

# Lower Clapton Monthly Newsletter

ISSUE #13

## WHAT'S ON IN FEBRUARY? \*\*\*\*\*



### 1ST: TIME TO TALK DAY

Discussing mental health is so important and **we are here to help!** Talking about things you suffer from isn't always easy but it can be **very beneficial.**

Time to Talk day is the perfect opportunity to step out of your comfort zone and start a conversation about your mental health.

If you feel you would benefit from some **extra support**, give us a call and we can signpost you to some **amazing services**

### 4TH: WORLD CANCER DAY



Aims to save millions of preventable deaths each year by encouraging individuals to take action.

### 5TH-11TH: CHILDRENS MENTAL HEALTH WEEK



Children may not understand the way they feel sometimes and are not able to express their emotions. This week is about taking time, listening and doing what we can to help them

### 24TH: EMOTIONAL HEALTH DAY

It's important to deal with your emotional health; sometimes emotions can get the best of you, but learning coping strategies to temper them can help you cope with them instead of reacting to upsetting situations.

Some tips:

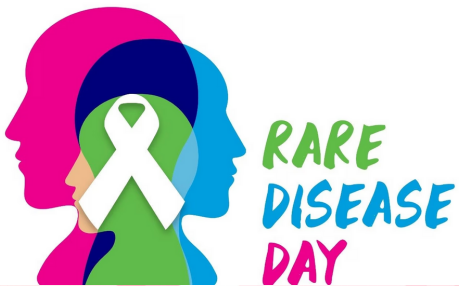
- Connect with other people**
- Be physically active**
- Be mindful and pay attention to the present moment**

### 25TH-2ND: EATING DISORDER AWARENESS WEEK



An international awareness event, fighting the myths and misunderstandings that surround eating disorders.

### 29TH: RARE DISEASE DAY



Rare disease day is a patient led day to working towards equality in healthcare, diagnosis and therapies

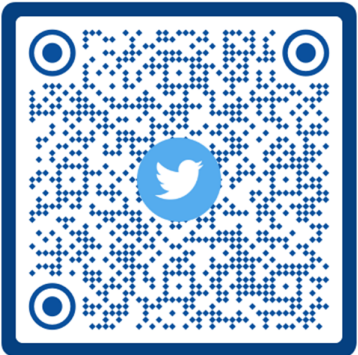


**Give us your feedback - Care Opinion (free phone number 08001223135, collect a leaflet from the practice, or speak to a member of staff for more info)**



**We have NOT yet moved to the new building, but we will keep you all updated with the exciting news!**

February 11-17 is **Random Acts of Kindness Week** and **14 February** is **Valentine's Day**, let's share the love! Why don't you share some kind words with us on our twitter page: **@LowerClaptonGP**



SCAN ME

If you have any information you would like to be displayed in next months patient newsletter please send your ideas to **lower.claptongp@nhs.net** and address to **'Nyah'**



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## TOGETHER BETTER \*\*\*\*\*

Welcome to February, for some of us, it is a month to **celebrate love**, but love is a yearlong celebration for us, our families and friends!

Please do remember to create you A4 size **designs for our mural** which will be sewn together by our volunteer. Once complete, it will then be hung in the new surgery! Some creations are:

**Hand printed designs, crochet, knitting, hand embroidery, hand sewing, collages** and much more! We look forward to seeing your contributions. Please leave it in reception marked for my attention.

We are also in the midst of planning for our opening **event in the new surgery**. Here are some ideas of the ideas we have come up with:



If you have any ideas for what you would like to happen in the event, please get in touch with me:

**07305083479** or **oleander@vchackney.org** for more information or to book. You can also pop into one of our Tuesday coffee mornings and sign up anytime! If you would like to be a volunteer, please contact Oleander as above^

## DIGITAL TIPS \*\*\*\*\*

Please take time at least once a month to log into the **Lower Clapton Group Practice Website**.

Type Lower Clapton Group Practice into your browser or just LCGP and by clicking your mouse or tapping your screen - depending on what device you are using - you will find the Home Page which gives up to date information, **how to use askmyGP and how to register with NHS online**.

From the Home Page you can go to different sections of the website which cover Our Practice, How Do I, News and Services. It is a very useful tool. Using **online access to the GP Services** can often save time and is effective. If you are ever in telephone queue, it may be easier to write an email describing your query to the email address given in the Contact Page of the website.

You will **receive and answer either by email or via the telephone**.

Each month there is a fresh Newsletter which is posted on the Lower Clapton Group Practice website. It keeps patients up to date with what is going on and offers interesting and health-related opportunities. Copies of the Newsletter are available at the Practice for you to take away.

If you need any digital help please contact me, **Irene Stratton (Digital Champion), at LGCP on 07710 203739 or email me on irene.stratton1@nhs.net**  
**Look out for next month's tip**