

Health Advice and Guidance

Version 4 - Spring 2021



Hinckley & Bosworth
Borough Council



Introduction

We have created this booklet in response to covid-19 to help people stay healthy at home. The aim of the booklet is to help people to reflect on their health which may have been impacted by these challenging times. The booklet contains advice and support on making positive changes to improve physical health and mental wellbeing.

All the information contained in the booklet is also available on the council's website:
www.hinckley-bosworth.gov.uk



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All information is correct at the time of going to press. This document offers guidance and is not in place of consulting medical services.

For more information please contact:

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Hinckley Leisure Centre

St Marys Road, Hinckley LE10 1FL



Resident Support Scheme during Coronavirus

This section looks at support available to the community from Hinckley & Bosworth Borough Council.

We know there will be many people in our communities who need help and support during these times and we have set up a coronavirus resident support scheme for people who are self-isolating and may need some help as they have no support networks. We are working with a range of local agencies, charitable organisations and local volunteers.

The service will prioritise those people who have no one else to help and who are the most vulnerable, for example those over the age of 60, those with an underlying health condition, individuals who are on their own and feeling isolated and families that are struggling to cope.

Please call us on 01455 238141 and ask for the coronavirus resident support scheme.

Our phone lines are open Monday to Thursday from 8:30am to 5pm and on Friday from 8:30am to 4:30pm.

Assistance we can provide:

- Link people into local support networks where these are in place
- Help with emergency food and advice on how to access on-going food provision
- Advice on collection of prescriptions and other essentials
- Social contact for those who are lonely
- Advice on financial help for those who are worried about their personal finances including the new test and trace payment scheme
- Advice on how to look after your health and wellbeing whilst self-isolating



Advice for taking care of your physical health: Healthy eating

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **healthy eating**.

Eating a balanced healthy diet is a key part of maintaining good health and can help you to feel your best. To achieve this you need to have a variety of food groups in the right proportions and consume the right amount of foods and drinks to maintain a healthy body weight. You may be limited at the moment due to the availability of certain foods but where possible the following would form a healthy diet and provide you with the nutrients needed.



Here are a few simple tips to help:

- Eat at least five portions of vegetables and fruits daily
- Base meals around starchy foods such as potatoes, rice or pasta and if possible choose wholemeal or high fibre versions
- Include dairy or dairy replacements such as soya (choose unsweetened, calcium-fortified versions)
- Eat beans, pulses, fish, eggs and meat as a source of protein
- Small amounts oils and spreads
- Drink plenty of water (six to eight glasses a day)



Eating at least five portions of fruit and vegetables a day has been shown to lower the risk of heart disease, stroke and some cancers. Meat is a good source of protein, vitamins and minerals, including iron, zinc and B vitamins but try to eat less red and processed meats where possible.

Too much saturated fat or salt in your diet can increase the risk of heart disease and strokes so it is important to check content levels in your food if you are unsure.

At the moment you may be limited with options for preparing meals but try to include the recommended food groups and drink plenty of fluids. Remember that good nutrition **boosts the immune system**.

There are hundreds of recipe ideas, including specific store cupboard recipes and budget meals for large families at www.bbcgoodfood.com.

Some top tips on healthy eating during the Covid-19 Pandemic can be viewed by visiting:

