

ISSUE 03 // JULY 2012

# Your Health

Your Foundation Trust Members' Magazine

**FREE**

## Bouncing Back

*Gerard tells us how he got  
his life back after hitting  
rock bottom* **PAGE 08**



Our  
**Adult  
Well-being**  
Issue

*In this issue...*

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# Get the jab Get

# FLU SAFE



“ Diabetes? Heart or chest complaint? Liver or kidney disease? ”

Catching flu is the last thing you need. It can lead to complications like pneumonia.

Getting protected with a flu jab is quick, safe and free. To book your jab, contact your GP today.

## FLU FACT

Flu can be a really serious illness

# Welcome to Your Health

This edition we're focussing  
on Adult Well-being.

As ever we have the latest news from around our Trust, inspirational stories and top-tips for good health thrown in for good measure.

This time our experts answer questions on end of life care, continence and diabetes on pages 6&7 and on pages 8&9 we catch up with Gerard, a former service user who is now involved with our services for a very different reason.

The next edition, due out in January, will focus on fitness and well-being, so if you have any questions to put to us about getting healthy the right way, don't forget to submit your letters and questions to [yourhealth@bdct.nhs.uk](mailto:yourhealth@bdct.nhs.uk) or to our postal address (above, right) before 30 November. In January we'll also be taking a look at the process for our Governor elections so join us then to find out how you can get involved.

**Jayne Murphy,**  
Editor



**The editorial deadline for the January edition is 30 November 2012.**

While every effort has been made to ensure the accuracy of contents, the publisher cannot accept any responsibility for errors or omissions, or from any matter in any way arising from the publication of this material.

For more information about the work of the Trust please visit: [www.bdct.nhs.uk](http://www.bdct.nhs.uk)

## Your Contacts

**Editor** Jayne Murphy

**Designer** Ben Cullimore

**Contributors** Aimee Haggas

**Produced by** Communications Team, Bradford District Care Trust, Victoria Road, Saltaire, BD18 3LD

**Email** [yourhealth@bdct.nhs.uk](mailto:yourhealth@bdct.nhs.uk)

**Chief Executive** Simon Large

**Chairman** Mike Smith



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# Your News



The latest news from  
across our Trust

## New Chair Appointed

In September our Acting Chair became our new Chair. Mike Smith was successful in applying for the role on a permanent basis.

He steps into the shoes of Dr Barry Seal who retired at the end of April.

He said: "The NHS is going through a significant period of change. We need to ensure that throughout this time we continue to live our values, uphold our

quality promise and keep the individual at the centre of all that we do."

"As we move towards Foundation Trust status it is an opportunity to engage with community services through our members and Governors and connect with the people we serve, ensuring we deliver a person centred, community based, personalised journey of care."

**For further details about our new Chair visit** [www.bdct.nhs.uk/board](http://www.bdct.nhs.uk/board)

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## Rethink Your Mind

We've pledged our support to a national project which is pushing mental health into the spotlight.

We've teamed up with 19 other NHS organisations and mental health groups from across the country in a project called Rethink Your Mind.

On World Mental Health Day, 10 October, a nation-wide search starts for poetry and artwork on the theme of 'with good mental health I have...'

The winners will have their work published on the project's website and in a hard-back book alongside a mental health guide that will link up support organisations with the people who need them the most.

The aim is to raise awareness of mental health and help people look at the subject from a positive perspective while giving them a sense of community.

**For more information, or to enter the competition, which closes on January 1 2013, visit:** [www.rethinkyourmind.co.uk](http://www.rethinkyourmind.co.uk)

# Health Checks Given at AGM

This year our Annual General Meeting (AGM) had a bit of a twist to it with free health checks on offer to those attending.



Staff from a range of services, including health visiting, infection control and some of our mental health

services, took time out of their busy schedules to set up stalls for the afternoon to talk to people about the work they do.



Those who stopped by were given the chance to have a free health check in the form of a health MOT where they had their blood pressure checked, took a diabetes test, had their toe nails clipped and some were even lucky enough to get a massage!

If you missed out then we are planning to repeat the health MOTs next year.

# Coping with Stress

Financial pressures, lifestyle circumstances or health worries

all contribute to stress.

Consultant Clinical Psychologist, Simon Gelsthorpe, shares his tips for coping:



## Don't panic

Stay focused and remain calm.



## Find the cause

What are you stressed about? If you know, look at ways to reduce it or manage it better.



## Learn

Tolerate your stress to get through difficult periods by developing resilience.



## Exercise

A short walk can help clear your mind of negative thoughts.



## Distract yourself

Learn a new hobby, take a course or volunteer.



