

# Health Advice and Guidance



**NHS**  
Test and Trace

## Introduction

In response to covid-19 a number of leaflets specific to helping people stay healthy at home were created. The aim of the leaflets was to offer guidance to pre-empt some issues that may arise due to lockdown restrictions. To help the transition to lockdown ease we also produce a leaflet helping people with anxiety about the easing of restrictions.

All the information contained in the leaflet is also available on the council's website.

As an alternative to the individual leaflets, we have combined them into this booklet format.

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# Advice for Staying Healthy: Alcohol Advice

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **alcohol**



## Covid 19

**We often drink alcohol to change our mood, unwind, relax and reduce stress, particularly in difficult and anxious times. Occasional light drinking is perfectly healthy and enjoyable for many people. However, the after effects of alcohol can make you feel more stressed and can impact on how we function in our everyday life and our relationships with others.**

Drinking more alcohol than recommended can cause many negative effects on health. Alongside the long term effects such as increased risk of serious health conditions, there can be more immediate health issues such as a negative impact on sleep and mental health.

Excessive alcohol use can weaken the body's immune system and make people more vulnerable to infections.

Here are a few simple tips to help:

- **Drink and think in units** - the recommended limit is to not drink more than 14 units a week; that means about six pints of lager or a bottle and a half of wine
- **Keep a drinking diary** - keeping a drinking diary for a few weeks will help you understand your drinking pattern, so you can work out what you're happy with and what you're not
- **Pace yourself** - enjoy each drink slowly. It can help to only drink the drinks you really enjoy and skip the ones you're drinking for the sake of it
- **Try drinking low alcohol and alcohol-free drinks**
- **Stay hydrated** - have a glass of water before you have alcohol and alternate alcoholic drinks with water or other non-alcoholic drinks
- **Eat before and while you drink** - have something to eat before you drink and, if possible, while drinking. It will slow down the alcohol being absorbed into your bloodstream and help you pace yourself
- **Manage your weight** - alcohol contains lots of calories. Calories from alcohol are 'empty calories', they have no nutritional value
- **Have a few days off every week** - having a few alcohol-free days each week is a good way to cut down and give your body a rest
- **It's fine to say no!** - not everyone drinks alcohol, and it's fine to say no. It's surprising how many people think it's OK to pressure other people to drink – it's not!

Call Drinkline, which is the national alcohol helpline, if you are worried about your own or someone else's drinking. Call free on 0300 123 1110 (weekdays 9am-8pm and weekends 11am-4pm)

# Advice for Staying Healthy: Healthy Eating

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **healthy eating**



Covid 19

**Eating a balanced healthy diet is a key part of maintaining good health and can help you to feel your best. To achieve this you need to a variety of food groups in the right proportions and consume the right amount of foods and drinks to maintain a healthy body weight. You may be limited at the moment due to the availability of certain foods but where possible the following would form a healthy diet and provide you with the nutrients needed.**

Here are a few simple tips to help:

- Eat at least 5 portions of vegetables and fruits daily
- Base meals around starchy foods such as potatoes, rice or pasta is possible chose wholemeal or high fibre versions
- Include dairy or diary replacements such as soya (choose unsweetened, calcium-fortified versions)
- Eat beans, pulses, fish, eggs and meat as a source of protein
- Small amounts oils and spreads
- Drink plenty of water (6 to 8 glasses a day)

Eating at least 5 portions of fruit and vegetables a day has been shown to lower the risk of heart disease, stroke and some cancers. Meat is a good source of protein, vitamins and minerals, including iron, zinc and B vitamins but try to less red and processed meats where possible.

Too much saturated fat or salt in your diet can increase the risk of heart disease and strokes it is important to check content levels in your food if you are unsure.

At the moment you may be limited with options for preparing meals try to include the recommended food groups and drink plenty of fluids. Remember that good nutrition **boosts the immune system.**

There are hundreds of recipe ideas, include specific store cupboard recipes and budget meals for large families at [www.bbcgoodfood.com](http://www.bbcgoodfood.com).

Some top tips on Healthy Eating during the Covid-19 Pandemic can be viewed by visiting [www.leicestershirewms.co.uk/healthy-eating-advice-during-the-covid-19-pandemic](http://www.leicestershirewms.co.uk/healthy-eating-advice-during-the-covid-19-pandemic)

# Healthy Eating

## Managing your weight

There are a number of resources available to support you or your family on a safe and sensible weight loss journey.

- The [NHS Weight Loss Plan](#) is a good starting point. A plan that has been downloaded over 7 million times and is recognised by Health Professionals
- The [Leicestershire Weight Management Service](#) view healthy eating, diet and exercise hand in hand. More information on portion control, healthy snacks, staying hydrated, good sleep and local advice and support is available in this Leicestershire one stop shop

The service offers a range of weight management support for people aged 16 years and above.

Contact the service now to find out how you can get support to achieve and maintain healthy weight, Telephone 0116 3051510.

The offer is a 12 week programme with telephone service, text or online support.

For further information please visit: [www.leicestershirewms.co.uk](http://www.leicestershirewms.co.uk) or telephone 0116 3051510.

## Eat Well Guide

The Eatwell guide shows how much of what we eat overall should come from each food group to achieve a healthy balanced diet.

The Eat Well Guide is available at [www.nhs.uk/livewell/eatwell](http://www.nhs.uk/livewell/eatwell)



# Advice for Staying Healthy: Older People

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **older people**.



## Covid 19

**Ageing is inevitable for us all. By leading a healthy lifestyle into adulthood and beyond, many people remain fit and active as we get older and in many cases this helps the body to fight off some of the illnesses, ailments and injuries more common among older people.**

Older people can take part in physical activity and if they have led an active lifestyle they may already be doing this. However many may be new to physical activity or are less mobile and may prefer to take part in more gentle and seated exercise.

Try these gentle exercises:

- Knee Raises – sit in an upright position with knees and feet together. Hold chair arms for support. Raise one knee, keeping knee bent then return to start position
- Knee Extension – Sit in an upright position with knees and feet together. Hold chair arms, extend one leg, keeping knee straight. Point toes upwards and bring/tilt foot back towards you

### Healthy At Home

Physical Activity matters during this period and actually, we think it's more important than ever now. Being active in a way that is right for you can improve your physical health, help you manage stress and anxiety and just generally make you feel better.

- Try some new ways to keep active and healthy whilst at home. Adults should aim to take part in at least 150 minutes of moderate intensity physical activity a week. One way to approach this is to do 30 minutes on at least 5 days a week. This includes building strength to keep muscles, bones and joints strong
- Whilst being at home break up periods of inactivity and make it your challenge to hit your activity goal by taking part in some fun home workout videos!

More information regarding Healthy At Home can be found at:

<https://lrspport.org/healthyathome>

[https://www.nwleics.gov.uk/pages/healthy\\_at\\_home](https://www.nwleics.gov.uk/pages/healthy_at_home)

### Falls Prevention - Improving Strength & Balance

Doing regular strength exercises and balance exercises can improve your strength and balance and reduce your risk of having a fall. It's important that a strength and balance training programme is tailored to the individual and monitored by an appropriately trained professional.

#### Here are some top tips to help prevent falls:

##### Look after your feet

Make sure your shoes/slippers keep your foot firmly in place. Avoid narrow heels, open backs or worn soles.

##### Stay Well

Eat healthily and regularly and always take your medicines on time and as prescribed.

##### Look after your eyes

Have your eyes tested regularly – it's free if you're over 65.

##### Stay active, stay steady

Be active – try to do 30 minutes of moderate activity every day to help you maintain balance and muscle strength – this could be split into 3 x 10 minute sessions across the day.

##### Look after your home

Replace worn floor coverings, remove clutter and ensure your home is well lit.

By visiting [www.lrsport.org/falls-prevention](http://www.lrsport.org/falls-prevention) you can watch a video produced by Leicester, Leicestershire and Rutland (LLR) Falls Prevention Group and this film demonstrates a series of simple exercises designed to help you improve your health and wellbeing and reduce your risk of falling.

For further information on being active at home, working from home and wellbeing at home please visit: [www.lrsport.org/healthyathome](http://www.lrsport.org/healthyathome)

# Advice for Staying Healthy: Physical Activity

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at the importance of **Physical Activity**.

