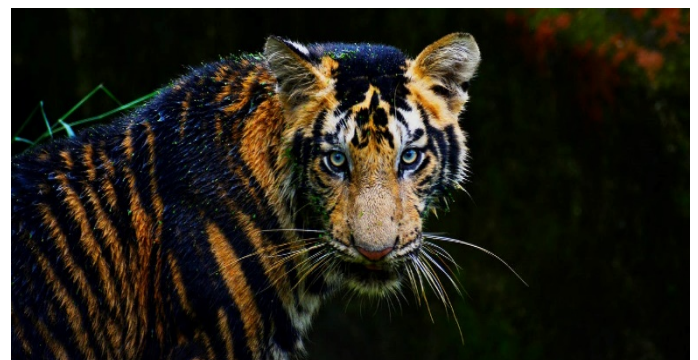
## It is a day for praying to gods

The Spring Festival was originally a ceremonial day to pray to gods for a good planting and harvest season. As an agrarian society, the harvest was everything. People also prayed to their ancestors, as they were treated as gods

## and fighting off monsters

But the [myths](#) are much more interesting. According to one legend, there was a monster named Nian. It would come about every New Year's Eve. Most people would hide in their homes. But one boy was brave enough to fight him off using firecrackers. The next day, people celebrated their survival by setting off even more firecrackers. And that practice became a crucial part of the Spring Festival.

[Learn more here](#)



# Sustainability

## Ways we can all help!

### Be more energy efficient

Saving energy at home is a great place to start. Draughtproofing and improving insulation will make your home cosier and cheaper to heat. Try to keep your thermostat around 19°C and choose LED lightbulbs and appliances with high efficiency ratings to keep your electric consumption down.

### Eat more plant-based food

Plant-based foods tend to have a lower carbon footprint than meat and dairy, and eating less meat is nearly always better than eating even the most sustainable meat. In most cases, chicken, eggs, and pork have a lower footprint than beef and lamb. To reduce your carbon footprint, replace some or all the beef, lamb, and dairy in your diet with lower carbon alternatives. And where you do buy those products, look for farmers using sustainable methods



### Travel sustainably

Choose to walk and cycle or take public transport rather than driving, at least some of the time. Make your next car an electric one,

### Buy better

Avoid single-use and disposable items and buy reusable products instead. Choose good-quality products that will last, use them for longer and try to repair before you replace. Most non-recycled waste goes to landfill or incineration, where it produces greenhouse gases and other environmental pollution. Sell or donate anything that still has a useful life and recycle the rest. 'Shopping your wardrobe' – creating outfits from clothing and accessories that you already own. But you can also make use of other unloved items you'd forgotten about, by repairing, upcycling and repurposing things you have stashed away. Look for refurbished or second-hand goods instead of buying brand new. Borrow or hire rather than buying items like power tools that you don't use often.

### Save water

Using less water is a good thing in itself, as it's a precious resource. But at home we often also use energy to heat the water, such as boiling a kettle, taking a shower, and running the dishwasher or washing machine, so reducing hot water use cuts greenhouse gas emissions and saves money.



# Useful Information

## Contacts

### CLPCN Health & Wellbeing Champion:

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### Cheshire & Merseyside Resilience Hub:

[Cheshire & Merseyside Resilience Hub  
\(cheshiremerseyresiliencehub.nhs.uk\)](http://cheshiremerseyresiliencehub.nhs.uk)

## Employee Assistance Programme

[Follow this link to access](#)

Username: **wellbeing**

Password: **IronPoolFish**

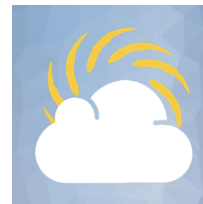
## Wellbeing apps

NHS staff have been given free access to a number of wellbeing apps to support with their mental health and wellbeing. Click each link below for more information, including how to access support and when this free offer expires.



### #StayAlive

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.



### Bright Sky

Bright Sky is a free to download, confidential mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.

### **CITY**parents Cityparents

The Cityparents programme consists of a curated collection of positive and practical support for working parents, delivered through expert-led webinars/seminars, advice, peer insights, online articles, blogs and podcast.



### Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.



### Unmind

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing.