Stay Well This Winter

Cold weather can increase the chance that you might get sick. One common winter illness is the winter vomiting bug (called Norovirus). It is highly contagious and can cause vomiting and diarrhoea.

What to do if you get it:

There is no specific cure but if you get it the following steps may ease your symptoms:

- Drink plenty of water to avoid dehydration (take small sips if you find it difficult to keep water down because you’re vomiting)
- If you feel like eating, eat foods that are easy to digest;
- Take paracetamol for any fever or aches and pains;

Stay at home and rest. Norovirus is contagious so you don’t want to give it to others and there’s nothing the doctor can do while you have it.

How to stop it spreading:

Norovirus is easy to spread; you can catch it by touching contaminated surfaces or objects. If an infected person doesn’t wash their hands before handling food, they can pass the virus to others.

**Washing your hands** effectively using warm water & soap, should take as long as singing Happy Birthday To You through twice

- Don’t share towels
- Disinfect surfaces
- Avoid direct contact with others for at least 48 hours after your symptoms disappear as you may continue to be infectious for a short time.

Washing your hands is important and there are other simple precautions you can take to keep healthy in the cold weather, and don’t forget to look out for others too!

Wrap up warm

Wrap up well when you go out in the cold. Wear lots of thin layers - clothes made from cotton, wool and fleecy fibres are particularly good and help to maintain body heat

Eat well

Food is a vital source of energy and will help to keep your body warm

Know what to do if you need help

NHS 111 is a free 24/7 urgent medical telephone advice line.

Look out for others

Keep an eye out for elderly relatives, neighbours and friends. Spare a few moments if you can to pop round for a chat

NHS Ipswich and East Suffolk Clinical Commissioning Group

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Special points of interest:

- Losing a loved one is hard to deal with; a new Bereavement App aims to help and offer advice to young people
- Top tips for dealing with acne and smelly feet
- Not just doctors and nurses; find your career in the NHS

Inside this issue:

- Bereavement App 2
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- Top Tips for Teens 3
- NHS Careers 3
- About the CCG and how to get involved
Wellbeing Suffolk provides a range of free and confidential support services, to help you make changes to improve your wellbeing and to help you cope with common mental health and emotional issues such as low mood, stress, anxiety and depression.

If you are aged 16 and over, you can contact them by phone 0300 123 1781 or via their website. If you are aged 15 or under, please contact your GP or other health or care professional who can support you to be referred to the service.

‘Grief: Support for Young People’ Bereavement App

An App has been created by a group of young people working with the bereavement charity Child Bereavement UK.

The App, ‘GRIEF: SUPPORT FOR YOUNG PEOPLE’, has been designed by and for 11-25 year olds who have lost someone close to them.

The app also links to Child Bereavement UK’s website where you can use search facilities to find other support organisations near you. It includes stories from bereaved young people as well as short films that they have written and made. It aims to help young people feel less alone after bereavement, but also to inspire others on how to support them.

It can also be used by friends, teachers, parents and professionals who would like to know how to support bereaved young people.

For more info go to www.childbereavementuk.org or email: support@childbereavementuk.org

“The App enables you to get the support that you want in your own space and your own time.” – Charlie, age 15

“Helped me to feel I’m not alone and given me ideas of how to cope when my Dad died.” – James, age 17

Download for free and find information about:
  • BEREAVEMENT
  • FEELINGS
  • GRIEF
  • HOW OTHERS CAN HELP

Extended hours for online emotional wellbeing support

Suffolk Young People’s Health Project - 4YP - offer a 1-1 live chat service for young people who need support on issues affecting their emotional wellbeing. ASK THE 4YP EXPERT is accessed through The Source website, providing confidential information and advice to young people.

The opening hours have recently been extended and the service is now available Monday to Friday from 5-7pm.

www.thesource.me.uk/expert

Wellbeing Suffolk – Looking after your Wellbeing

Wellbeing Suffolk provides a range of free and confidential support services, to help you make changes to improve your wellbeing and to help you cope with common mental health and emotional issues such as low mood, stress, anxiety and depression.