www.leicestershirewms.co.uk

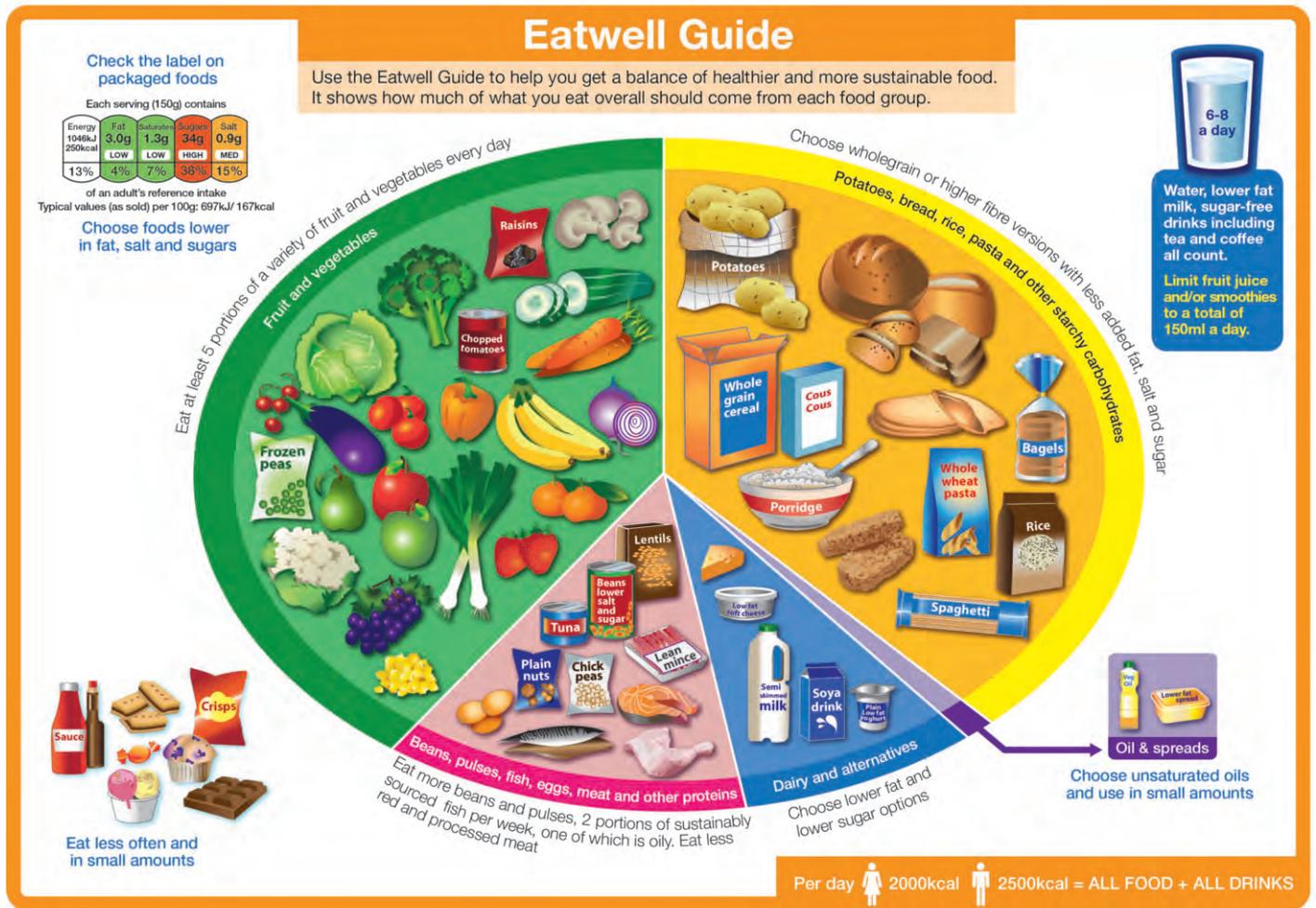
www.nhs.uk/better-health/



Advice for taking care of your physical health: Healthy eating

Eatwell Guide

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy balanced diet. The Eatwell Guide is available at www.nhs.uk/live-well/eat-well/the-eatwell-guide/



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Managing your weight

There are a number of resources available to support you or your family on a safe and sensible weight loss journey.

- The **NHS weight loss plan** is a good starting point. A plan that has been downloaded over 7 million times and is recognised by health professionals available from: www.nhs.uk
- www.nhs.uk/live-well/healthy-weight/
- The **Leicestershire Weight Management Service** view healthy eating, diet and exercise hand in hand. More information on portion control, healthy snacks, staying hydrated, good sleep and local advice and support is available in this Leicestershire one stop shop. The service offers a range of weight management support for people aged 16 years and above.



Losing weight

Contact the service now to find out how you can get support to achieve and maintain healthy weight. The offer is a 12 week programme with telephone service, text or online support. For further information please visit: www.leicestershirewms.co.uk or tel 0116 3051510



Advice for taking care of your physical health: Older people

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **older people**.

Ageing is inevitable for us all. By leading a healthy lifestyle into adulthood and beyond, many people remain fit and active as we get older and in many cases this helps the body to fight off some of the illnesses, ailments and injuries more common among older people.



Older people can take part in physical activity and if they have led an active lifestyle they may already be doing this. However many may be new to physical activity or are less mobile and may prefer to take part in more gentle and seated exercise.

Try these gentle exercises:

- **Knee Raises** – sit in an upright position with knees and feet together. Hold chair arms for support. Raise one knee, keeping knee bent then return to start position.
- **Knee Extension** – Sit in an upright position with knees and feet together. Hold chair arms, extend one leg, keeping knee straight. Point toes upwards and bring/tilt foot back towards you.

Active Together... Healthy at home

Physical activity matters during this period and actually, we think it's more important now than ever. Being active in a way that is right for you can improve your physical health, help you manage stress and anxiety and just generally make you feel better. It's important to reduce inactivity and try to add in gentle activity that works for you.

- Try some new ways to keep active and healthy whilst at home. Adults should aim to take part in at least 150 minutes of moderate intensity physical activity a week. One way to approach this is to do 30 minutes on at least five days a week. This includes building strength to keep muscles, bones and joints strong such as using a tin of beans as a hand weight. Moving from a sitting position to standing position several times a day is recognised as an activity of daily living.
- Whilst being at home break up periods of inactivity and make it your challenge to hit your activity goal by beating your personal best maybe leg raises or how many times you can march on the spot whilst the kettle boils.



Advice for taking care of your physical health: Older people

Falls Prevention - Improving Strength and Balance

Doing regular strength exercises and balance exercises can improve your strength and balance and reduce your risk of having a fall. It's important that a strength and balance training programme is tailored to the individual and monitored by an appropriately trained professional.

Here are some top tips to help prevent falls:

Look after your feet

Make sure your shoes/slippers keep your foot firmly in place. Avoid narrow heels, open backs or worn soles.

Stay well

Eat healthily and regularly and always take your medicines on time and as prescribed.

Look after your eyes

Have your eyes tested regularly - it's free if you're over 65.

Stay active, stay steady

Be active – try to do 30 minutes of moderate activity every day to help you maintain balance and muscle strength. This could be split into 3 x 10 minute sessions across the day.

Look after your home

Replace worn floor coverings, remove clutter and ensure your home is well lit.

By visiting www.lrsport.org/falls-prevention you can watch a video produced by Leicester, Leicestershire and Rutland (LLR) Falls Prevention Group and this film demonstrates a series of simple exercises designed to help you improve your health and wellbeing and reduce your risk of falling.



Advice for taking care of your physical health: Physical activity

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **physical activity**.

