



HOLIDAY WELLBEING

Maintaining Mental Wellbeing

Holidays can bring joy but also stress and loneliness. Stay connected with loved ones, even if it's just a quick phone call or a walk together. If loneliness feels overwhelming, local support groups and services can help — reach out to your local community centre for more information.

Mood and Food

Food plays a key role in our mood. Incorporate nutrient-rich options alongside festive treats to maintain balance. Need inspiration? www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/

Stay Active

Keep moving this season with outdoor activities like walking. Explore the *Brilliant Bilborough History Trail* using the *Go Jauntly* app, free to download. This trail combines exercise with fascinating local history — perfect for all ages.



Mental Health and Crisis Support

The festive season can be challenging for mental health. If you or someone you know needs urgent support, the Crisis Access Line is here to help. Simply dial **111** and select option **2** to connect with mental health workers who can provide assistance and guidance. Don't hesitate to reach out — it's okay to ask for help.

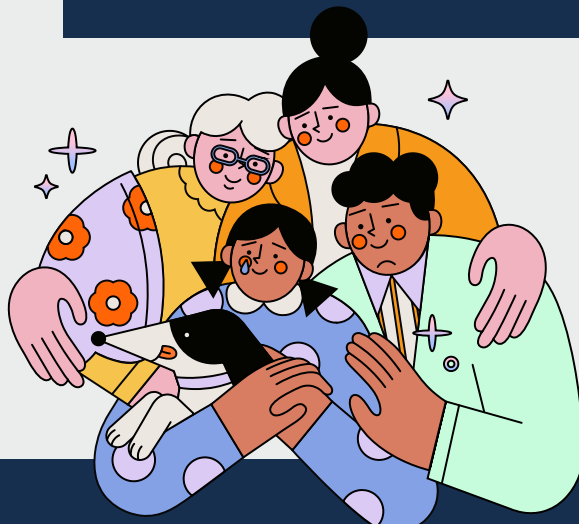
NHS England's 'Act FAST' Campaign

A stroke strikes every five minutes in the UK, leading to around **38,000** deaths annually and being a major cause of disability. The latest 'Act FAST' campaign urges people to recognize subtle signs of a stroke — such as struggling to smile, slurred speech, or difficulty raising an arm — and call **999** immediately. Early action ensures quicker access to life-saving treatment and reduces the risk of long-term disabilities. Every minute counts — **Act FAST** at the first sign.

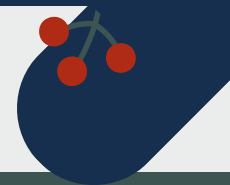
Safety During the Holiday Season

As we celebrate, staying safe is crucial. Here are some tips to navigate common holiday risks:

- **Alcohol:** Drink responsibly and plan safe transportation options
- **STIs and Unwanted Pregnancies:** Use protection and have open conversations about sexual health
- **Drugs:** Avoid unsafe substances and seek help if you or someone close is struggling
- **Finance:** Manage spending by setting budgets and exploring financial assistance services if needed



GLANCE BACK at some of our ASPIRE PCN Events



Respiratory Community Event Highlights

This recent event provided invaluable support to patients with respiratory conditions, demonstrating the importance of personalized care and education.

Below are some highlights:

- **Patient A:** A Polish patient with COPD received multilingual support, including a respiratory review and plans for smoking cessation, highlighting the importance of accessible healthcare.
- **Patient B:** Education about COPD and inhaler use transformed a patient's understanding of their condition, with additional support provided for smoking cessation and mental health.
- **Patient C:** Tailored solutions addressed an asthma patient's issues with inhaler intolerance, improving both comfort and technique.

This event emphasized the importance of tailored care and collaboration, leading to better health outcomes and stronger community engagement.

Dominoes for Health Highlights

The Dominoes for Health initiative, a culturally centered social prescribing project, has made significant strides in improving health and well-being in the BAME male community. By blending the game of dominoes with health education, it fosters intergenerational bonds, enhances physical health, and supports mental well-being in a welcoming space. Key achievements include:

- **Health Interventions:**
 - Weekly blood pressure checks identified 60% of participants with elevated readings. Follow-up care was arranged through practice nurses, with monitors and diaries provided for at-home use.
- **Improved Mental Well-being:**
 - Over 12 weeks, participants reported a 40% improvement in well-being scores, as measured by the Warwick and Edinburgh Mental Well-being Scale.
- **Community Building:**
 - The project has reduced isolation and strengthened community ties. Regular attendance has fostered friendships, with some participants socializing outside the group.

COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...