## Covid 19

**Physical Activity can have a positive impact on our health, lifestyle, motivation and energy.**

To stay healthy or improve health, adults aged 19 to 64 years need to do two types of physical activity each week: aerobic exercise and strength exercises.

2 ½ hours each week of moderate activity (that's when we increase our heart rate and breath a little harder). Such as walking in the park or around the block, doing some housework or going for a bike ride.

OR

1 ¼ hours each week of vigorous activity (breathing hard and fast) like running, riding a bike fast or on hills or playing football.

AND

Strength and balance exercises on two or more days a week that work all your major muscles such as exercises like push-ups and sit-ups, heavy gardening or yoga.



### Useful Resources

Sport England Active at Home Guide. A guide to being active at home during the coronavirus outbreak:

[www.sportengland.org/news/new-booklet-help-older-adults-keep-active](http://www.sportengland.org/news/new-booklet-help-older-adults-keep-active)

When it comes to finding ways to move, there is no one-size-fits-all solution. In fact, there are many, many ways to be active, including some that people may not realise actually count.

So check out the campaign website for suggestions:

[www.weareundefeatable.co.uk](http://www.weareundefeatable.co.uk)

## Physical Activity

For information regarding Walking, Cycling and Running in NWL visit:

[https://www.nwleics.gov.uk/pages/walking\\_and\\_running](https://www.nwleics.gov.uk/pages/walking_and_running) or follow us on [facebook@nwlhealthteam](https://www.facebook.com/nwlhealthteam) or [twitter@nwlhealth](https://twitter.com/nwlhealth)

### Virtual and Live Activity Sessions

As well as being encouraged to be Active At Home, local clubs, organisations and instructors are now delivering virtual classes to ensure you are not missing out on your favourite activity.

Visit [lrsport.org/virtual-activity-sessions](https://lrsport.org/virtual-activity-sessions) or [https://www.nwleics.gov.uk/pages/healthy\\_at\\_home](https://www.nwleics.gov.uk/pages/healthy_at_home) to find out a range of virtual classes.

For more information please contact:

Emily Rodbourne- [emily.rodbourne@nwleicestershire.gov.uk](mailto:emily.rodbourne@nwleicestershire.gov.uk) or 01530 454755

# Advice for Staying Healthy: Smoking

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **smoking**.

## Covid 19

**Giving up smoking at any age and however long you have been a smoker is the most beneficial thing you could do to improve your health and your family's health. Smoking exacerbates the impact of Coronavirus. Taking steps to reduce or stop smoking will offer many health benefits, including improving lung function over time and reduce risk of lung infections like bronchitis and pneumonia.**

Currently around 78,000 people die from smoking each year and around 485,000 hospital admissions related to smoking annually in the UK.

Another important aspect of smoking is the affect it has on children and young people. Those that live in a household where there are other smokers are three times more likely to become regular smokers themselves.

Here are a few simple tips to help you quit:

- Think positive - You might have tried to quit smoking before and not managed it, but don't let that put you off. Look back at the things your experience has taught you and think about how you're really going to do it this time
- Make a plan to quit smoking - Make a promise, set a date and stick to it. Think ahead to times where it might be difficult (a party, for instance), and plan your actions in advance
- Identify when you crave cigarettes - A craving can last 5 minutes. Before you give up, make a list of 5-minute strategies such as play your favourite song and dance to it
- Get some stop smoking support - If friends or family members want to give up, too, suggest to them that you give up together
- Get moving - even a 5-minute walk or stretch, cuts cravings and may help your brain produce anti-craving chemicals
- Make a list of reasons to quit - Keep reminding yourself why you made the decision to give up, such as to save money or be around for your children. Make a list of the reasons and read it when you need support

Did you know that you're up to 4 times more likely to quit successfully with their expert help and advice? You can call **Quit Ready** on 0345 6466666 or text 'Ready' to 66777

# Advice for Staying Healthy: Mental Health

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **mental health and wellbeing**.

