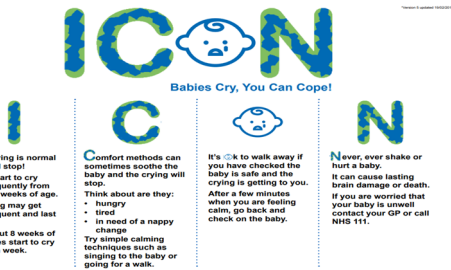


## Monthly Newsletter May 2023



BE  
Kind

Please "Be kind" to our staff. A simple thank you, or a positive review could make the world of difference. Email: roccg.swallownestcarecoordinators@nhs.net



Speak to someone if you need support such as your family, friends, Midwife, Health Visitor or GP.

### 10 Ways to Soothe a Crying Baby

1. Meet the baby's basic needs: Is the baby hungry, need a diaper change, or be burped? Is the baby too hot or too cold? Check the clothing for comfort.
2. Is the baby sick? Check the baby's temperature. Is it 100.5° or over? Is there vomiting or diarrhoea? If so, call your doctor.
3. Hold the baby close and gently massage.
4. Rock, walk or dance with your baby, or try a swing or bouncy chair.
5. Sing and or talk to your baby.
6. Hold baby and breathe slowly and calmly. The baby may feel your calmness and become quiet.
7. Lower any surrounding noise or lights.
8. Walk the baby outside in a stroller or take a ride in the car.
9. Call a friend or relative you can trust to take care of the baby.
10. When nothing else works, put the baby down in a safe secure place such as a crib, give yourself a break and leave the room. Check on the baby every 5-10 minutes.
11. **ALWAYS REMEMBER:  
NO BABY HAS EVER  
DIED FROM CRYING.**



Swallownest Health Centre



## Dementia Friends

An Alzheimer's Society initiative

**We vow to help end the devastation caused by dementia, but we can't do it without you.**

One in three of us born in the UK today will develop dementia in our lifetimes. It's the biggest health and social care challenge we face.

At Alzheimer's Society, our vision is a world where dementia no longer devastates lives. But we know that if people don't know who we are or what we do, they won't come to us for support. They're also less likely to offer their support to us by donating, campaigning, and volunteering.

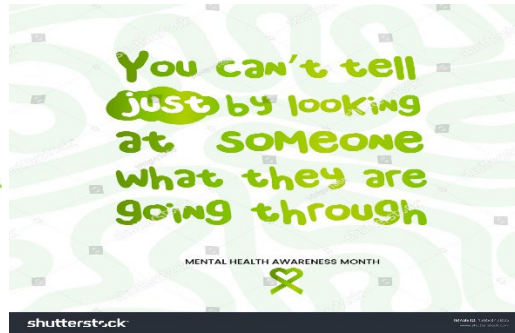
So, on 9th March 2023, we launched our refreshed brand to the nation. This will raise awareness of who we are and what we do, as well as raising vital funds, so that we can give help to everyone living with dementia today and hope for the future.

To give dementia the attention it deserves, our launch campaign shines a light on the everyday struggles of living with dementia. The emotive story shows a married couple leading up to, and grappling with, a dementia diagnosis – all told through the act of making a cup of tea. Just as the couple have vowed to be there for one another in sickness and in health, we vow to help end the devastation caused by dementia with the support of vital donations.

If you are struggling with caring for a patient with dementia and feel you may need assistance our link worker can direct, you to the relevant services please contact reception at any time.

If you are a patient with Dementia, please make sure you book your annual Dementia review.

**On Wednesday 10<sup>th</sup> May 2023 we will be having a collection for dementia friends.**



## Self-Care & Mental Health for Kids

 Share your own feelings to encourage self-awareness.

 Set aside time for low-stress or solo activities.

 Find social groups that help them feel like they belong.

 Focus on articulating feelings.  
"I am angry."  
"I am sad."

Encourage journaling and diaries.

 Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



 Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

# MENTAL HEALTH DON'T SUFFER ALONE

SUICIDE KILLS MORE CONSTRUCTION WORKERS THAN FALLS EVERY YEAR  
EVERY DAY 2 CONSTRUCTION WORKERS TAKE THEIR OWN LIFE IN THE UK

**73%** of construction workers feel that their employers did not understand  
**EARLY MENTAL HEALTH SIGNS**

**63%** of people have mild ANXIETY SYMPTOMS

**58%** of people feel MILD DEPRESSION

**63%** don't tell their employers they are off for MENTAL HEALTH ISSUES

**13.2%** of suicides but only 7% of WORKFORCE



## 10 SIGNS

of mental health issues

- LOSS OF INTEREST
- FEELING HOPELESS AND PESSIMISTIC
- ANGRY, IRRITABLE AND RESTLESS
- FEELING GUILTY, WORTHLESS OR HELPLESS
- CRIPPLING WORRY AND FEAR
- FEELING DREAD AND PANIC
- EXTREME TIREDNESS
- APPETITE CHANGE
- LACK OF ENERGY
- SLEEP PROBLEMS

## 6 FACTORS

attributing to depression

- TRAUMA
- BEREAVEMENT
- BIOLOGICAL FACTORS
- SELF IMAGE
- FINANCIAL ISSUES
- RELATIONSHIP ISSUES



**CONTACT US FOR MENTAL HEALTH SUPPORT**  
UK 0345 605 1956 | ROI 1800 939 122 | [WWW.LIGHTHOUSECLUB.ORG](http://WWW.LIGHTHOUSECLUB.ORG)