



## Shropshire Health and Wellbeing e-Newsletter

Welcome to this Shropshire Health & Wellbeing e-Newsletter. This e-Newsletter is for everyone interested in health and wellbeing in the county.

To contact us, please click [here](#)

Follow us on Twitter [@ShropTogether](#)

Visit the [Shropshire Together website](#)

Remember, you can find information about Health and Wellbeing events across Shropshire on our website, [click here](#) to find out more.



**Find upcoming events, workshops and training**

Shropshire Together has a [calendar of upcoming events](#). Make sure that you check back regularly to see what is happening in your area. If you have an event or workshop you'd like us to include, please email: [ShropshireTogether@shropshire.gov.uk](mailto:ShropshireTogether@shropshire.gov.uk)



## Are you sugar smart?

Do you know how much sugar you're really eating? 'Every day, without realising, we're ALL having too much added sugar. You'd be surprised at the amount of [added sugar](#) lurking in everyday food and drink - and it builds up quickly over the day.'

[Change4Life](#) have produced a new app to help you see how much sugar you're really eating. The app allows you to scan the barcode on food packaging at home or in the shops. You can then see the number of sugar cubes that are contained in your food or drink.

[Click here](#) to find out more.

# **Mental Health services**

## **Healthwatch Shropshire's February 'Hot Topic'**

**'Tell Us' your experiences  
of accessing and using these  
services across Shropshire**

**Contact the team at:**

**01743 237 884**

**@HWSShropshire**

**enquiries@healthwatchshropshire.co.uk**

**freepost HEALTHWATCH SHROPSHIRE**

**healthwatch**  
Shropshire

## Healthwatch Shropshire's 'Hot Topic' February 2016 - Mental Health Services

During February 2016, Healthwatch Shropshire will be having a focus upon mental health services. If you have experiences of using mental health services that you would like to share, please contact the team:

Telephone: 01743 237884

Email: [enquiries@healthwatchshropshire.co.uk](mailto:enquiries@healthwatchshropshire.co.uk)

Visit the Healthwatch Shropshire website to find out more:

[www.healthwatchshropshire.co.uk](http://www.healthwatchshropshire.co.uk)

