



CLAREMONT BANK SURGERY

NEWSLETTER- APRIL 2020

Do you have a cough, fever or shortness of breath? Have you recently travelled or been in contact with someone who has recently travelled? Has anyone in your household got symptoms?

If the answer is yes please go to NHS 111 online for information and advice. You will be required to submit information and then you will either receive a phone call or an email response from NHS 111 online.

<https://111.nhs.uk/>



NHS 111





HM Government

NHS

Coronavirus

Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:

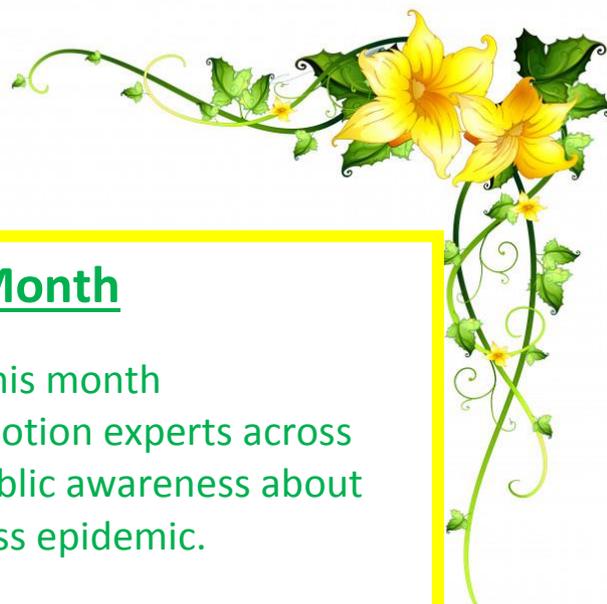
- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



For more information and the Government's
Action Plan go to nhs.uk/coronavirus

CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**



Stress Awareness Month

April is stress awareness month. During this month healthcare professionals and health promotion experts across the country will join forces to increase public awareness about the causes and cures for our modern stress epidemic.

The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you.

What can you do for stress awareness month?

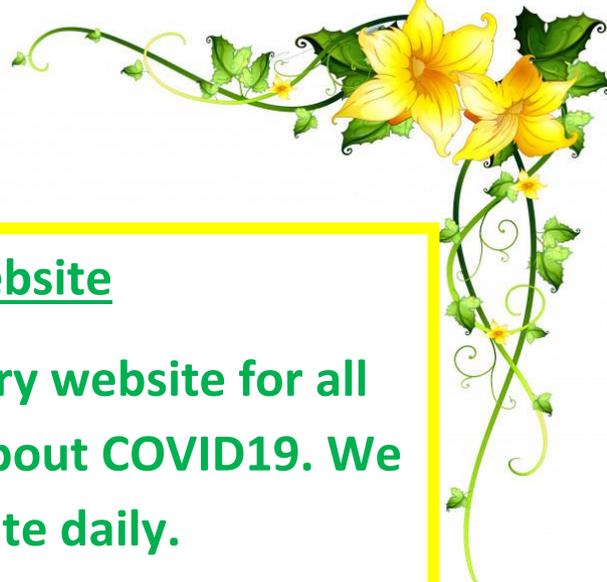
- ♥ Talk about stress and its effects
- ♥ Share your coping mechanisms, it might benefit someone you care about
- ♥ Be nice to those who are stressed and anxious
- ♥ Look after yourself, take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well even if you feel too stressed

According to the Mental Health Foundation 74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope. Millions of us around the UK are experiencing high levels of stress and it is damaging our health. Stress is one of the great public health challenges of our time. Stress is a significant factor in mental health problems including anxiety and depression.

For more information about stress causes and cures you can visit

<https://www.stress.org.uk/>





Claremont Bank Website

Visit the Claremont Bank Surgery website for all the latest advice and guidance about COVID19. We are updating the website daily.

www.claremontbanksurgery.co.uk

Couch to 5k

University Centre Shrewsbury is launching another beginner's couch to 5k running programme. This programme will be led by the Shropshire Shufflers. It is a free programme for anyone who is interested in starting running. Anyone can join, you just need a decent pair of trainers and lots of enthusiasm. It is a 10 week programme. The programme is designed for beginners to gradually build up their running ability until you can run 5k without stopping. The start date for this programme is yet to be confirmed but you can find regular updates on Facebook or University Centre Shrewsbury website.