If you are aged 16 and over, you can contact them by phone 0300 123 1781 or via their website. If you are aged 15 or under, please contact your GP or other health or care professional who can support you to be referred to the service.

www.wellbeingsuffolk.co.uk
whatsthedealwith.co.uk
Top Tips for Teens

Years 7-9
Do you have smelly feet?
Keeping feet fresh is all down to good personal hygiene, washing your feet and changing your shoes regularly.
Anyone can get sweaty feet but teenagers are especially prone because hormonal changes make you sweat more.
There are lots of foot hygiene products available to buy at your local pharmacy & washing your feet with an anti-bacterial soap is a simple solution to smelly feet. Leave it on for a couple of minutes, then wash it off. Do this twice a day for a week and you’re certain to banish smelly feet quickly!

Years 10-11
Acne can have a big effect on your self-esteem & sometimes it might really get you down.
But it won’t last forever and there are things you can do to help minimise acne and prevent new spots:
- Avoid touching your face - your hands have dirt and bacteria which can clog your pores and make acne worse
- Wash your face in the morning and before you go to bed, using warm water
- Avoid wearing too much makeup, try water-based products as they won’t irritate your skin as much
- Drink lots of water and eat fruit & veg
For more advice on acne and how to treat it, visit the NHS website: www.nhs.uk
There are treatments for acne available to buy at a pharmacy or supermarket.

Years 12-13
Drink Driving
Never drink or take illegal drugs and then get behind the wheel of a vehicle - choose who in the group is going to be the designated driver, or just split a taxi fare.
If you do drink you may still have alcohol in your system in the morning, which means it will still be unsafe to drive. So if you know that you need to drive the next day, it’s safer not to drink at all.
You might not want to fork out the few quid for a taxi, but it’s better than risking losing your license, paying a huge fine, or getting hurt!
Make sure you know the facts about drink driving.

Not just doctors and nurses. Find your Career in the NHS

Did you know there are more than 300 different careers in the NHS?

You could be a doctor or a nurse but you could also be an ambulance driver, therapist, chef, dietician, cleaner, secretary, engineer, pharmacist, scientist, midwife, electrician, gardener or perhaps even a brain surgeon!
The NHS is the biggest employer in Britain and all these jobs need to be filled; why not by you?
There are 100s of career opportunities in healthcare, and not just in hospitals. Some jobs are ‘clinical’, which means they relate directly to patients and their treatment - such as nursing or a surgeon. But if that’s not for you, there are other ‘non-clinical’ jobs, such as engineering or office work.

Apprenticeships
An apprenticeship is a real job with training which allows you to earn while you learn, whilst gaining a nationally recognised qualification. These vocational qualifications are available for both clinical and non-clinical work settings. All of the units are chosen with the guidance of the employer and the training provider/college to ensure that they are relevant to the job role.

Websites designed to help you find the right career for you:
- Don’t know what you want to do? Take the Test on www.stepintothensh.nhs.uk or read about other people’s experiences.
- www.healthcareers.nhs.uk is an NHS website to help you start on your chosen NHS career path
- For a career in caring, carecareerssuffolk.co.uk will help you find the right role for you in Suffolk
- For a free careers brochure, email us: ipswichandeastsuffolk.ccg@nhs.net
What is the Clinical Commissioning Group?

NHS Ipswich and East Suffolk Clinical Commissioning Group (the CCG) is a group of 40 GP practices in Ipswich and east Suffolk, which is responsible for buying-in and managing your health care services.

The CCG was established in April 2012 and has responsibility for approximately 385,000 patients.

Local GPs understand what their patients need. Having GPs from Ipswich and east Suffolk in charge of local healthcare means we will ensure we make the right decisions on buying and managing health services and make a real difference to your health and wellbeing.

And you can get involved too!

Find out more on our website

Not just doctors and nurses

There are 100s of career opportunities in healthcare; get in touch for a free careers brochure

ipswichandeastsuffolk.ccg@nhs.net

Check it out by scanning the QR code

Find out more

Our website offers advice and guidance for young people on everything from emotional wellbeing to drugs and alcohol. It also features the latest news and events—to keep you informed and involved in our decision-making. The website also has advice on where to go for NHS Careers and tips on how to stay living well in Suffolk.

Take a look: www.ipswichandeastsuffolkccg.nhs.uk/YEAH

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