## Talk

Speak to someone you can trust about your feelings.

If you continue to feel overwhelmed by stress don't be afraid to ask for support.

**Contact your GP to find out what help is available to you.**



# Your Experts

Here, we answer your health care questions.

**Q.** I'm all for planning for the future, but my friends have already started talking about their end of life plans. At 38, is this really necessary?

**Penny, Baidon**

**A.** Many people shy away from discussing the topic of dying; some are fearful, some are cautious of the unknown and some choose to ignore that it could happen at any time.

Your friends are right to be discussing it now though. Regardless of age, many people have specific wishes about what they would like to happen if they die, how long they would like doctors to try keeping them alive or what personal touches they would like at their funeral for example.

Exploring your options now and letting people around you know what you want when the inevitable happens can make things a lot easier.

And starting the conversation doesn't have to be gloomy or sad, you could start by making a list of five things you would like to do before you die or songs you'd choose for your funeral – you might be surprised at your partner or friends' choices!

Whatever your wishes are, the most important thing is that you share them; that way you'll be able to say goodbye in the way you always hoped.

**For more information please visit [www.dyingmatters.org](http://www.dyingmatters.org)**



**Q.** Since giving birth to my daughter earlier this year I always seem to need the toilet. It's embarrassing and can catch me out, so much so I've stopped socialising as much. What can I do?

**Rebecca, Idle**

**A.** Although it can be quite inconvenient and not very pleasant, incontinence is very common after child birth. With the right support your symptoms can be improved and in many cases, cured.

But don't worry, you're not alone. Here in the Continence Service we see people due to a range of problems, from bad habits such as drinking too much fluid, to infections or long-term conditions such as Parkinson's.

Our main aim though remains the same - to improve your comfort and quality of life and maintain your dignity. This can be done with simple exercises, quality products, medication or by teaching you things about your bladder you might not know.

Please don't suffer in silence, contact your GP in the first instance, and if necessary they can refer you to our service.



“ Learning to manage your diabetes takes time, patience and effort but will be worth it if it means you can stay healthy, active and live a full life. ”



Next edition our experts will be answering your questions on fitness and well-being. If you've got a health related question email [yourhealth@bdct.nhs.uk](mailto:yourhealth@bdct.nhs.uk) or write to us at the address on page 3.

*Sabina Gordois*

District Nurse

**Q.** I've just been diagnosed with diabetes. Some people have told me to be careful of the increased health risks but what do they mean and how can I reduce any risks?

**Ali, Horton**

**A.** Just because you've been diagnosed with diabetes it doesn't mean you'll have other serious health problems in the future. All you need to do is be a bit more careful with other aspects of your lifestyle and health so you get control of the condition before it controls you.

It is true that diabetes can put you at increased risk of health issues including circulation problems, foot ulcers or in worse cases conditions such as heart disease. However, if you take your insulin and any other prescribed medicines

properly, maintain a healthy weight, don't smoke, stay active and eat a balanced diet low in fat, salt and sugar you'll reduce your risk significantly.

Learning to manage your diabetes takes time, patience and effort but will be worth it if it means you can stay healthy, active and live a full life.

For more information I suggest you speak with your diabetes care team who'll be able to tailor their advice to your individual situation.



# Your Story

.....  
Sharing your experiences  
of our services.  
.....

## Bouncing Back from Rock Bottom

Three years ago Gerard Smyth felt like he'd hit rock bottom. He couldn't hold down a job, he was losing touch with close family and friends and his drinking was out of control.

"It had got to the point where I felt I couldn't function properly without alcohol," Gerard explains, "I was drinking from morning until night. I had no confidence; I was unfit for work and at my lowest found I was crying myself to sleep thinking the world would be better off without me."

It was in late May 2009 that Gerard found himself in detox for a third time. This time though was different, as he explains: "I realised for the first time then that I actually wanted to get help. There's a big difference between needing help and wanting it."

"There is no denying detox is hard, mentally and physically. Because of the shakes and trembling I found it difficult to do simple things such as butter toast – it can be quite embarrassing. The main thing though is to stick it out and don't look back."

After leaving detox Gerard was determined to continue on the road to

recovery. He was put in touch with our Bradford Community Drug and Alcohol Team and with professional guidance and support slowly regained control of his life.

These days Gerard is still involved with our service, just for a very different reason. He's at the forefront of a number of new local initiatives to help others locally; he acts as the regional voice for service users by chairing the Service User Representative Forum and he's about to start working with the Alcohol Liaison Team at Bradford Royal Infirmary, amongst many other projects and volunteer work.