## Covid 19

**Looking after our mental health is as important as looking after our physical health. Mental health problems are more common than people think. One in four people will be affected by mental illness in any year. Common problems include depression and anxiety that affect the way that we cope with everyday life.**

Following the steps below can help to protect good mental health and wellbeing:

- **Keep active** - Exercise can lift your mood and be an outlet for stress, help you sleep and look and feel better. Walking, gardening and housework can keep you active
- **Eat well** - Certain vitamins and minerals found in oily fish, fruit and vegetables and wholegrain foods can provide vital nutrition to help with common mental health problems
- **Stay hydrated**- Water is important for mental health – it may help to set an alarm to remind you to drink more water throughout the day. Alcohol dehydrates and is a depressant so drink in moderation
- **Talk about your feelings** - Ask for help from friends, family or community group. It isn't a sign of weakness to talk about your feelings; it's part of taking charge of your wellbeing
- **Be creative** - Read a book, listen to music, play a game, draw or paint
- **Take a break and relax** - Learn relaxing breathing techniques or go for a walk. Give yourself space to think, rest and play
- **Connect with nature** - Get as much sunlight and fresh air as you can as this can have huge benefits on your mood and reduce stress levels. This could be by spending time in your garden or opening your windows.

Find out more about mental health: [www.mind.org.uk](http://www.mind.org.uk)

For free useful resources and information visit: [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

Mental Health Matters offer support services in Hinckley and Bosworth. They normally offer a 12-week community based mental health support but at the present time are offering free telephone support. People can self refer to this service on 0300 323 0189 or email [leicestershireandrutlandmhm@nhs.net](mailto:leicestershireandrutlandmhm@nhs.net). There is also a 24/7 free helpline service for people to call if feeling they need to chat with someone on 0300 323 0187.

If you are worried about your own mental health or someone's you care about and it doesn't seem to be getting better please talk to your GP. For further help and support visit [www.startaconversation.co.uk](http://www.startaconversation.co.uk) or contact the Samaritans on 116 123 or [jo@samaritans.org](mailto:jo@samaritans.org)

# Advice for Staying Healthy: Feelings about lockdown easing

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **feelings about lockdown easing**.



## Covid 19

**Lockdown has been very difficult and brought about many challenges for people. With lockdown now easing you may not feel entirely positive about the changes.**

These feelings could change on a daily basis but its important to remember that there is no 'right' or 'wrong' way to feel about lockdown easing. These feelings will be shaped by your lockdown experience, challenges you have faced as well as how the situation has affected you and your loved ones.

You might feel:

- Anxious or scared that the risk may increase for you or your family – such as returning to the workplace in the future and school
- Angry – feeling that other people are not following social distancing
- Resentful – others may have more freedom than you or access to childcare
- Stressed - about the future and finances
- Unprepared – not feeling ready for lockdown to end and you may want to stay in your lockdown routine
- Under pressure – to adapt back to a different routine such as sending children back to school

What could help?

- Talk about your feelings – open up to trusted friends or family. It isn't a sign of weakness to talk about your feelings; it's part of taking charge of your wellbeing
- Talk to your line manager and colleagues about how you are feeling
- Keep active - exercise can lift your mood and be an outlet for stress, help you sleep and feel better. Walking, gardening and housework can keep you active
- Stay hydrated- water is important for mental health – it may help to set an alarm to remind you to drink more water throughout the day. Alcohol dehydrates and is a depressant so drink in moderation
- Be creative - read a book, listen to music, play a game, draw or paint
- Take a break and relax - learn relaxing breathing techniques or go for a walk. Give yourself space to think, rest and play
- Connect with nature - get as much sunlight and fresh air as you can as this can have huge benefits on your mood and reduce stress levels. This could be by spending time in your garden or opening your windows.

## Feelings about lockdown easing

Find out more about mental health: [www.mind.org.uk](http://www.mind.org.uk)

For free useful resources and information visit: [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

If you are concerned about your thoughts and feelings Mental Health Matters offer support services in Hinckley and Bosworth. They normally offer a 12-week community based mental health support but at the present time are offering free telephone support. People can self refer to this service on 0300 323 0189 or email [leicestershireandrutlandmhm@nhs.net](mailto:leicestershireandrutlandmhm@nhs.net). There is also a 24/7 free helpline service for people to call if feeling they need to chat with someone on 0300 323 0187.

If you are worried about your own mental health or someone's you care about and it doesn't seem to be getting better please talk to your GP.

For further help and support visit [www.startaconversation.co.uk](http://www.startaconversation.co.uk) or contact the Samaritans on 116 123 or [jo@samaritans.org](mailto:jo@samaritans.org)

## Covid 19

# Advice for Staying Healthy: Sleep

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at the importance of **Sleep**.

