



Coping with Depression

If you are feeling low or depressed, there are a number of little things that you can do to help lift your mood. As your mood begins to lift, and sooner or later it will, you can make more changes to your routine.

Spend more time with sympathetic friends and relatives

Talking to others about our feelings helps us to process them, put them into perspective, and obtain advice and support. Don't be afraid to tell people that you need their help, and don't feel guilty for accepting it.

Don't bite off more than you can chew

Break down large tasks into smaller ones. Don't blame yourself for "doing nothing"; you are merely giving yourself the time and space that you need to get better.

Spend time doing things that you normally enjoy

Read your favorite book, pick some flowers and draw or paint them, prepare a meal, spend time with an old friend—anything that gets you out and takes your mind off negative thoughts .

Get out of the house for a while each day

Bright daylight, fresh air, and the hustle bustle of everyday life can all be very helpful, as can the sights, sounds, and smells of nature. Try to take some mild exercise, such as 20 minutes of brisk walking.



Fight off negative thoughts

Make a list of all the positive things about yourself and your situation. However bad you may be feeling, remember that you have not always felt this way, and **you will not always feel this way.**

Make an appointment with a health professional

You can self refer yourself to Steps2Wellbeing www.steps2wellbeing or talk to your GP.

Decide who to call in an emergency

If you feel consumed by negative or suicidal thoughts you should call a relative or friend, your doctor, or a helpline. Carry the appropriate telephone numbers on your person at all times.

GP WORKING DAYS

	Mon	Tue	Wed	Thur	Fri
Dr Young	✓			✓	
Dr Costales	✓	✓		✓	✓
Dr Chennell	✓	✓	✓	✓	
Dr Walden		✓	✓		✓
Dr Goldstein-Jackson		✓	✓		✓
Dr Reese	✓		✓	✓	

GP REGISTRAR

Royal Crescent & Preston Road Surgery are a training practice. Our GP registrars are fully qualified and have a great deal of hospital experience. They work at a GP practice for their final year before qualifying as a GP.

Registrars are appointed by the practice, and have a personal GP trainer, a doctor who is there to supervise and have weekly tutorials. They are attached to the practice for 6 to 12 months.

Our current GP-Registrar is **Dr Robin Birnie**. When booking an appointment you may be offered an appointment with our registrar, or you may request to see him for ongoing care.



Results - Please remember to phone the surgery after 10:00am for your test results.

Your doctor will review your results and leave a message for the receptionist to tell you.

You do not need an appointment for your results unless your doctor instructs this.

PATIENT REFERENCE GROUP

The next **PPG** meeting will be held on **Saturday 18th March 10:00-12:00**

At Preston Road Surgery

Please inform Tracey our PPG Co-ordinator if you wish to come along. This is Your Surgery!

Help us continue to improve our services to you.

YOU DECIDE!



CALL 111
When you need urgent medical advice but its not a 999 emergency

Hypertension

If you have known high blood pressure you should have your BP checked more often. Please feel free to use our self check **BP** machine here at the surgery

SMS REMINDERS

We can now send appointment reminders by SMS to your phone, and you can cancel your appointment if not needed by SMS. Please ensure we have your correct mobile number!



Adult Access Team

Provide services and advice on:

- Independent Living
- Safety & Security
- Aids / Equipment
- Day Centres
- Support for Carers
- Dementia Care

Call

01305 221016

For advice

Exercises series on next page



Over the next few issues we will be publishing a series of exercises for older people to do at home, incorporating **Flexibility, Strength and Balance**. If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.

For the exercises that require a chair, chose one that is stable, without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement. Try to do these exercises at least twice a week, this will help to improve muscle strength, balance and coordination.

There are three other sets of exercises in this series: Flexibility, Strength and Balance, which will follow in the next newsletters. Or you can visit www.nhs.uk/exercises-for-older-people to download the full series or alternatively **ask at reception to pick up a copy of the full exercises**.

As your fitness improves, why not look for a group session near you? Age UK have lots of ideas. Visit www.ageuk.org.uk for further information.



WALL PRESS UP

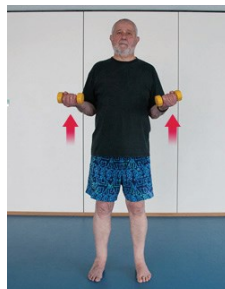
- Stand at arm's length from the wall. Place your hands flat against the wall, at chest level with fingers pointing upwards.
- With back straight, slowly bend your arms, keeping elbows by your side. Aim to close the gap between you and the wall as much as you can.
- Slowly return to the start. Attempt three sets of 5-10 reps.



CALF RAISES

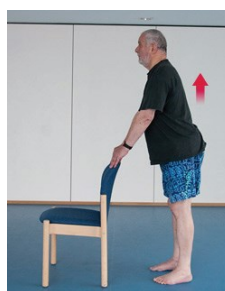
- Rest your hands on the back of a chair for stability.
- Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.

Repeat five times. For more difficulty, perform this exercise without support.



BICEP CURLS

- Hold a pair light weights (or filled water bottle) and stand with your feet hip-width apart.
- Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.
- Lower slowly. Attempt three sets of 5 curls with each arm. This can also be done seated.



MINI SQUATS

- Rest your hands on the back of the chair.
- Slowly bend your knees as far as comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
- Gently come up to standing, squeezing your buttocks as you do. Repeat 5 times