Physical activity can have a positive impact on our health, lifestyle, motivation and energy.

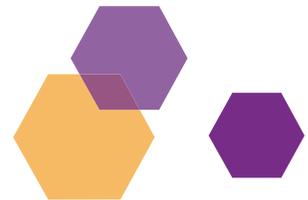
To stay healthy or improve health, adults aged 19 to 64 years need to do two types of physical activity each week:

aerobic exercise and strength exercises.

2 ½ hours each week of moderate activity (that's when we increase our heart rate and breathe a little harder). Such as walking in the park or around the block, doing some housework or going for a bike ride.

Or **1 ¼ hours each week of vigorous activity** (breathing hard and fast) like running, riding a bike fast or on hills or playing football.

And **Strength and balance exercises on two or more days a week** that work all your major muscles such as exercises like push-ups and sit-ups, heavy gardening or yoga.



Useful Resources

When it comes to finding ways to move, there is no one-size-fits-all solution. In fact, there are many, many ways to be active, including some that people may not realise actually count.

Active Together is here to support you to get active, in your own way. For more information visit:

www.lrsport.org/active-together

For information regarding walking, cycling and running in Hinckley and Bosworth visit:

www.activehb.org.uk or follow us on [facebook@hblsha](https://www.facebook.com/hblsha) or [twitter@sportalliancehb](https://twitter.com/sportalliancehb)

**YOUR
WELLBEING
YOUR WAY
LET'S DO THIS**

**REEMA,
JUGGLING FAMILY
AND "ME TIME"**

**ACTIVE
TOGETHER**

Advice for taking care of your physical health: Physical activity

Virtual and Live Activity Sessions

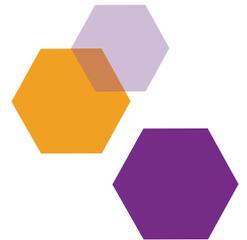
Local clubs, organisations and instructors are now delivering virtual classes to ensure you are not missing out on your favourite activity.

Visit [lrsport.org](https://www.lrsport.org) to find out a range of virtual classes being led by providers across Leicestershire, Leicester and Rutland as well as further information on being active at home, working from home.

For more information please contact:

Liz Causon, Physical Activity Coordinator tel 01455 255870 or

Helen Smith, Physical Activity Coordinator tel 01455 255908



Advice for taking care of your physical health: Alcohol

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **alcohol**.

We often drink alcohol to change our mood, unwind, relax and reduce stress, particularly in difficult and anxious times. Occasional light drinking is perfectly healthy and enjoyable for many people. However, the after effects of alcohol can make you feel more stressed and can impact on how we function in our everyday life and our relationships with others.



Drinking more alcohol than recommended can cause many negative effects on health. Alongside the long term effects such as increased risk of serious health conditions, there can be more immediate health issues such as a negative impact on sleep and mental health.

Excessive alcohol use can weaken the body's immune system and make people more vulnerable to infections.

Here are a few simple tips to help:

- **Drink and think in units** - the recommended limit is to not drink more than 14 units a week; that means about six pints of lager or a bottle and a half of wine
- **Keep a drinking diary** - keeping a drinking diary for a few weeks will help you understand your drinking pattern so you can work out what you're happy with and what you're not
- **Pace yourself** - enjoy each drink slowly. It can help to only drink the drinks you really enjoy and skip the ones you're drinking for the sake of it
- **Try drinking low alcohol and alcohol-free drinks**
- **Stay hydrated** - have a glass of water before you have alcohol and alternate alcoholic drinks with water or other non-alcoholic drinks
- **Eat before and while you drink** - have something to eat before you drink and, if possible, while drinking. It will slow down the alcohol being absorbed into your bloodstream and help you pace yourself
- **Manage your weight** - alcohol contains lots of calories. Calories from alcohol are 'empty calories', they have no nutritional value
- **Have a few days off every week** - having a few alcohol-free days each week is a good way to cut down and give your body a rest
- **It's fine to say no!** - Not everyone drinks alcohol, and it's fine to say no. It's surprising how many people think it's ok to pressure other people to drink – it's not!

Call **Drinkline**, which is the national alcohol helpline, if you are worried about your own or someone else's drinking. Call free on **0300 123 1110** (weekdays **9am to 8pm** and weekends **11am to 4pm**)

Advice for taking care of your physical health: Smoking

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **smoking**.

Giving up smoking at any age and however long you have been a smoker is the most beneficial thing you could do to improve your health and your family's health. Smoking exacerbates the impact of Coronavirus. Taking steps to reduce or stop smoking will offer many health benefits, including improving lung function over time and reduce risk of lung infections like bronchitis and pneumonia.



We quit, so can you!

Currently around 78,000 people die from smoking each year and around 485,000 hospital admissions related to smoking annually in the UK. In Hinckley and Bosworth around 15% currently smoke and statistics show that around half will die as a result of smoking related illness or disease.

Another important aspect of smoking is the affect it has on children and young people. Those that live in a household where there are other smokers are three times more likely to become regular smokers themselves.

Here are a few simple tips to help you quit:

- **Think positive** - You might have tried to quit smoking before and not managed it, but don't let that put you off. Look back at the things your experience has taught you and think about how you're really going to do it this time.
- **Make a plan to quit smoking** - Make a promise, set a date and stick to it. Think ahead to times where it might be difficult (a party, for instance), and plan your actions in advance.
- **Identify when you crave cigarettes** - A craving can last five minutes. Before you give up, make a list of five minute strategies such as play your favourite song and dance to it.
- **Get some stop smoking support** - If friends or family members want to give up too, suggest to them that you give up together.
- **Get moving** - Even a five minute walk or stretch, cuts cravings and may help your brain produce anti-craving chemicals.
- **Make a list of reasons to quit** - Keep reminding yourself why you made the decision to give up, such as to save money or be around for your children. Make a list of the reasons and read it when you need support.