## Covid 19

**We can all suffer from periods of disruption to our sleep, particularly in difficult and anxious times. Problems with our sleep can effect how we function in our everyday life and our relationships with others, including family, friends, carers and work colleagues.**

Problems with sleep that last a long time (chronic) can have a negative impact on our health, lifestyle, motivation and aspirations. It can also cause stress and anxiety.

Here are a few simple tips to help:

- Create a routine – aim to go to bed and get up at the same time each day, even at the weekends
- Exercise is good for sleep – but try not to do vigorous exercise about 2 hours before you go to bed. Gentle stretching is fine and will encourage your body and mind to wind down
- Get outside as much as possible – fresh air and natural light can help with circadian rhythm, our natural body clock
- Sleep loves the quiet and the dark – avoid using your phone and watching TV in the bedroom as the light interferes with our REM (deeper) sleep
- Alcohol, nicotine and caffeine - these may seem to help you in the first instance but the effects wear off which will wake you
- Eat healthily – avoid a heavy meal just before bed. Fatty and sugary foods boost our energy and can cause indigestion which will keep you awake
- Need a wee? – reduce the amount of liquid you drink about 2 hours before bed

If you do wake up in the middle of the night, try some simple mindfulness techniques like this one:

All you have to do is be still and focus on your breath for just one minute.

Start by breathing in and out slowly. Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.

As we sleep we lay down new memories so think about all the good things that have happened in the day and drift off.....

# Advice for Staying Healthy: Suicide Prevention

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **Suicide prevention**.

## Covid 19

### Help for suicidal thoughts

If you're feeling like you want to die, it's important to tell someone. Help and support is available right now if you need it. You don't have to struggle with difficult feelings alone.

**You could phone a helpline.** These free helplines are there to help when you're feeling down or desperate. Unless it says otherwise, they're open 24 hours a day, every day. There is also a range of support available online.

- **Samaritans ([www.samaritans.org](http://www.samaritans.org))** – call 116 123  
Email [jo@samaritans.org](mailto:jo@samaritans.org)
- **Start a Conversation ([www.startaconversation.co.uk](http://www.startaconversation.co.uk))** - suicide prevention website for Leicester, Leicestershire and Rutland (including support for those bereaved by suicide)
- **Campaign Against Living Miserably ([www.thecalmzone.net](http://www.thecalmzone.net))** CALM specifically exist to reduce male suicide and talking to men about how they're feeling.  
Call 0800 58 58 58 – 5pm to midnight every day  
**Visit the webchat page ([thecalmzone.net/help/webchat](http://thecalmzone.net/help/webchat))**
- For people under 35 - **What is papyrus hopelineuk? ([papyrus-uk.org/hopelineuk](http://papyrus-uk.org/hopelineuk))**  
Call 0800 068 41 41 – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm. Text 07786 209697  
Email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
- For children and young people under 19 - **ChildLine ([childline.org.uk](http://childline.org.uk))**  
Call 0800 1111 – the number won't show up on your phone bill
- **Mens Health Forum ([www.menshealthforum.org.uk](http://www.menshealthforum.org.uk))**

**Talk to someone you trust.** Let family or friends know what's going on for you. They may be able to offer support and help keep you safe. There's no right or wrong way to talk about suicidal feelings – starting the conversation is what's important.

**Who else you can talk to?** If you find it difficult to talk to someone you know, you could:

- Call your GP – ask for an emergency appointment
- Call 111 out of hours – they will help you find the support and help you need

# Suicide Prevention

## Important

Is your life in danger? If you have seriously harmed yourself, for example, by taking a drug overdose, call 999 for an ambulance, go straight to A&E or ask someone else to call 999 or take you to A&E.

## Tips for coping right now

- Try not to think about the future – just focus on getting through today
- Stay away from drugs and alcohol
- Get yourself to a safe place, like a friend's house
- Be around other people
- Do something you usually enjoy, such as spending time with a pet

## Worried about someone else?

If you're worried about someone, try to get them to talk to you. Ask open-ended questions like: "How do you feel about...?" Don't worry about having the answers. Just listening to what someone has to say and taking it seriously can be more helpful.

