

# ISLAND CITY NETWORK NEWSLETTER

Lake Road Surgery - Derby Road Surgery - Sunnyside Medical Centre



Keep updated on social media



@islandcitynetwork

## Welcome to our quarterly newsletter....

Hello and welcome to the first quarterly newsletter from Island City Network PCN. Many GP Practices in England are part of a Primary Care Network (PCN) and ours is called Island City Network and incorporates Derby Road Practice, Lake Road Practice and Sunnyside Medical Centre. You may be aware that Lake Road and Sunnyside are soon due to merge, but this won't affect them being part of Island City Network PCN.

Since the NHS was created in 1948, the population has grown and people are living longer. Many people are living with long term conditions such as diabetes and heart disease or suffer with mental health issues and may need to access their local health services more often. To meet these

needs, GP practices are working together with community, mental health, social care, pharmacy, hospital and voluntary services in their local areas as a PCN. In our PCN we have developed some joint services such as Social Prescribing, Pharmacists and Paramedics so you may find you get contacted by some of our PCN staff.

We will be creating a newsletter quarterly to keep you updated on news from your GP practice, local services and relevant health news we think you may find helpful. If there is anything in particular you'd like to read about, let us know by emailing [socialprescribing.icn@nhs.net](mailto:socialprescribing.icn@nhs.net).

## Cancer prevention

Not all cancers are preventable but did you know that around 1 in 4 cases could be prevented with some healthy lifestyle choices? If you want to understand more about cancer visit [www.cancerresearch.org.uk](http://www.cancerresearch.org.uk).



Maintain a healthy weight. Being a healthy weight has lots of health benefits, including reducing the risk of cancer. For support in achieving a healthy weight call the Wellbeing Service 02392 294001.



HPV Vaccine. The HPV vaccine is offered for free to children aged 11-13, and some other groups. It helps protect against HPV infection, reducing the risk of some types of cancer. The vaccine has been proven to be safe and effective.



Be safe in the sun. Too much UV radiation from the sun or sunbeds damages our skin cells. When the sun is strong, take extra care to protect your skin - spend time in the shade, cover up with clothing, and use sunscreen.



Cut down on alcohol. Cutting back on alcohol reduces your risk of 7 types of cancer. It doesn't matter what type it is - all alcohol can cause damage. Whatever your drinking habits, drinking less alcohol will improve your health.



Stop smoking. Harmful chemicals in cigarette smoke affect the entire body, not just our lungs. If you smoke, the best thing you can do for your health is quit. If you need help you can refer yourself to the Wellbeing service for support. Call 02392 294001.



Eat a healthy, balanced diet. Having healthy food and drink can reduce your risk of cancer. Aim to have plenty of fruit and vegetables, wholegrain foods high in fibre and healthy proteins. Cut down on processed and red meat, alcohol and high calorie foods and drinks.

## Wellbeing service

Portsmouth wellbeing service support local people to improve on their physical and mental wellbeing.

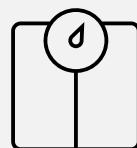
They offer one to one appointments either over the telephone or face to face. This service is free and you can self-refer by contacting them directly through their website [www.wellbeingportsmouth.co.uk](http://www.wellbeingportsmouth.co.uk). You can also call on 02392 284 001 or email [wellbeing@portsmouthcc.gov.uk](mailto:wellbeing@portsmouthcc.gov.uk).

The website also has many links to self help advice if you prefer to start improving your wellbeing on your own

They also have information about being more active and living well because this is just as important for your overall mental and physical wellbeing.



Stop Smoking



Lose Weight



Drink Less



Live Well



Get Active

## Social Prescribing

Island City Network has a team of Social Prescribers. We understand that lots of things affect our overall wellbeing and not everything can be fixed by medicines and tablets. Social Prescribers give you time to focus on 'what matters to me' and take a holistic approach to health and wellbeing. They can support you with a range of social, emotional and practical needs to improve your mental and physical health. They can help with support and signposting to:

- Mental health
- Housing support
- Carers support
- Social isolation
- Financial support
- Bereavement
- Wellbeing
- Relationship support
- Parenting support
- Domestic abuse
- Addiction support



If you'd like to talk to a Social Prescriber, contact your GP reception and asked to be referred.