And it doesn't end there. Gerard has graduated from college after studying a creative digital imaging course, found the confidence to start swimming again, and thanks to his new found fitness levels completed the Great Manchester 10k Run - a true inspiration we're sure you'll agree.



“ Sometimes I have to pinch myself for a reality check – I’ve got my life back and can’t wait for the future. It’s important people know that addiction is nothing to be ashamed about. There is help and support out there, and I hope I’m living proof that you really can turn your life around, if you want to. ”



**For more information about drinking, recommended daily guidelines, a drink diary template and top tips to reduce your drinking,** visit [www.bdct.nhs.uk/sms](http://www.bdct.nhs.uk/sms) to download our ‘Alcohol: What you Need to Know’ guide.



# Your Say



Find out how you can be more involved in our services.

## Out & About

The weather may have been a bit hit and miss this summer but the rain hasn't dampened the spirits of our Foundation Trust (FT) Membership Team!

Together with volunteers the team has been out and about at events across Bradford, Airedale and Craven talking to local people about membership and showcasing some of our services.

After making appearances at events including Sutton Fun Day, Craven Festival of Culture and Sport and a Scouts Donkey Derby in Queensbury, the team has welcomed nearly 500 new members to the Trust since April.

Mathew Blythe, part of the FT team, said: "It's great to see local people are so passionate about their local NHS services and it's been really good talking to local people about how they can get involved."

**For more information about our FT bid please visit [www.bdct.nhs.uk/ft](http://www.bdct.nhs.uk/ft)**

## Dates for Your Diary

We've arranged a series of membership talks to give you an insight into some of our services.

### **Healthy Pregnancy, Healthy Baby**

**DATE:** 7 November 2012

**VENUE:** Carlisle Business Centre, 60 Carlisle Road, Bradford, BD8 8BD

### **Bladder Overactivity**

**DATE:** 21 November 2012

**VENUE:** Hilton Hotel, Hall Ings, Bradford, BD1 5SH

### **End of Life**

**DATE:** 16 January 2013

**VENUE:** Leeds City College, Keighley Campus, Bradford Road, Keighley, BD21 4HQ

*All talks run from 6-7.30pm.*

**If you would like to attend please email [ft@bdct.nhs.uk](mailto:ft@bdct.nhs.uk) or call 01274 363552.**



Our Membership Strategy, which sets out how we plan to engage with and recruit members, is now available on our website at **[www.bdct.nhs.uk/ft](http://www.bdct.nhs.uk/ft)**

# Your Break

## Good mood food!

We all know diet is important for our physical health but what you eat can also affect your mental health.

### Did you know...?

**Missing meals leads to low blood sugar levels** which causes low mood, irritability and fatigue. Top tip: Don't skip breakfast and if you are hungry between meals snack on something healthy like fruit, nuts and cereals.

**Protein should be included at every meal** to give your brain a continuous supply of the amino acid tryptophan (which can influence mood). Top tip: Good sources of protein include: meat, fish, eggs, milk, cheese, nuts, beans, lentils.

**Dehydration can affect mood and behaviour** - Not drinking enough fluid can cause irritability and loss of concentration. Top tip: Drink plenty of water but avoid high quantities of caffeine as it can increase blood pressure, anxiety, depressive symptoms and sleep problems.

**Alcohol has a depressant effect on the brain** and can result in a rapid worsening of your mood.

**Exercise leads to the release of endorphins** – feel-good chemicals in the brain that help us to relax and to feel happy.

## Brain boosting smoothie

(serves 2)

- 3 cups low fat milk or substitute
- 1½ cups plain lowfat yogurt
- 1 banana
- 1 cup fresh/frozen blueberries
- ½ cup each of mixed fruits
- 2 tbsp flax oil or ½ cup flaxseeds
- 2 tbsp peanut butter (*optional*)
- 1 tsp cinnamon

*Blend and enjoy!*

**Recipe and tips from the Mental Health Foundation. Discover more at [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)**



# Mum to be?

Want to give your baby the best possible start in life? Come to our FREE health talk: **'Healthy Pregnancy, Healthy Baby'**

Meet Fiona Graham, Health Visiting Clinical Lead, who will be talking about the effects lifestyle choices such as diet, smoking, alcohol, and stress can have on a baby before they are born.

**This talk is for you if you want to know more about:**

- The development of a baby from conception to birth
- Things that can impact on a baby's health before they are born
- The role of the health visitor

**Date:** Wednesday 7 November

**Venue:** Carlisle Business Centre in Bradford

**Time:** 6 - 7.30pm

**To book a place please call 01274 363552  
or email [ft@bdct.nhs.uk](mailto:ft@bdct.nhs.uk)**

*Not for you? See inside for details of other talks coming up.*