# Advice for Staying Healthy: Male cancers

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **male cancers**.

## Covid 19

### **Prostate Cancer -Symptoms of prostate cancer can include:**

- Needing to pee more frequently, often during the night
- Needing to rush to the toilet
- Difficulty in starting to pee (hesitancy)
- Straining or taking a long time while peeing
- Weak flow
- Feeling that your bladder has not emptied fully
- Blood in urine or blood in semen (rare)

### **What increases the risks of developing prostate cancer?**

- Age – most men diagnosed are over 65 but can affect younger men also
- Genetics and family history
- Lifestyle factors - being obese increases risk of more advanced prostate cancer
- Other medical conditions

For further information on prostate cancer please visit [www.cancerresearchuk.org/about-cancer/prostate-cancer](http://www.cancerresearchuk.org/about-cancer/prostate-cancer)

### **Penile cancer - signs and symptoms of penile cancer can include:**

- Bleeding from your penis
- A foul smelling discharge
- A rash on your penis
- A thickening of skin or raised patches on your penis
- Difficulty in drawing back your foreskin (phimosis)
- A change in the colour of your penis/foreskin or patches of skin

### **Who is at risk?**

- Men over the age of 50
- Men who carry the human papillomavirus (HPV) – a common infection and for most people it causes no harm but some types of HPV cause genital warts, which can increase the risk of penile cancer.
- More common in men with a tight foreskin (phimosis)
- Men who smoke

For further information on penile cancer please visit [www.cancerresearchuk.org/about-cancer/penile-cancer](http://www.cancerresearchuk.org/about-cancer/penile-cancer)

## Male cancers

**Testicular cancer -Signs and symptoms of testicular cancer can include:**

- A lump or swelling in the testicle
- A feeling of heaviness in the scrotum
- Discomfort or pain in a testicle or the scrotum

**Who is at risk?**

Younger men are more likely to get testicular cancer. Most common type of cancer to affect males between the ages of 15 and 49 years old.

For further information on Testicular cancer please visit

[www.cancerresearchuk.org/about-cancer/testicular-cancer/risks-causes](http://www.cancerresearchuk.org/about-cancer/testicular-cancer/risks-causes)

Remember these are signs and symptoms for information only, but if you have any concerns please visit your GP.

# Advice for Staying Healthy: Menopause

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **the Menopause**.

## Covid 19

**The symptoms of the menopause can affect you both physically and mentally therefore it's very important to look after yourself during this time.**

**Common symptoms include:**

- Hot flushes
- Night sweats
- Difficulty sleeping
- Joint pains and aches
- 'Brain fog'/ memory and concentration issues
- Mood swings/low moods and anxiety
- Vaginal dryness
- Discomfort during sex
- Lack of energy
- Lower libido
- Changes in skin elasticity or thickness

It's important to remember that symptoms differ in severity and frequency for each person. Always see your GP if menopausal symptoms are concerning you.

**Self care tips to improve health during menopause**

**Diet and Nutrition**

- Try to eat a diet that is low in salt and saturated fats to reduce risk of cardiovascular disease
- Ensuring to get enough vitamin D and calcium in diet will help protection you from osteoporosis
- Eat plenty of fruits, vegetables, low fat milks and yogurts
- Avoiding possible trigger foods such as spicy food and caffeine which can cause hot flushes and night sweats

**Regular Exercise**

- Helps to improve and maintain physical health
- Reduces chances of developing osteoporosis
- Helps mental health and wellbeing
- Relaxing activities such as Yoga and Tai Chi help with mood swings

#### Healthy Lifestyle

- Drink Alcohol in moderation- alcohol is a trigger for hot flushes and night sweats, not exceeding 14 units of alcohol a week
- Stop smoking – smoking triggers hot flushes and also increases your risk for cardiovascular disease and osteoporosis
- Go to your health screening and speak to GP about symptoms if you are worried
- Discuss treatment options for menopausal symptoms including HRT and non hormonal medication with GP
- Getting enough sunlight – vitamin D is important to keep bones strong
- Cognitive Behavioural Therapy (CBT) talking therapy can help with low mood and anxiety
- Speak to your employer if menopause symptoms are affecting your work to discuss if any adjustments are possible such as a desk fan
- Make sure to have 'me time' to be able to relax, such as practicing mindfulness or meditation

For more information please visit [www.nhs.uk/conditions/menopause](http://www.nhs.uk/conditions/menopause)

# Advice for Staying Healthy: Preventing the risk of Diabetes

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **Preventing the risk of Diabetes**.