Did you know that you're up to 4 times more likely to quit successfully with their expert help and advice? You can call Quit Ready for free support on **0345 6466666** or text '**Ready**' to **66777**

QuitReady
Leicestershire

Advice for taking care of your mental health: Mental Health and Wellbeing

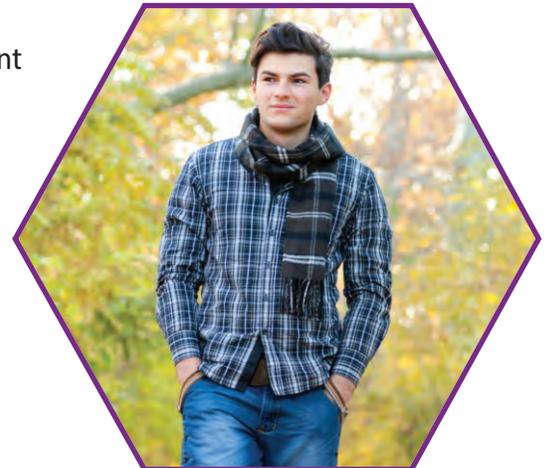
This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **mental health and wellbeing**.

Looking after our mental health is as important as looking after our physical health. Mental health problems are more common than people think. One in four people will be affected by mental illness in any year. Common problems include depression and anxiety that affect the way that we cope with everyday life.



Here are a few simple tips to help:

- **Keep active** - Exercise can lift your mood and be an outlet for stress, help you sleep and look and feel better. Walking, gardening and housework can keep you active.
- **Eat well** - Certain vitamins and minerals found in oily fish, fruit and vegetables and wholegrain foods can provide vital nutrition to help with common mental health problems
- **Stay hydrated** - Water is important for mental health – it may help to set an alarm to remind you to drink more water throughout the day. Alcohol dehydrates and is a depressant so drink in moderation
- **Talk about your feelings** - Ask for help from friends, family or community group. It isn't a sign of weakness to talk about your feelings; it's part of taking charge of your wellbeing
- **Be creative** - Read a book, listen to music, play a game, draw or paint
- **Take a break and relax** - Learn relaxing breathing techniques or go for a walk. Give yourself space to think, rest and play
- **Connect with nature** - Get as much sunlight and fresh air as you can as this can have huge benefits on your mood and reduce stress levels. This could be by spending time in your garden or opening your windows.



Find out more about mental health: www.mind.org.uk

For free useful resources and information visit: www.getselfhelp.co.uk

Mental Health Matters offer support services in Hinckley and Bosworth. They normally offer a 12-week community based mental health support but at the present time are offering free telephone support. People can self-refer to this service on **0300 323 0189** or email leicestershireandrutlandmhm@nhs.net. There is also a 24/7 free helpline service for people to call if feeling they need to chat with someone on **0300 323 0187**.

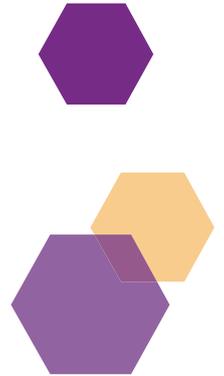
If you are worried about your own mental health or someone's you care about and it doesn't seem to be getting better please talk to your GP. For further help and support visit www.startaconversation.co.uk or contact the Samaritans on **116 123** or jo@samaritans.org

For more information please contact: Lindsay Orton, Health & Wellbeing Manager on 01455 255805

Advice for taking care of your mental health: Feelings about Covid restrictions easing

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **feelings about Covid restrictions easing**.

Adapting to life with Covid restrictions has been very difficult and brought about many challenges for people. When the restrictions start easing you may not feel entirely positive about the changes.



These feelings could change on a daily basis but it's important to remember that there is no 'right' or 'wrong' way to feel about restrictions changing. These feelings will be shaped by your experiences, challenges you have faced as well as how the situation has affected you and your loved ones.

You might feel:

- **Anxious or scared** that the risk may increase for you or your family - such as returning to the workplace in the future and school
- **Angry** - feeling that other people are not following social distancing
- **Resentful** - others may have more freedom than you or access to childcare
- **Stressed** - about the future and finances
- **Unprepared** - not feeling ready for lockdown to end and you may want to stay in your lockdown routine
- **Under pressure** - to adapt back to a different routine such as sending children back to school



What could help:

- **Talk about your feelings** – open up to trusted friends or family. It isn't a sign of weakness to talk about your feelings; it's part of taking charge of your wellbeing
- **Talk to your line manager and colleagues** about how you are feeling
- **Keep active** - exercise can lift your mood and be an outlet for stress, help you sleep and feel better. Walking, gardening and housework can keep you active
- **Stay hydrated** - water is important for mental health – it may help to set an alarm to remind you to drink more water throughout the day. Alcohol dehydrates and is a depressant so drink in moderation
- **Be creative** - read a book, listen to music, play a game, draw or paint
- **Take a break and relax** - learn relaxing breathing techniques or go for a walk. Give yourself space to think, rest and play
- **Connect with nature** - get as much sunlight and fresh air as you can as this can have huge benefits on your mood and reduce stress levels. This could be by spending time in your garden or opening your windows.
- **Try to reduce screen time** and perhaps have a break away from social media