## Exercise in your area...

Seated exercise is useful for those who struggle with mobility however still want to be active. Below is list of places you can attend these groups.

Monday	Tuesday	Wednesday
<p><b>Chair based exercise</b> John Pounds Centre, 23 Queen Street, Portsea, Portsmouth 11:30 am 02392 892010 £2.90</p>	<p><b>Seated exercise – Suitable for beginners</b> St. Cuthbert's Church, Copnor 11am (Top floor poppy room) Rachel: 07957482979 £4</p>	<p><b>Stretch and tone, Seated or standing – Suitable for beginners</b> St. Cuthbert's Church, Copnor 1pm (Top floor poppy room) Rachel: 07957482979 £4</p>
<p><b>Monday Movers</b> John Pounds Centre, 23 Queen Street, Portsea, Portsmouth 10:30am 02392 892010 £2.90</p>	<p><b>Seated/standing exercise -Suitable for beginners</b> Eastney Methodist Church, Highland Rd Southsea 2pm Rachel: 07957482979 £4</p>	<p><b>Seated exercise – Suitable for beginners</b> St. Cuthbert's Church, Copnor 11am (Top floor poppy room) Rachel: 07957482979 £4</p>
<p><b>Seven Star Tai Chi Evening class</b> The Priory, Community Sports, Fawcett Road. 7:00pm Andie: 07968228185 £8</p>	<p><b>Seated exercise</b> Mountbatten centre, Alex Way, Hilsea 2-3pm £3.60</p>	<p><b>Tai Chi on the beach</b> Class is held by Coffee cup Eastney end of the beach. 12pm Debbie: 07706793303 £5</p>

“ You helped me talk to people and not to be afraid to ask for help

“ You helped me put what I am going through into perspective

## What's on in Autumn

- Play.discover.grow – Somerstown family hub  
FREE  
Family weekend groups every Saturday  
[www.theparentingnetwork.co.uk/families](http://www.theparentingnetwork.co.uk/families)
- Nexus Project – Buckland URC  
FREE  
Connecting women and wellbeing through creativity  
[www.goodmentalhealth.org.uk/the-nexus-project/](http://www.goodmentalhealth.org.uk/the-nexus-project/)
- Board game mornings – John Pounds Centre  
FREE  
Every Thursday 10am -12pm – Free tea and coffee  
Just drop by!

**Board Games Morning**  
with FREE filter coffee or tea  
Starts 4th August  
THURS 10AM-12PM  
**FREE FOR ALL**  
EVERY THURS - JOHN POUNDS CAFE  
WHY NOT GIVE IT A TRY?  
JUST DROP IN, FIND A FRIEND OR TWO AND PICK A GAME!

The **NEXUS** Project  
CONNECTING WOMEN AND WELLBEING THROUGH CREATIVITY  
MEET WEEKLY FOR CREATIVE ACTIVITIES AND WELLBEING SUPPORT  
Tuesday mornings 11am – 12.30pm  
Buckland URC, 174 Kingston Road, Fratton, PO2 7LP  
Contact Carolyn on 023 9310 6042 or email [carolyn@goodmentalhealth.org.uk](mailto:carolyn@goodmentalhealth.org.uk)  
More details available: [www.goodmentalhealth.org.uk](http://www.goodmentalhealth.org.uk)

## Pharmacy



As qualified healthcare professionals, they can offer clinical advice and over-the-counter medicines for a range of minor illnesses, such as coughs, colds, sore throats, tummy trouble and aches and pains. Pharmacists train for 5 years in the use of medicines and are also trained in managing minor illnesses and providing health and wellbeing advice. Most pharmacies have a private consultation room where you can discuss issues with pharmacy staff without being overheard.

If symptoms suggest it's something more serious, pharmacists have the right training to make sure you get the help you need. For example they will tell you if you need to see a GP, nurse or other healthcare professional.

With many pharmacies being open until late and at weekends you can get help and advice when you need it.