## Covid 19

**Three out of five cases of type 2 diabetes can be prevented or delayed by keeping a healthy weight, eating well and being physically active.**

To find out if you are at risk of diabetes visit <https://riskscore.diabetes.org.uk/start>

You may be at risk of type 2 diabetes if:

- You are over 40 and white, or over 25 and African-Caribbean, Black-African, Chinese or South Asian
- There is a family history of diabetes
- You are overweight
- You have high blood pressure
- History of a heart attack or stroke
- History of schizophrenia, bipolar illness or depression, or if you are receiving treatment with anti-psychotic medication
- You've had polycystic ovaries, gestational diabetes, or a baby weighing over 10 pounds

**There are things you can do to prevent type 2 diabetes**

Keeping a healthy weight –

- You should make sure your overall weight and body mass index (BMI) are within the healthy range. Visit [www.diabetes.org.uk](http://www.diabetes.org.uk) and [www.nhs.uk](http://www.nhs.uk) to get help with this.
- Check waist measurement (even if you are a health weight you) can still be at risk of type 2 diabetes with a large waist measurement
- A healthy measurement is different depending on your gender and ethnicity; generally the aim is:
  - 80cm (31.5in) for all women
  - 94cm (37in) for most men
  - 90cm (35in) for South Asian men

If you need to lose weight, set realistic goals following a healthy diet and being active.

## Preventing the risk of Diabetes

### Covid 19

#### Eating a balanced diet

Try to eat a variety of food groups in the right proportions and consume the right amount of foods and drinks to maintain a healthy body weight. The following would form a healthy diet and provide you with the nutrients needed:

- Eat at least 5 portions of vegetables and fruits daily
- Base meals around starchy foods such as potatoes, rice or pasta and if possible choose wholemeal or high fibre versions
- Include dairy or dairy replacements such as soya (choose unsweetened, calcium fortified versions)
- Eat beans, pulses, fish, eggs and meat as a source of protein.
- Small amounts oils and spreads
- Drink plenty of water (6 to 8 glasses a day)

#### Getting Active

To become more active set a goal to do 30 minutes of moderate activity five times a week or 15 minutes of vigorous activity five times a week.

- Moderate exercise - walking, cycling or swimming
- Vigorous activity – exercise classes, sports or running

Small changes to incorporate more activity into your life can big differences so set small regular goals.

For more information please visit [www.diabetes.org.uk](http://www.diabetes.org.uk) and [www.nhs.uk/conditions/Diabetes](http://www.nhs.uk/conditions/Diabetes)

# Advice for Staying Healthy: Families with children and young people

This information is designed to help people to adopt a healthier lifestyle through taking some simple steps. It includes why changes should be made and the support available to help achieve it. Here we are looking at **families with children and young people**.

## Covid 19

**These are uncertain times and it's natural to feel daunted or anxious whilst trying to balance family life, while possibly working from home and trying to home school children. Often there are younger children to keep amused at the same time.**

There is lots of information available online to help families during this difficult period, including ideas for planning home schooling, keeping the family active and dealing with the anxiety that can be experienced by all members of the family. We have collated some relevant resources that may be useful to you at this time.

All children and young people have individual needs and these can sometimes be more complex and require a specialised approach. Children may have some needs that mean the way they learn, communicate, engage and interact with the world they live in are different. To help to support those needs and enable children and young people to reach their full potential, we have listed a number of websites and organisations that have specialised resources and information that we hope you will find useful.

Children's safety and welfare remains a top priority for North West Leicestershire District Council, and we are very conscious that at this difficult time with potential support services being removed it is more difficult than ever for children, young people and families to cope. We have collated useful information to help support you during this difficult time which gives some advice and tips for parents as well as some support in keeping children safe.

For all this information and resources please visit  
[https://www.nwleics.gov.uk/pages/healthy\\_at\\_home](https://www.nwleics.gov.uk/pages/healthy_at_home)



**Coronavirus**  
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