

Cardiff South West Cluster Newsletter

Health and Well-being in your community

How to stay well this Winter:

Winter conditions can be bad for our health, especially for people aged 65 or older, and people with long-term conditions such as heart or kidney disease, COPD (including emphysema and chronic bronchitis), asthma or diabetes. The cold and damp weather, ice, snow and high winds can all aggravate any existing health problems and make us more vulnerable to respiratory winter illnesses. But there are lots of things you can do to stay well this winter.

If you are aged 50 or over, are pregnant, have a weakened immune system or long-term health condition, you will be eligible to receive your COVID-19 booster and flu vaccinations. COVID-19 and flu can be serious for these groups and flu can lead to serious complications such as bronchitis and pneumonia, which can be deadly. If you have young children or grandchildren, they may also be eligible for a free flu nasal spray vaccination. You can find more information at www.nhs.uk/flu vaccine

Keeping warm over the winter months can help to prevent colds, flu and more serious health problems such as heart attacks, strokes, pneumonia and depression.

Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom. This is particularly important if you have a pre-existing medical condition. You should also keep your bedroom windows closed at night.

Make sure you're receiving all the help that you're entitled to. There are grants, benefits and sources of advice available to make your home more energy efficient, improve your heating or help with bills. Visit www.simpleenergyadvice.org.uk and www.gov.uk/browse/benefits/heating for further information.

Ask your pharmacist what medicines should be in your cabinet to help you and your family this winter. Many over-the-counter medicines (including paracetamol and ibuprofen) help to relieve symptoms of common winter illnesses such as colds, sinusitis. To manage symptoms at home, you should keep warm, rest, drink plenty of fluids, have at least one hot meal a day to keep your energy levels up and use over-the-counter medicines to help give relief. For more information search 'medicines' on www.nhs.uk

Remember that other people, such as older neighbours, friends and family members, may need a bit of extra help over the winter. There's a lot you can do to help people who are more frail than you. Keep in touch, ask if they need any practical help, or if they're feeling under the weather. Make sure they're stocked up with enough food supplies for a few days, in case they can't go out. If they do need to go out in the cold, encourage them to wear shoes with a good grip and a scarf around the mouth to protect them from the cold air, and to reduce their risk of chest infections. Try to ensure they get any prescription medicines before the holiday period starts and if bad weather is forecast.

Please make the right choice...



Only in an emergency:
loss of consciousness |
severe breathing difficulties |
heavy bleeding

Emergency department



When you need help fast and
it's not an emergency:
unwell | confused | need advice

NHS 111



For symptoms that don't go away:
ear pain | back pain | stomach pain

GP surgery



Feeling poorly and need advice about:
fevers | stomach upset |
aches and pains | headaches

Pharmacy



For common ailments and illnesses:
hangover | grazed knee |
sore throat | cough

Self-care



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Prehabilitation:



The prehabilitation service has been up and running in Cardiff SW cluster for two years, to date, just under 400 patients have been reviewed as part of the service. Prehabilitation is crucial at capturing patients and optimising their health and wellbeing at the beginning of the cancer pathway. Patients presenting with red flag symptoms to the GP are referred via the urgent suspected cancer pathway, at this stage they are also referred for a prehabilitation review with a pharmacist where they receive an optimisation bundle consisting of a full medication review as well as screening checks, lifestyle interventions focusing on smoking cessation, alcohol detoxification, weight management, exercise support to increase activity levels, as well as addressing their social needs. Prehabilitation encompasses both physical and holistic needs for a patient to ensure maximum benefit for treatment and recovery.

Grow Well Project:

We are proud to announce that Grow have recently won two awards. The Green Flag 'UK Best of the Best' award for Best Health Initiative and also NHS Forest Award for Active Community Engagement.

Creative Grow Well is an extension of our Grow Well Community Garden project, offering nature-based craft activities indoors during the colder months of November–March, alongside our outdoor gardening sessions.

A range of different workshops including macrame, printmaking, papier mache and painting are being held weekly for people living or registered with a GP in the Riverside, Canton, Pontcanna, Ely and Caerau areas.

The sessions offer a chance to learn something new, meet people, have a chat and share some freshly made hot soup and refreshments.



There will also be the opportunity to have a look at our gardens, in case you might be interested in joining our outdoor sessions when the weather warms up, and our outdoor sessions will continue for those who don't mind being in the elements.

Sessions take place on:

Mondays 1.00pm–3.00pm: The Dusty Forge, Ely
Thursdays 10.30am–12.30pm: Wyndham Street Centre, Riverside

Spaces are limited so book a place by contacting Ali on 07594 761669 or ali@growcardiff.org



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Childhood Immunisation Project:

Over summer the 10 Surgeries belonging to the Cluster took part in a project with Public Health Wales to raise awareness and provide accurate information about childhood immunisations. Focusing on those under the age of 5, each surgery offered walk-in clinics, contacted patients via telephone or text message and also shared relevant information on their social media.



**Mae Brechu yn
achub bywydau
Vaccination
saves lives**

The project was a success, reducing the number of unvaccinated children across the cluster from 267 down to 120.

Care & Repair Cymru:



The Team at Care and Repair recently had a win at the Welsh Housing Awards 2022 for their 'Hospital to a Healthier Home' service

Care and Repair help older people in Wales live independently in their own homes. As a charity working through their network across Wales, they deliver practical help to create safe, warm and accessible homes. This help can range from delivering major modifications for people most in need, to offering advice and recommendations to people who need reliable professionals to carry out work.

Casework is at the heart of the service and clients often build a close relationship with their caseworker based on trust and confidence. The home visit, client engagement and gathering of information by the Caseworker is used to assess client's housing, personal and financial circumstances before discussing and tailoring the services needed to resolve any issues.

To see what help is available in your area, please visit www.careandrepair.org.uk/en/your-area/

The Hub Update:

The Hub is expanding! We have two new staff joining the team in early 2023, Angharad as an Occupational Therapist, Mahd as an additional Integrated Care Navigator.

Our Cluster Pharmacists are always expanding and sharing their knowledge and we are proud to announce that Nerys has passed her Therapeutic Diploma with a Distinction. Kathryn is awaiting results for her Independent Prescribing PGC and Ivana is currently a mentor for the General Practice Transition Programme.