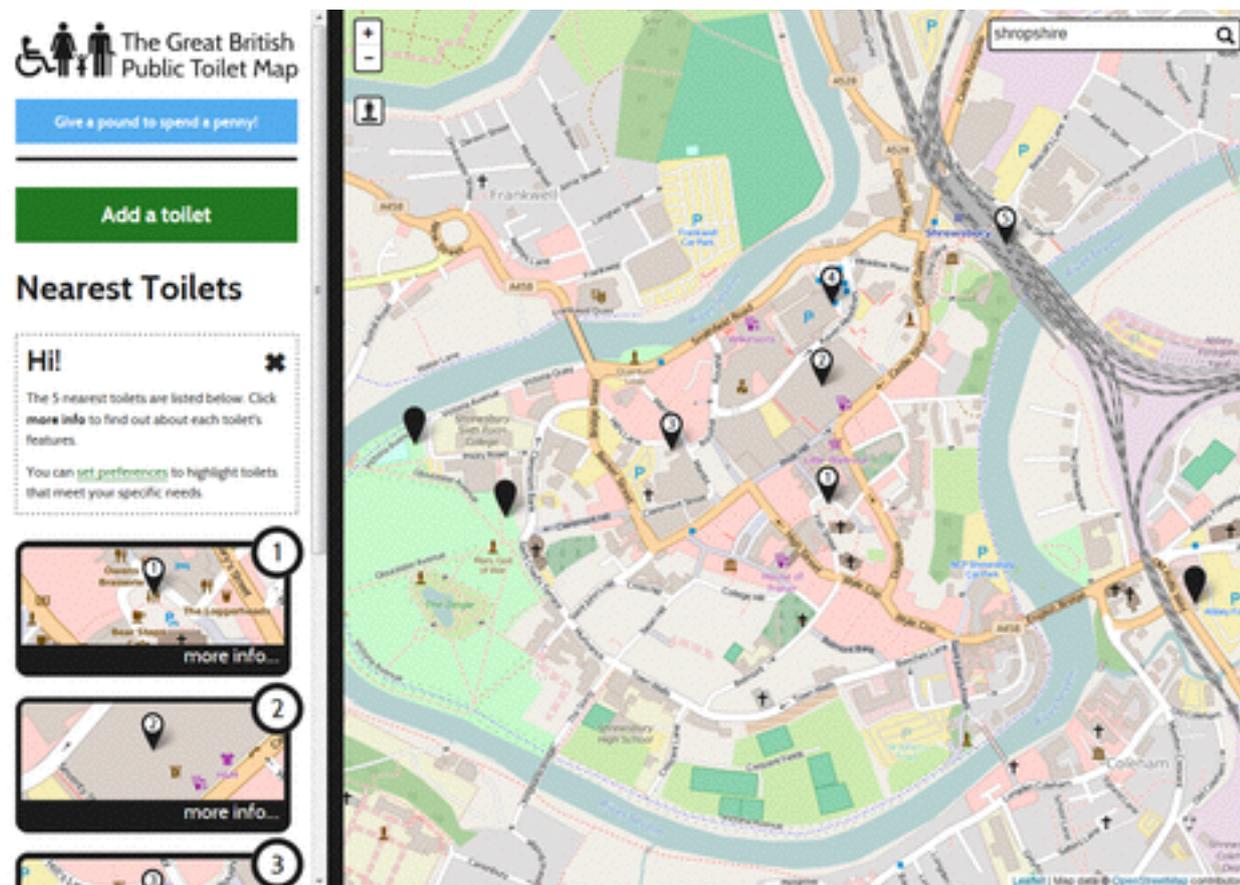


### Dry January blogs

Dry January is officially over! A massive well done to everyone who took part and helped to raise awareness for Alcohol Concern.

You can catch up with some blogs from Shropshire residents describing how they got on. Take a look at [Shropshire Newsroom](#) and have a read!

Thank you to everyone who has kept us updated with their experiences.



## Map to help you locate conveniences when you need them

Have you heard of the [Great British Public Toilet map](#)? Here you can find quick access to a map showing all of the local public toilets near you. You can search by postcode or address.

For people affected by bladder incontinence or other needs, the map can make sure that they find the services they need, when they need them.

[Take a look for yourself](#) and remember to pass on the information to anyone you think might find it useful.



## **Mental Health book launch**

You are warmly invited to the book launch of **Mental Health Across The Lifespan.**  
**Tuesday 8th March 2016, 5:30-8:30pm**

University Centre Shrewsbury, Guildhall, SY3 8HQ

The overall aim of this book is to provide knowledge and understanding of how mental health affects human beings from conception through to end-of-life, and the challenges that society as a whole has to address in the treatment of mental health.

[Click here](#) to find out more information.

The brain goes through a period of development in the teenage years.

If you would like to know more about your teenager's brain and how this might affect their behaviour, please come along to a 2 hour workshop.

## Understanding YOUR

# TEEN

**Venue:** Church Stretton sure start Centre

**Date/Time:** 15<sup>th</sup> of February 2016 4pm-6pm

Please note this course is for any parent/ Carers

**Booking Details:** no need to book place just drop in we would love to see you!

School nurses will also be available to offer any advice on the day.

## Understanding Your Teen - Church Stretton

'Understanding Your Teen' workshop at Church Stretton Sure Start Centre.

**15th February 2016, 4-6pm**

No need to book, just turn up on the day. School Nurses will be available to offer advice.

For more information, call Helen Godding on 07896812233



## Libraries helped promote Cancer Talk Week: 25 to 29 January

Macmillan's Cancer Talk Week took place Monday 25 January to Friday 29 January 2016, and Shropshire Libraries took the opportunity to highlight the addition to their **health zones** of Macmillan Cancer support leaflets.

Customised leaflet stands, specifically made by Macmillan for Shropshire Libraries, are now in place in branches in Shrewsbury, Bridgnorth, Ludlow, Whitchurch and Market Drayton, and hold many free resources to help people with their queries. A large collection of Macmillan leaflets can also be found at Oswestry Library.

For more information about Macmillan Cancer Support follow the link – <http://www.macmillan.org.uk>.

For more information about staying healthy with Shropshire Libraries or to ask about a concessionary or carer's ticket, contact Mirka Duxberry, library commissioning manager for reading and health, on **01743 255031** or visit <http://new.shropshire.gov.uk/libraries>.

## Don't forget! National Libraries Day 2016

People are invited to celebrate and support Shropshire Libraries by visiting your local library on National Libraries Day on Saturday 6 February 2016. Find out about

the variety of services on offer and the difference that public libraries make to people across Shropshire.

Everyone can have a library card and National Libraries Day will be a great time to pick one up.

Libraries will be hosting an array of events to mark the occasion, including coffee mornings, a choir performance, a collaborative art project, and a special workshop with Matt Sewell – artist and author of the bestselling book “Our Garden Birds”.

Find out more by [clicking here](#).



## **With Flu on the rise, it's not too late to vaccinate**

**Health teams across Shropshire are reminding people it's not too late to get a free flu jab if they're in an 'at risk' group.**

The call out comes following recent figures released by Public Health England which show that there have been 74 outbreaks of flu reported in England in the first week of January 2016 alone, indicating it's at its highest level for three years.

Flu is a very unpleasant illness. It's not serious if you are otherwise healthy, but if you have underlying health issues, such as respiratory disease, diabetes, heart disease or a weakened immune system you could become seriously ill. Each winter hundreds of thousands of people see their GP because of flu and tens of thousands end up hospitalised.

The best way to protect yourself from flu is to have the flu jab every year as the vaccine protects against the different strains of flu which evolve each year. It's offered free to those over 65; pregnant women; and those with long term conditions, plus those that care for them. Children between the ages of two and four have also been offered the vaccination, as well as those in school years one and two.

