

## Prescription Ordering

We are no longer able to accept verbal requests from the window, tick the box(s) for the medication you require on your white slip, return to the surgery, and allow at least 48 working hours (Mon-Fri) before the collection of your prescription - you may be asked to come back if you collect before this time.



#Cancer + Inequities = lives lost.

[www.worldcancerday.org](http://www.worldcancerday.org)

#CloseTheCareGap

### Preventing cancer

Over a third of all cancers can be prevented by reducing your exposure to risk factors such as tobacco, obesity, physical inactivity, infections, alcohol, environmental pollution, occupational carcinogens and radiation.

Prevention of certain cancers may also be effective through vaccination against the Hepatitis B Virus (HBV) and the Human Papilloma Virus (HPV), helping to protect against liver cancer and cervical cancer respectively.

Reducing exposures to other carcinogens such as environmental pollution, occupational carcinogens and radiation could help prevent further cancers.

### Signs and symptoms of cancer

With so many different types of cancers, the symptoms are varied and depend on where the disease is located. However, there are some key signs and symptoms to look out for, including:

**Unusual lumps or swelling** – cancerous lumps are often painless and may increase in size as the cancer progresses  
Coughing, breathlessness or difficulty swallowing – be aware of persistent coughing episodes, breathlessness or difficulty swallowing

**Changes in bowel habit** – such as constipation and diarrhoea and/or blood found in the stools

**Unexpected bleeding** – includes bleeding from the vagina, anal passage, or blood found in stools, in urine or when coughing

**Unexplained weight loss** – a large amount of unexplained and unintentional weight loss over a short period of time (a couple of months)

**Fatigue** – which shows itself as extreme tiredness and a severe lack of energy. If fatigue is due to cancer, individuals normally also have other symptoms

**Pain or ache** – includes unexplained or ongoing pain, or pain that comes and goes

**New mole or changes to a mole** – look for changes in size, shape, or colour and if it becomes crusty or bleeds or oozes

**Complications with urinating** – includes needing to urinate urgently, more frequently, or being unable to go when you need to or experiencing pain while urinating

**Unusual breast changes** – look for changes in size, shape or feel, skin changes and pain

**Appetite loss** – feeling less hungry than usual for a prolonged period of time

**A sore or ulcer that won't heal** – including a spot, sore wound or mouth ulcer

**Heartburn or indigestion** – persistent or painful heartburn or indigestion

**Heavy night sweats** – be aware of very heavy, drenching night sweats

### Early detection of cancer

There are a number of cancers which can be identified early which helps to improve the chances of successful treatment outcomes, often at lower costs and with fewer (or less significant) side effects for patients. There are cost-effective tests that help detect colorectal, breast, cervical and oral cancers early and further tests are being developed for other cancers. Check with your doctor for guidance on the national recommendations regarding vaccinations, testing and screenings. These can and do vary from country to country.



Revive North Yorkshire received a grant from the Heritage Lottery Fund (HLF) for this exciting new project based in Egton Village Hall, which celebrated its 60th Anniversary in 2017, and includes the villages of Egton and Egton Bridge on the North York Moors. Made possible by money raised by National Lottery players, the project focuses on collecting old photographs of the local area and sharing memories. We will create a permanent collection of photographs in the village hall that can be displayed at future events.



The project enables older people to share their memories with children and other adults who maybe new to, or simply visiting, the area. We gather information about the photos brought to the events and they are photographed by a professional photographer to create a permanent record. We are keen to encourage people in the community to learn more about their local history with additional support from Whitby Museum. Egton Remembers is a celebration of the area and its people.

Revive North Yorkshire works with communities to preserve and share living memories across the generations. In our Egton Remembers Project we are interested in finding out about the good old days – School Days, Family Life, The War Years, Farming and Local Industry, High Days and Holidays! We also look forward to seeing photographs and hearing stories from two of the main local events; Egton Agricultural Show, one of the largest village shows in the country, and the oldest surviving Gooseberry Show!

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### Special points of interest

- It's okay not to be okay! Tips on starting a conversation about Mental Health
- Revival North Yorkshire
- World cancer day

## First Contact Mental Health Practitioner

My name is Sarah Godbold and I have just started a new role as a First Contact Mental Health Practitioner. The role is a joint role with the Whitby PCN and Tees Esk and Wear Valley NHS Trust.

I will be working at each of the five practices within the PCN Monday to Friday. This will be for a combination of 30 minute appointments and some on-the-day urgent appointments (these are shared through the week across the PCN).