Advice for taking care of your mental health: Feelings about Covid restrictions easing

Find out more about mental health: www.mind.org.uk

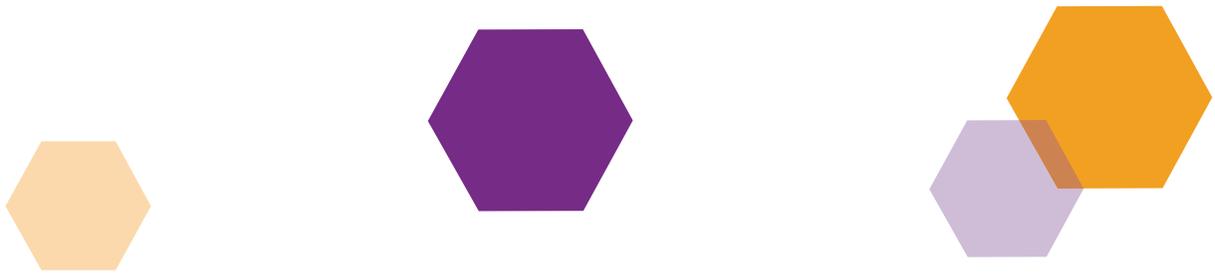
For free useful resources and information visit: www.getselfhelp.co.uk

If you are concerned about your thoughts and feelings Mental Health Matters offer support services in Hinckley and Bosworth. They normally offer a 12 week community based mental health support but at the present time are offering free telephone support. People can self-refer to this service on **0300 323 0189** or email leicestershireandrutlandmhm@nhs.net.

There is also a 24/7 free helpline service for people to call if feeling they need to chat with someone on: **0300 323 0187**.

If you are worried about your own mental health or someone's you care about and it doesn't seem to be getting better please talk to your GP.

For further help and support visit www.startaconversation.co.uk or contact the Samaritans on **116 123** or jo@samaritans.org



Advice for taking care of your mental health: Sleep

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at the importance of **sleep**.

We can all suffer from periods of disruption to our sleep, particularly in difficult and anxious times. Problems with our sleep can affect how we function in our everyday life and our relationships with others, including family, friends, carers and work colleagues.



Problems with sleep that last a long time (chronic) can have a negative impact on our health, lifestyle, motivation and aspirations. It can also cause stress and anxiety.

Here are a few simple tips to help:

- **Create a routine** - aim to go to bed and get up at the same time each day, even at the weekends.
- **Exercise is good for sleep** - but try not to do vigorous exercise about two hours before you go to bed. Gentle stretching is fine and will encourage your body and mind to wind down
- **Get outside as much as possible** - fresh air and natural light can help with circadian rhythm, our natural body clock
- **Sleep loves the quiet and the dark** - avoid using your phone and watching TV in the bedroom as the light interferes with our REM (deeper) sleep
- **Avoid screen time** the hour before you try to go to sleep as it can delay your sleepiness as it suppresses your melatonin levels
- **Alcohol, nicotine and caffeine** - these may seem to help you in the first instance but the effects wear off which will wake you
- **Eat healthily** - avoid a heavy meal just before bed. Fatty and sugary foods boost our energy and can cause indigestion which will keep you awake
- **Need a wee?** - reduce the amount of liquid you drink about two hours before bed



If you do wake up in the middle of the night, try some simple mindfulness techniques like this one:

All you have to do is be still and focus on your breath for just one minute. Start by breathing in and out slowly. Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.

As we sleep we lay down new memories so think about all the good things that have happened in the day and drift off ...

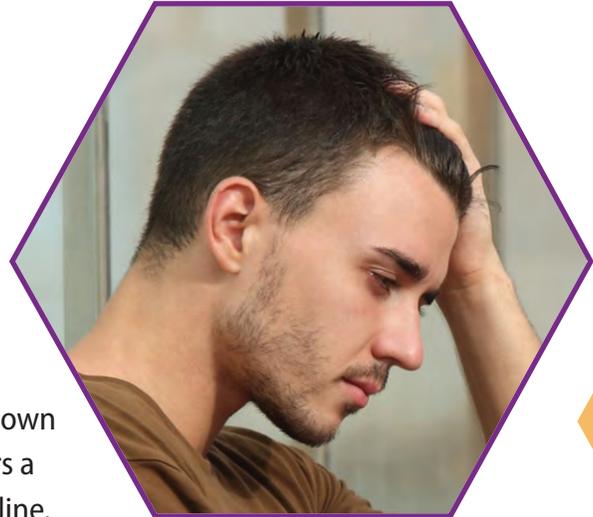


Advice for taking care of your mental health: Suicide prevention

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **Suicide Prevention**.

Help for suicidal thoughts

If you're feeling like you want to die, it's important to tell someone. Help and support is available right now if you need it. You don't have to struggle with difficult feelings alone.



Help for suicidal thoughts

These free helplines are there to help when you're feeling down or desperate. Unless it says otherwise, they're open 24 hours a day, every day. There is also a range of support available online.