[Click here](#) to find out more and read the full story on Shropshire Newsroom.



## Childhood cold or flu – do you know the difference?

It's the time of year when colds and flu are doing the rounds in schools and nurseries across Shropshire.

But as a parent, how do you tell the difference? Symptoms of a cold include a runny or blocked nose, sore throat, sneezing and a cough. Flu includes sudden fever, muscle aches, sweating, feeling exhausted and a dry or chesty cough. Although both illnesses share some of the same symptoms, they are caused by different viruses.

Many people think flu is just a bad cold. It's not. Flu can cause serious complications.

Every year some children with flu become extremely ill, and many of these would have been protected if only they had received their free vaccination.

[Click here](#) to read the full story on Shropshire Newsroom and to find out more about flu and how to [keep safe and well this winter](#).



## **Advice on Norovirus this winter**

**People planning to visit hospitals and other healthcare facilities in Shropshire are being asked to stay away if they have experienced any symptoms of Norovirus.**

Norovirus, sometimes known as the winter vomiting bug, is the most common stomach bug in the UK. It is highly contagious and can affect people of all ages. The number of cases of diarrhoea and vomiting recorded in the community normally increases at this time of year and it is particularly important that people help to prevent the spread of these illnesses, especially to vulnerable patients. One way to do this is by not visiting acute or community hospitals if you or any members of your family have had diarrhoea, vomiting or flu-like symptoms in the last 48 hours. These stomach bugs can spread rapidly anywhere that people are gathered, such as schools or offices. Hospitals are public buildings with hundreds (or thousands) of visitors every day. That is why the NHS asks people to think carefully before visiting hospitals if they or anyone in their family has even mild symptoms of stomach upset.

Rachael Allen, Shropshire Community Health NHS Trust's Head of Infection Prevention and Control, said: **"Protecting vulnerable patients and hospital staff is really important, whether this is in the county's main hospitals or in the four community hospitals in Ludlow, Whitchurch, Bridgnorth or Bishop's Castle.**

**"We are asking anyone who is considering visiting or attending any of our hospitals to think very carefully about doing this if they have experienced diarrhoea, vomiting, flu-like symptoms, or have been generally unwell in the last 48 hours. If you do feel that your visit is necessary then please telephone the ward or department for advice beforehand."**

Good hand hygiene can help to limit the spread of the infection and there are some simple steps that the public can take to help stop Norovirus spreading:

- Wash your hands frequently and thoroughly with soap and warm water, particularly after using the toilet, and before preparing food or eating. If you're in an NHS facility, pay attention to hand hygiene notices such as using hand gel upon entering and leaving a ward.

- Disinfect any surfaces or objects that could be contaminated with Norovirus. It is best to use a bleach-based household cleaner. Always follow the instructions on the cleaning product.
- Flush away any faeces or vomit in the toilet. You should also keep the surrounding toilet area clean and hygienic.
- Wash any clothing, or linens, which could have become contaminated with Norovirus. Washing with hot, soapy water will help to ensure that the virus is killed.
- Although people usually recover without treatment in 24-72 hours, it is important to stay away from work, school, college or any social gatherings until you have been free of symptoms for at least 48 hours.

You can also find additional information about Norovirus including the symptoms, treatment and prevention from the NHS Choices website at [www.nhs.uk/norovirus](http://www.nhs.uk/norovirus) [Click here](#) to read the full story from Shrewsbury and Telford Hospital NHS Trust,

## Updates from our partners:



### NHS Future Fit newsletter

[Click here](#) to read the latest bulletin from NHS Future Fit.

To find out more about the programme board, Community Fit and events and activities near you, visit the Future Fit website: <http://nhsfuturefit.org/>



[Click here](#) to read the latest newsletter from the Shropshire Voluntary and Community Sector Assembly. With details of events, updates on the Big Conversation and recent news stories from across the county.

The Shrewsbury and   
Telford Hospital  
NHS Trust

## Updates from our partners at the Shrewsbury and Telford Hospital NHS Trust

Catch up with the latest news stories from SaTH:

[Celebrating Dignity Action Day](#)

[Tackling infections in Shropshire's acute hospitals](#)

[Winter planning helps hospitals deal with demand](#)

[Health officials work together to improve wifi access for patients and staff](#)

You can find more updates and news stories at: [www.sath.nhs.uk](http://www.sath.nhs.uk)



## **Got some news to share?**

If you have a topic or article that you would like to feature in this newsletter, please contact us by email: [shropshiretogether@shropshire.gov.uk](mailto:shropshiretogether@shropshire.gov.uk) or telephone: 01743 253972.

## **Health and Wellbeing Board - Next Meeting:**

The next public Health and Wellbeing Board meeting will be held on **Friday 26th February 2016**, starting at **9.30am** at **Shirehall** in **Shrewsbury**.

The agenda and relevant papers will become available on the Health and Wellbeing webpage prior to the meeting. Please see the attached link below to access previous meeting agendas:

[Health and Wellbeing Board](#)