Patients who are suitable to be seen by the first contact mental health practitioner

- Mild to moderate mental health problems
- 18+
- Depression, anxiety, stress, panic, difficulty with emotions, feeling suicidal, feeling overwhelmed

- Those who are on a waiting list for treatment but feel they need their mood reviewed
- Anyone feeling their mental health is relapsing
- People unable to follow a structured treatment model
- x Not under secondary care services or actively receiving treatment

When would an urgent appointment be necessary?

- People who are in emotional distress
- People who are experiencing thoughts they would be better off dead or hurting themselves in some way
- Appointment will consist of safety planning and liaison with other services if necessary
- x If actively harming or planning to end life contact 999 or TEWV Crisis Service: 0800 0516 171



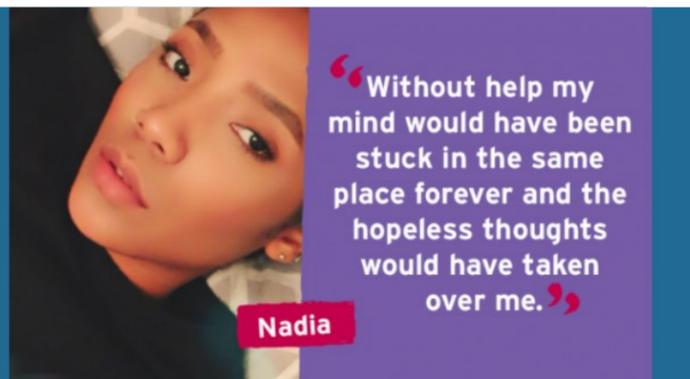
Ask at reception to book an appointment with the **First Contact Mental Health Practitioner**

*Its okay to not to be okay!*

*Call reception and ask to be booked in to an appointment with Sarah*

## Depression isn't a choice – it can happen to anyone

Powerful words from Nadia who reached out for help with her depression.



If you suffer with your mental health or know anyone who does, remember that depression can start at any time and can happen to anyone. No one is immune to mental health issues like anxiety and depression, and what triggers you may or may not be the same as what triggers someone else. You're still strong and there's still a solution to the problem. It can be cured.

## 5 ways to start a conversation about mental health

Starting conversations that seem 'deep' or potentially emotional can be daunting - here are five tips to help you get started.



Here are 5 tips for starting conversations about mental health that you might find helpful.

### 1. Don't wait to find the perfect moment

When we imagine conversations about mental health we might envisage something like a therapy session: two people alone in a quiet room, sitting face to face, giving one another their full attention. But in reality, when was the last time you and a mate found yourselves in this scenario? It's important that conversations happen at times and in places that feel natural. Sometimes it's easier to talk about our feelings when we are doing something else. Driving in the car; jogging around the park; eating breakfast in the cafe. The more typical the setting, the less unusual and uncomfortable the conversation can feel. Having something else to do at the same time also means that the pressure is off to fill silences, maintain eye contact, and wrap things up in a particular way.

### 2. Ask twice

We know that people often say they're fine when they're not. So asking twice is an important way of starting conversations about mental health and letting people know that you really are interested. Sometimes we feel uncomfortable opening up if someone asks, "how are you?" because we think they're just being polite. But if that person says, "no, really, is everything OK?" we know that they're not just going through the motions. Even if someone doesn't feel like talking at that moment, they know you'll be there to listen when they're ready.

### 3. Talk about yourself

If you want someone to open up to you it can help them feel safe and understood if you share your own feelings. You don't have to disclose a mental health problem to them – you might not have any personal experience of one. It could be as simple as sharing that you get down sometimes or sharing something that you've been worrying about recently. This will make it clear that you're happy to talk about feelings and that there won't be any judgement.

### 4. Approach the elephant in the room

If you know that someone has experienced mental illness – maybe they took some time off work recently, or spoke about it in the past – don't be afraid to ask how they're doing. There are respectful ways to do this and it might not be appropriate to bring up specific details, but asking, "how are things now?" or "are you back at work?" shows that person that they have nothing to feel awkward about. If you think someone has been acting differently it's OK to mention that too, if it is done in a kind way. "You've seemed a bit quiet recently, is everything alright? I'm here if you want to talk." This shows that you care and opens the door for them to chat about things when they're ready.

### 5. It doesn't have to be face to face

Talking in person is great. It can help to see someone's facial expressions, read their body language, and give them a hug if that feels right. But some people find it easier to talk about things via text or email, and that's fine too. If your main form of communication is WhatsApp, check in with them on there. All the above tips still apply online. Social media is a brilliant way of keeping in touch with people, but just because we've liked a post or shared a funny video doesn't mean we've really connected with that person.