NHS 111 online

Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7

[Nhs.uk/mental-health](https://www.nhs.uk/mental-health)



Under 35s can Call 0800 068 4141, Text: 88247 or Email: pat@papyrus-uk.org 24/7

[Papyrus-uk.org](https://www.papyrus-uk.org)

SAMARITANS

Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours

[Samaritans.org](https://www.samaritans.org)



Call MIND's Mental Health Helpline 9am to 6pm, Monday to Friday on 0300 102 1234

[Mind.org.uk](https://www.mind.org.uk)



Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

[Giveusashout.org](https://www.giveusashout.org)



Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Whatsapp 0800 585858

[Thecalmzone.net](https://www.thecalmzone.net)

[ChristmasCountdown.uk](https://www.ChristmasCountdown.uk)

Contact Us



nnicb-nn.aspirehwbc2@nhs.net



07551 686017



CALENDAR

OF EVENTS - DECEMBER EDITION

ASPIRE
PRIMARY CARE NETWORK



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:30AM-12PM: KNIT & CROCHET @BILBOROUGH LIBRARY 3PM - 4PM: HWBC WORKSHOP @VINE COMMUNITY CENTRE	3 1PM - 2:30PM: MEN'S GROUP @CAFE SOBAR 11AM - 12PM: LADIES ONLY SWIM @THE LENTON CENTRE - £5	4 1PM-3PM: MEN'S GROUP @EVOLVE 10:30AM - 12PM: MEMORY CAFE @EVOLVE	5 10AM: WOVEN CAFE @ST MARGARET'S CHURCH 11AM: COMMUNITY GARDNERS @ST LEO'S CHURCH	6 9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM 10AM - 12PM: READING GROUP @BULWELL LIBRARY	7 5PM - 8PM: CHAYAH PROJECT CHRISTMAS PARTY @EDWARDS LANE COMMUNITY CENTRE
8	9 10AM-12PM: KNIT & NATTER @BASFORD LIBRARY 3PM - 4PM: HWBC WORKSHOP @VINE COMMUNITY CENTRE	10 10:45AM - 1:30PM: LUNCH CLUB @ASPLEY CHRIST CHURCH 11AM - 12PM: LADIES ONLY SWIM @THE LENTON CENTRE - £5	11 1PM-3PM: MEN'S GROUP @EVOLVE 1:30PM-3:30PM: BOARD GAMES & WARGAMING @LEADBELT GAMES ARENA	12 10AM: COMMUNITY CAFE @ST AIDAN'S 6-9PM: DOMINOES @BEECHDALE PUB	13 9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM 10AM - 12PM: CRAFT & CHAT @BILBOROUGH LIBRARY	14 3PM - 5PM: CAROLS IN THE MILLYARD @GREEN'S WINDMILL AND SCIENCE CENTRE 4:30PM - 6PM: WINTER WONDERLAND @SILVERWOOD CARE HOME
15	16 9:30AM-12PM: KNIT & CROCHET @BILBOROUGH LIBRARY 3PM - 4PM: HWBC WORKSHOP @VINE COMMUNITY CENTRE	17 10AM - 12PM: KNIT & KNATTER @BULWELL LIBRARY 11AM - 12PM: LADIES ONLY SWIM @THE LENTON CENTRE - £5	18 1PM-3PM: MEN'S GROUP @EVOLVE 10:30AM - 12PM: MEMORY CAFE @EVOLVE	19 11AM: COMMUNITY GARDNERS @ST LEO'S CHURCH 6-9PM: DOMINOES @BEECHDALE PUB	20 9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM 10AM - 12PM: CRAFT & CHAT @BILBOROUGH LIBRARY	21 11AM: ANNUAL CHRISTMAS PARTY @MELLISH SPORTS CENTRE 4:30PM - 6PM: WINTER WONDERLAND @SILVERWOOD CARE HOME
22	23 10AM-2PM: CHRISTMAS HOLIDAY CLUB @THE LENTON CENTRE	24 12PM - 2PM CHRISTMAS EVE FOOD @PELHAM KITCHEN, SHERWOOD RISE - £1	25 CHRISTMAS	26 BOXING DAY	27 9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM 10AM-2PM: CHRISTMAS HOLIDAY CLUB @THE LENTON CENTRE	28 11AM: CHESS CLUB @HYSON GREEN LIBRARY
29	30 10AM-2PM: CHRISTMAS HOLIDAY CLUB @THE LENTON CENTRE	31 10AM - 12PM: KNIT & KNATTER @BULWELL LIBRARY 11AM - 12PM: LADIES ONLY SWIM @THE LENTON CENTRE - £5	1 1PM-3PM: MEN'S GROUP @EVOLVE	2 10AM: WOVEN CAFE @ST MARGARET'S CHURCH	3 10AM-2PM: CHRISTMAS HOLIDAY CLUB @THE LENTON CENTRE	4 11AM: CHESS CLUB @HYSON GREEN LIBRARY

*ACTIVITIES PUT ON BY SPLW'S / HWBC'S

*ACTIVITIES PUT ON BY COMMUNITY



SELF REFER INTO OUR HEALTH & WELLBEING COACHING SERVICE:
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