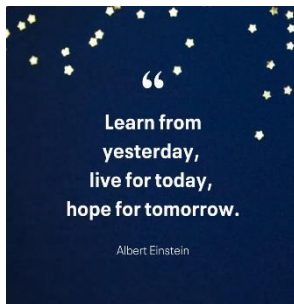




PRIMARY CARE NETWORK

Social Prescriber Newsletter

January edition



Winter wellness for 2025

Protect yourself from nasty bugs- Cold and flu can often be treated at home, your local pharmacy can also provide advice to help you manage your symptoms. One of the best ways to protect yourself is by getting a flu vaccine. To protect others around you wash your hands regularly and stay home if you're feeling unwell.

Look after your mental health- Colder weather and darker nights can make it harder to get out and about, which can make you feel more isolated. It's important to take care of your mental health, whether it's chatting with a friend, relaxing with a cup of tea, or getting support. Mental wellbeing is just as important as your physical health.

Keep warm and well- Stay inside in bad weather, if you do not have to go out. If you can get outside for a walk during the day in winter, you'll not only maintain your fitness you'll be helping to banish the winter blues. Remember to wear thin layers to keep you warm. If possible, try to keep your living room warm throughout the day and heat your bedroom before going to bed. You can access warm spaces which provide a warm and welcoming space for everyone and provide free hot drinks.

Avoid falls- Winter means icy and snowy conditions, and the increased risk of slips and falls. To avoid falling in icy weather you should; Take your time and walk carefully, be aware of your surroundings and well-lit routes, wear nonslip shoes, use handrails where possible and keep driveways and steps clear of snow.

THANK YOU!



Sarah, thank you for your donation of £35.00 for Christmas coffee afternoon

Your supporter reference is Torentum PCN

A big thank you... We raised £35.00 for Dementia UK and could not have done this without you. Thank you to all who donated gifts and bought the raffle tickets.

Donations received will go towards providing families affected by dementia with specialist support from dementia nurses.

Thanks again, Jo, Sarah & Rachel



Swim together sessions @Moor Park

Our social prescriber Rachel completed her training to become a swim host at Moor Park leisure centre. The aim of the sessions is to make it easier for participants to visit leisure centre pools. This is achieved by being friendly and welcoming and providing reassurance and friendship. The swim host meets the participants at the designated meeting place outside of the leisure centre, so no one has to walk in alone. By having clear instructions and options at every step everyone feels more comfortable and knows what to expect.



The swim together sessions are unstructured sessions and participants will be given the opportunity to do what they would like to do this could include float, toe dip, walk in the water or a gentle swim, equipment can be provided in request.

FREE

SWIM TOGETHER

LOOKING FOR A SUPPORTIVE AND EFFECTIVE WAY TO MOVE MORE?

We will create safe and welcoming spaces for people who want to improve their mental health and make connections in their community through swimming.

TIME: 1-3PM
DAY: THURSDAY
LOCATION: MOOR PARK HEALTH & LEISURE CENTRE

PLEASE CONTACT US FOR MORE INFORMATION

getoutgetactive@blackpool.gov.uk
07788353498

Get Out Get Active
Mental Health Swims
SWIM TOGETHER

If you are interested in attending the sessions, please contact the leisure centre for more information or you can call our social prescriber Rachel on 01253 204171, who along with other swim hosts will be attending some of the sessions.

Our next coffee afternoon will be on Monday 27th January 1:30-3:30 @Clevelys health centre please RSVP 204171, see invite attached.