
The fireworks edition

Socially distanced fireworks might be a good thing – NHS Digital reports there were nearly 2,000 trips to A&E last year for fireworks related injuries. Perhaps one thing in 2020 will be a safer 5th of November?



November means lockdown. Lockdown in winter is likely to be harder for all of us, especially those who will sorely miss social contact. Please remember your friends, family, neighbours, who might just fancy a chat during the long nights. It's good to talk.



Missed checks?

Working in partnership



Are you among the millions that have missed a routine cancer screening? Not been called for a well man check, or worried about attending the GP practice for a smear? Is this making you anxious and unsure about when you will be able to access these again? Have you now developed symptoms that are causing you concern and you want to have the investigations you need quickly?

In the knowledge and anticipation of this wider impact of the coronavirus pandemic, we have partnered with [Check4Cancer Ltd](#) to provide supported access to cancer screening and investigations for some of the most common forms of cancer. Our trained nurses will listen to the patient's concerns, check any symptoms and guide them to the right services for their needs. This also includes all the support they might need through their journey, always making sure there is a real person for them to speak with, every step of the way.

They may not even need to see their GP. Our award-winning partners provide a quality experience through either home testing or through a network of clinics across the UK.

Don't think they are alone. We are here to listen, to hold their hand for as long as they need us.



Good news

Little rays

It's tough to find the good news stories in amongst all the pandemic press – but occasionally heart-warming stories to make it through the gloom, like a rainbow...

Damien Hirst has donated limited edition prints of his Turner-winning piece 'Butterfly Rainbow' to 50 NHS Trusts, with profits from the sale of further prints all going to NHS Charities Together.



Raising funds for their Covid-19 appeal is being helped by the addition of 1,000 charity 'Wirral Rainbow Flowers' at Arrowe Park Hospital in Upton.



It's OK to talk

Social thoughts...

At Patient Advocate, we are always happy to talk. Our nurses are always happy to talk. And we will continue to post on social media so people know that's it ok to talk, in fact it's good to talk.

This was one our most read posts on [LinkedIn](#) last month (in case you missed it!) ...



The impact that COVID -19 and the management of the pandemic have had on the population's mental health cannot be ignored. Increased anxiety around the virus, worry about keeping loved ones safe, changes to our normal routine, taking on unfamiliar roles, financial pressure and heighten feelings of isolation and loneliness are becoming familiar topics of conversation in the media or amongst friends and family.

These increased stressors may seem like temporary problems, that will fade away as the virus becomes controlled. Or they may feel like a constantly dripping tap, filling a bucket, until it spills over as an emotional outburst or crash of our ability to cope with even the most mundane and routine of tasks.

For some of us these will be new feelings and emotions, unfamiliar and unwelcome, but not insurmountable with some guidance to tools and techniques to help manage our way through.

For others, these feelings will be an invasive addition, compounded existing mental health problems and increasing complexity of feelings and depleting any resilience resources that were held.

As humans, we often feel like we cannot share our thoughts or seek help, we might be the only person feeling this way, why can't we cope? If we do start to explore the help available, we can easily become overwhelmed by choice, appropriateness and simply having the headspace to interact in a meaningful way.

Patient Advocate's Nurse Helpline can provide a safe sounding board to talk about mental health concerns or problems, guidance to resources at the right level for your needs and support you to access the help that you need, now and into the future as necessary.

Patient Advocate
Informed Healthcare Choices 

What's next?

We will continue to react to the changes in health requirements during the pandemic. Our ethos is to provide a human touch at all stages of a patient's journey, from diagnosis to recovery. Our nurses are on call to help patients through troubling times, providing help and guidance every step of the way.



And finally...

Some last thoughts. We might be struggling with some of the rules imposed to help restrict the spread of Coronavirus. We might be struggling more if we lived abroad...



No smoking on the streets in Spain.



Not allowed to sell open-toed shoes in South Africa.

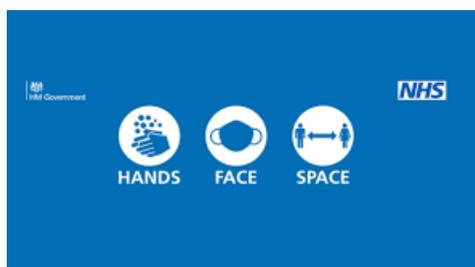


Not only face masks, but gloves must also be worn in the Ukraine.

But maybe some of these aren't such a bad idea?



Keep washing your hands, wearing a mask, keep your distance and stay safe and well.



In the next edition

Next month...

All things festive, maybe something really exciting to end the year...

As we write this, it looks like we may be heading back into a national lockdown. This is when many of us really will need that human connection, a chance to talk to someone, chat about our worries and concerns; our helpline will get busier and our nurses will be on hand to help more people get through these challenging times.

If you have any comments, or would like to submit a piece for our newsletter, please just let us know at info@patientadvocate.co.uk

Same applies if you'd like to talk to us about working in partnership - we are always happy to work with people and businesses that have the same ethos and goals as us...



Until next time,