- **Samaritans** (www.samaritans.org) – call **116 123** email jo@samaritans.org
- **Start a Conversation** (www.startaconversation.co.uk) - suicide prevention website for Leicester, Leicestershire and Rutland (including support for those bereaved by suicide)
- **Campaign Against Living Miserably** (www.thecalmzone.net) **CALM** specifically exist to reduce male suicide and talking to men about how they're feeling. Call **0800 58 58 58** – 5pm to midnight every day Visit the **web chat page** ([thecalmzone.net/help/web chat](http://thecalmzone.net/help/web-chat))
- For people under 35 - **Papyrus** (papyrus-uk.org) Call **0800 068 41 41** – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm. Text **07786 209697** Email pat@papyrus-uk.org
- For children and young people under 19 - **ChildLine** (childline.org.uk) Call **0800 1111** – the number won't show up on your phone bill
- **Men's Health Forum** (www.menshealthforum.org.uk)

Talk to someone you trust

Let family or friends know what's going on for you. They may be able to offer support and help keep you safe. There's no right or wrong way to talk about suicidal feelings – starting the conversation is what's important.

Who else you can talk to?

If you find it difficult to talk to someone you know, you could:

- Call your GP - ask for an emergency appointment
- Call **111** out of hours - they will help you find the support and help you need



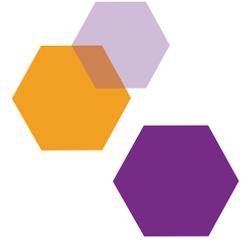
Important

Is your life in danger? If you have seriously harmed yourself, for example, by taking a drug overdose, call **999** for an ambulance, go straight to A & E or ask someone else to call **999** or take you to A & E.

Advice for taking care of your mental health: Suicide prevention

Tips for coping right now

- ◆ Try not to think about the future – just focus on getting through today
- ◆ Stay away from drugs and alcohol
- ◆ Get yourself to a safe place, like a friend's house
- ◆ Be around other people
- ◆ Do something you usually enjoy, such as spending time with a pet



Worried about someone else

If you're worried about someone, try to get them to talk to you. Ask open-ended questions like: "How do you feel about...?" Don't worry about having the answers. Just listening to what someone has to say and taking it seriously can be more helpful.



Advice for taking care of your mental health: 5 ways to Wellbeing

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **5 ways to wellbeing**.

The 5 ways to wellbeing have been shown to improve your mental health and overall wellbeing through simple steps.



- ◆ **Take Notice** - taking in the environment around you through mindfulness. Allow yourself to take a moment, focus on your feelings, your thoughts, what's happening around you – take notice of what you can hear, the colours or shapes you can see, what you can smell. This process can help you to calm yourself and reduce feelings of anxiety. It can be really helpful especially during these challenging times to make time to slow down, reflect and take in the environment.

Recognising what helps you or affects your mood – take notice of anything that is having a negative impact. On the flip side, what helps you feel good? For example notice how you feeling during and after sports, let yourself enjoy how good you feel.

- ◆ **Give/help others** - By helping others you are also helping yourself. The process of giving and helping others in turn helps to improve our own mood, increasing your feelings of happiness and improving your mental wellbeing overall.

This can be through giving time, giving support or emotional help, showing people kindness, sharing your knowledge, your enthusiasm - all of this is a way of helping others. Showing kindness to others helps to improve your mood because it creates positive feelings and gives you a sense of reward at the same time. For example checking in with family, friends or a neighbour – showing them you are thinking about them with a simple text or quick phone call shows people that you want to check in and see how they are doing. A small gesture like that can make a big difference to someone feeling lonely.

Offering to help through volunteering or maybe donating your unwanted goods to a local charity shop. All these acts will reinforce the benefits of giving and this in turn will help to increase your own sense of purpose.

- ◆ **Be active** - Physical activity has a positive impact on our health, lifestyle, and our mental wellbeing. If you are not usually very active then try by starting small and work up to creating a routine doing some form of activity every day this could be gardening, dancing or walking. Being active increases our energy, our mental alertness and improves our mood. The current recommendation is for people to do 30 minutes of moderate activity five times a week or 15 minutes of vigorous activity five times a week.

Moderate exercise - walking, cycling or swimming where you get slightly out of breath

Vigorous activity – exercise classes, sports or running where you cannot speak

Small changes to incorporate more activity into your life can make big differences so set small regular goals. Set yourself some time regularly to be active; it can help if you set the time and days as you may be able to stick to it more. If you can't commit to 30 minute workouts break it down into smaller chunks of activity of at least 10 minutes. Regular bursts of activity help to enhance our mental wellbeing through releasing feel good hormones which in these difficult times is more important than ever.



Advice for taking care of your mental health: 5 ways to Wellbeing

- ◆ **Connect** -Social interactions are crucial to mental wellbeing. Having a social network and people to talk to – helps to increase your own feelings of happiness and self-worth. This is both meeting new people and staying connected with those around you. During these difficult times stay in touch with your family and friends– you may not be able to meet up like you normally would but by staying in touch you are helping yourself and others during these challenging times.



Friendships with others is a way in which all of us gain support and encouragement. This then improves our mental health and our ability to get through difficult situations. When restrictions allow, let yourself be open to meeting people – making new friendships and connecting with others.

It could be through a hobby for example or saying hello to a neighbour you don't normally speak to. It's as simple as initiating conversation with others and during these difficult times a friendly chat goes a long way it could make all the difference to someone.

Making new connections and increasing social network helps improve your wellbeing, helps you mentally by boosting your self-esteem and confidence and can help our mental health and getting you get through difficult times.

- ◆ **Keep Learning** - Learning can help your mental wellbeing. Increasing your knowledge and developing new skills has been shown to improve self-confidence, self-esteem and our resilience as well.

