



## Chelmer PCN

Keeping well  
this winter  
some information  
for our  
patients with  
a respiratory  
condition

Members:  
Chelmer Village Surgery  
North Chelmsford  
Healthcare Centre  
Rivermead Gate  
Medical Centre  
Sutherland Lodge  
Surgery

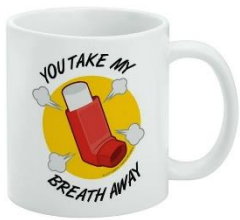
DECEMBER 2023

# DIY – Self-Management

## It's important to manage your long-term condition

When you have a long-term condition, you sometimes feel you have no control over your health, life and what happens to you.

Self-managing your condition, with support from others, helps to give you control. It is important to know all about your condition, your symptoms, your medication and how to cope with flare-ups. It also makes your day-to-day life easier and could reduce the risk of needing to go into hospital.



## What help is available?

Your surgery, along with three others, is part of Chelmer Primary Care Network ('PCN').

The PCN is working hard to provide our respiratory patients with the tools to prevent you from becoming unwell:

- Assessment by a healthcare professional to ensure you have access to the medication you might need throughout the winter months
- Help to take control of your condition, identify triggers etc.

If you are unexpectedly poorly it is important to react quickly. Your surgery will have some extra appointments to help people to be seen as soon as possible.



# What happens next?

## PREVENTION IS BETTER THAN CURE

- If it has been more than a year since your last review you will receive an invite from your surgery to have a review. Say 'yes' if you can – it will be a good investment for the winter months
- Are you using the correct inhalers? Let the team at your surgery help you to check
- Do you need to have a 'Rescue Pack' at home so you can react quickly to any sign of an exacerbation of your condition
- Have you got warm clothing and access to heating? There are some useful links at the end to assist you to find help if you need it

Prevention is about helping people stay healthy, happy and independent for as long as possible. This is as relevant at seventy years old as it is at age seven. It means stopping problems from arising in the first place. It means focusing on staying healthy. Let us help you do just that!

## Useful information to help you this winter

Asthma & Lung UK – a great website with so much useful information about various respiratory conditions. Lots of help, management plans, prevention advice. Worth a click!

[COPD \(chronic obstructive pulmonary disease\) | Asthma + Lung UK \(asthmaandlung.org .uk\)](https://www.asthmaandlung.org)

The above website is available in a variety of languages

Have you had your flu jab? It is really important for anyone with a respiratory condition to have their flu jab. Please ask at your surgery to be booked in.

Ah, it's just a cold, the NHS have some information on how to treat a cold  
[Common cold - NHS \(www.nhs.uk\)](https://www.nhs.uk)

# Useful information to help you this winter

Chelmsford Food Bank  
Check with your surgery  
who may be able to issue a  
voucher. Citizens' Advice  
issue them too

Chelmer Housing Partnership  
– providing debt support,  
hardship fund and fuel  
vouchers to their customers

Growbaby - Growbaby –  
Wednesdays 10am-1pm and 3rd  
Saturday in month 10-12pm at 199  
Moulsham Street Chelmsford  
(opposite Lemon Tree café),  
provide clothes for children aged  
0-11, along with coffee, good cake  
and chat. No referral needed

Child and Family Wellbeing Service  
– any families, self-referral, with  
children 0-19, to team of health  
visitors school nurses, family  
support workers. Cover anxiety,  
healthy eating, sleep, potty  
training etc. 0300 247 0014

Springfield Park Baptist Church –  
looking how to address loneliness  
and mental health in the  
community. Provide a free meal  
plus take-away food Thursdays at  
5.30pm via Food Cycle, also drop  
ins and toddler groups during the  
week

CHES homeless offer support  
and help if you think you may  
be made homeless or are  
already homeless

[https://cheshomeless.org/get  
help/](https://cheshomeless.org/get-help/)

Peabody – tenancy sustainment  
for ages 16+ - eviction, benefits,  
debt, getting accommodation,  
mental health, learning disability,  
offenders, form filling. Self and  
professional referral, forms from  
0800 2888 883 Peabody.org.uk

Chelmsford Citizens Advice  
Bureau have lots of  
information and support  
available

<https://chelmsfordcab.org/>