

# Health and Wellbeing Newsletter

22nd July 2019

## Tips for coping in hot weather



Make sure you look after yourself during this heat wave. Below are some great tips from NHS Choices and Nursing Notes on how to cope with the heat.

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### Check your windows

- Shut windows and pull down the shades when it's hotter outside. You can open the windows for ventilation when it's cooler. Such as in the evening.



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### Stay inside

- Avoid the heat: stay out of the sun and try not go outside (if you have a choice) between 11am and 3pm (the hottest part of the day).



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## Feel fresh

- **Washing your face or using a cool face spray can help you cool down when at work.**



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## Work smarter – not harder

- **Where possible schedule harder work and physically demanding tasks for cooler parts of the day. When this is unavoidable, consider sharing the load and rotating with another co-worker.**



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## Stay hydrated

- **Drink plenty of fluids and avoid excess alcohol. Water, low fat milks and tea and coffee are good options. Low sugar flavoured drinks are fine too just try to go for diet or sugar-free options.**



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## Take your break

- **Even if its busy or its past lunch time take your break. Plan ahead with your team and manager to ensure you all get a proper break. Make effective use of your breaks by drinking water and eating a balanced meal. Make sure you actually sit down if your stand most of the day, and if possible get some fresh air.**



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## Cool off when you get home

- **When you get home you will most likely be hot and exhausted from travelling in the heat. Have a cool bath or shower for a refreshing way to cool down.**



# Events, courses and campaigns

Learn more, live well



The Learning and Development team offer a range of free courses to help with both professional and personal development including resilience training, confidence building and leadership courses.

To find out more and to book on a course please see [DOT](#) (DOT can be accessed onsite or at home).



If yourself or someone else is having a mental health crisis there is a range of immediate support options available, including:

## **NHS 111**

You can call NHS 111 if you or someone you know needs urgent care, but it's not life threatening. For example:

- if you have an existing mental health problem and your symptoms get worse
- if you experience a mental health problem for the first time
- if someone has self-harmed but it does not appear to be life threatening, or they're talking about wanting to self-harm
- if a person shows signs of possible dementia
- if a person is experiencing domestic violence or physical, sexual or emotional abuse

### **Book an emergency GP appointment**

You can also contact your GP surgery and ask for an emergency appointment.

In a crisis, you should be offered an appointment with the first available doctor.

For more information, see [talking to my GP about mental health](#). Find your local GP by visiting: <https://www.nhs.uk/Service-Search/GP/LocationSearch/4>

### **Visit A&E or call 999**

A mental health emergency should be taken as seriously as a medical emergency.

Examples of mental health emergencies include thinking you're at risk of taking your own life or seriously harming yourself and needing immediate medical attention.

Call 999 if you or someone you know experiences an acute life-threatening medical or mental health emergency.

You can go to A&E directly if you need immediate help and are worried about your safety. You may be close to acting on suicidal thoughts or have seriously harmed yourself.

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**I scream, you scream, we all scream for ice cream!**



**The ice cream van will be visiting us again tomorrow, Thursday 25 July (10:30-12:00, timings TBC) and Friday 26 July. Look out for details in CUH Daily.**

**It will be parked outside Addenbrooke's main reception and is offering a discount on a standard Mr Whippy to all CUH staff members - to get your Mr Whippy for just £1.50 please show your ID badge.**

**There will be a priority service for any staff wearing a clinical uniform to try and reduce your wait time.**