It could be a new topic you are interested in learning more about or revisiting a past hobby and improving your skills. Maybe trying a new recipe or listening to a podcast, there are lots of options. Setting yourself a goal and trying something new helps to give you a sense of achievement and improve your confidence at the same time.



Advice for taking care of your mental health: Relaxation tips and Holistic Therapies

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **relaxation tips and holistic therapies**.

During these uncertain times take time to relax to help boost your mental wellbeing and resilience.



The NHS suggests a quick and simple breathing exercise to help calm you and reduce feelings of stress.

Find a comfortable safe position either sitting, standing or lying down placing your feet hip-width apart.

Breathe in through your nose deeply and out through your mouth. Try to breathe in whilst mentally counting to five then out for five. Slow, steady comfortable breathing; continue breathing in for five and releasing to five for a few minutes each day or anytime it might help throughout the day. If you are able to build this into your usual routine it will be more effective.

Music can be helpful to boost your mood and help you to relax. Listening to an old favourite or listening to calming music and focusing on the sounds. Music can help give your mind a rest when feeling worried.

Time away from news and social media. If you are feeling overwhelmed with updates and opinions then allow yourself time away and have a break from technology or maybe reduce your screen time.

Keeping a journal can help us to organise our thoughts and reflect on how we are feeling. It can also help to relieve stress and improve memory. Focusing on thoughts of positivity and what you are grateful for can be particularly helpful to improving mood.

Have a laugh whether it's watching your favourite comedy or chatting on the phone to a friend who always makes you giggle. Laughter helps to lower stress and improves your mood.



Holistic Therapies

The council recognises the importance of people living a healthy lifestyle. Therefore, to complement our wellbeing programmes, we have produced a Holistic Therapists' Directory. This document is designed to signpost patients/participants to a number of local holistic health and integrative (combining allopathic and complementary therapies) medicines.

The council is not endorsing alternative health providers or having a view on the effectiveness of these therapies but we know that some patients find value in these services and wanted to bring together local providers into one document to assist with the search for such therapists locally. Hopefully you'll find a local provider who will assist you in improving your well being. Any costs associated with these services must be borne by the patient; unfortunately this is not a free service. The council is unable to offer a recommendation for any individual therapists. Please see our disclaimer page for more information.

The full directory is available via www.hinckley-bosworth.gov.uk/holisticdirectory

Or if you would like a hard copy of the directory please contact:

Paula.Padmore@hinckley-bosworth.gov.uk or tel **01455 255856**

Advice for health improvement: Male cancers

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **male cancers**.

The following types of cancer only affect men. Prostate cancer is the most common. Please be aware of the symptoms and seek medical advice if you have any concerns. These types of cancer can be treated successfully if caught early on.



Prostate cancer -symptoms of prostate cancer can include:

- Needing to pee more frequently, often during the night
- Weak flow
- Needing to rush to the toilet
- Feeling that your bladder has not emptied fully
- Difficulty in starting to pee (hesitancy)
- Blood in urine or blood in semen (rare)
- Straining or taking a long time while peeing

What increases the risks of developing prostate cancer?

- Age – most men diagnosed are over 65 but can affect younger men also
- Genetics and family history
- Lifestyle factors - being obese increases risk of more advanced prostate cancer
- Other medical conditions

Penile cancer - signs and symptoms of penile cancer can include:

- Bleeding from your penis
- A foul smelling discharge
- A rash on your penis
- A thickening of skin or raised patches on your penis
- Difficulty in drawing back your foreskin (phimosis)
- A change in the colour of your penis/foreskin or patches of skin

Who is at risk of penile cancer?

- Men over the age of 50
- Men who carry the human papillomavirus (HPV) – a common infection but some types of HPV cause genital warts, which can increase the risk of penile cancer.
- More common in men with a tight foreskin (phimosis)
- Men who smoke

Testicular cancer -Signs and symptoms can include:

- A lump or swelling in the testicle
- A feeling of heaviness in the scrotum
- Discomfort or pain in a testicle or the scrotum

Who is at risk of Testicular Cancer?

Younger men are more likely to get testicular cancer. Most common type of cancer to affect males between the ages of 15 and 49 years old.



For further information on prostate, penile or testicular cancer please visit:

www.cancerresearchuk.org

Remember these are signs and symptoms for information only, but if you have any concerns please visit your GP.

Advice for health improvement: Menopause

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at the **menopause**.

The symptoms of the menopause can affect you both physically and mentally therefore it's very important to look after yourself during this time.

Common symptoms include:

- Hot flushes
- Night sweats
- Difficulty sleeping
- Joint pains and aches
- 'Brain fog'/ memory and concentration issues
- Mood swings/low moods and anxiety
- Vaginal dryness
- Discomfort during sex
- Lack of energy
- Lower libido
- Changes in skin elasticity or thickness



It's important to remember that symptoms differ in severity and frequency for each person. Always see your GP if menopausal symptoms are concerning you.

Self-care tips to improve health during menopause

Diet and nutrition

- Try to eat a diet that is low in salt and saturated fats to reduce risk of cardiovascular disease
- Ensuring to you get enough vitamin D and calcium in diet will help protection you from osteoporosis
- Eat plenty of fruits, vegetables, low fat milks and yogurts
- Avoiding possible trigger foods such as spicy food and caffeine which can cause hot flushes and night sweats

Regular exercise

- Helps to improve and maintain physical health
- Reduces chances of developing osteoporosis
- Helps mental health and wellbeing
- Relaxing activities such as Yoga and Tai Chi help with mood swings



Advice for health improvement: Menopause

Healthy lifestyle:

- ◆ Drink alcohol in moderation- alcohol is a trigger for hot flushes and night sweats, not exceeding 14 units of alcohol a week
- ◆ Stop smoking – smoking triggers hot flushes and also increases your risk for cardiovascular disease and osteoporosis
- ◆ Go to your health screening and speak to GP about symptoms if you are worried
- ◆ Discuss treatment options for menopausal symptoms including HRT and non-hormonal medication with GP
- ◆ Getting enough sunlight – vitamin D is important to keep bones strong
- ◆ Cognitive Behavioural Therapy (CBT) talking therapy can help with low mood and anxiety
- ◆ Speak to your employer if menopause symptoms are affecting your work to discuss if any adjustments are possible such as a desk fan
- ◆ Make sure to have 'me time' to be able to relax, such as practicing mindfulness or meditation



For more information please visit www.nhs.uk



Advice for health improvement: Preventing the risk of diabetes

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **preventing the risk of diabetes**.

Three out of five cases of type 2 diabetes can be prevented or delayed by keeping a healthy weight, eating well and being physically active.

To find out if you are at risk of diabetes visit www.diabetes.org.uk and complete the 'risk score'.

You may be at risk of type 2 diabetes if:

- You are over 40 and white, or over 25 and African-Caribbean, Black-African, Chinese or South Asian
- There is a family history of diabetes
- You are overweight
- You have high blood pressure
- You have history of a heart attack or stroke
- You have a history of schizophrenia, bipolar illness or depression, or if you are receiving treatment with anti-psychotic medication
- You've had polycystic ovaries, gestational diabetes, or a baby weighing over 10 pounds



There are things you can do to prevent type 2 diabetes

Keeping a healthy weight

- You should make sure your overall weight and body mass index (BMI) are within the healthy range. Visit www.diabetes.org.uk and www.nhs.uk to get help with this.
- Check waist measurement (even if you are a healthy weight you) can still be at risk of type 2 diabetes with a large waist measurement. A healthy measurement is different depending on your gender and ethnicity; generally the aim is:
 - 80cm (31.5in) for all women
 - 94cm (37in) for most men
 - 90cm (35in) for South Asian men

If you need to lose weight, set realistic goals following a healthy diet and being active.

Eating a balanced diet

Try to eat a variety of food groups in the right proportions and consume the right amount of foods and drinks to maintain a healthy body weight. The following would form a healthy diet and provide you with the nutrients needed:

- Eat at least five portions of vegetables and fruits daily
- Base meals around starchy foods such as potatoes, rice or pasta and if possible choose wholemeal or high fibre versions
- Include dairy or dairy replacements such as soya (choose unsweetened, calcium fortified versions)
- Eat beans, pulses, fish, eggs and meat as a source of protein.
- Small amounts oils and spreads
- Drink plenty of water (six to eight glasses a day)



Advice for health improvement: Preventing the risk of diabetes

Getting active

To become more active set a goal to do 30 minutes of moderate activity five times a week or 15 minutes of vigorous activity five times a week.

- ◆ Moderate exercise - walking, cycling or swimming
- ◆ Vigorous activity – exercise classes, sports or running

Small changes to incorporate more activity into your life can big differences so set small regular goals.

For more information please visit www.diabetes.org.uk and www.nhs.uk



HM Government

NHS

Around 1 in 3 people with COVID-19 have no symptoms.

Every action counts.

HANDS **FACE** **SPACE**

The poster features an illustration of a pharmacy or shop counter with a staff member and three customers. The customers are standing on red circular markers on the floor, indicating social distancing. At the bottom, there are three icons: a hand being washed (HANDS), a face mask (FACE), and two people with a double-headed arrow between them (SPACE).

Advice for general wellbeing: Families with children and young people

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **families with children and young people**.

These are uncertain times and it's natural to feel daunted or anxious whilst trying to balance family life, while possibly working from home and trying to home school children. Often there are younger children to keep amused at the same time.

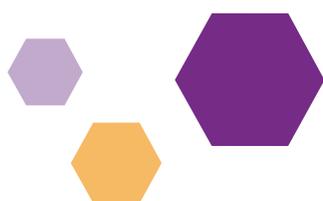
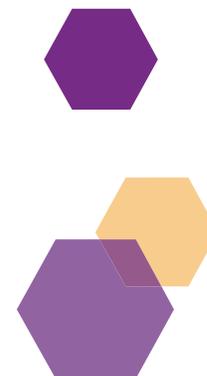


There is lots of information available online to help families during this difficult period, including ideas for planning home schooling, keeping the family active and dealing with the anxiety that can be experienced by all members of the family. We have collated some relevant resources that may be useful to you at this time.

All children and young people have individual needs and these can sometimes be more complex and require a specialised approach. Children may have some needs that mean the way they learn, communicate, engage and interact with the world they live in are different. To help to support those needs and enable children and young people to reach their full potential, we have listed a number of websites and organisations that have specialised resources and information that we hope you will find useful.

Children's safety and welfare remains a top priority for Hinckley & Bosworth Borough Council, and we are very conscious that at this difficult time with potential support services being removed it is more difficult than ever for children, young people and families to cope. We have collated useful information to help support you during this difficult time which gives some advice and tips for parents as well as some support in keeping children safe.

For all this information and resources please visit the family support section on our website: www.hinckley-bosworth.gov.uk



Notes



Hinckley & Bosworth
Borough Council

