

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information to help you stay healthy while waiting to attend hospital and should be read in conjunction with the Procedure level guidance appropriate for your condition.

Take Your Medication

All patients should continue to take their medication unless directed otherwise by a healthcare professional. Repeat prescriptions can be ordered online – please see your GP’s website for details on how to do this.

Keep Moving

It is important to take regular exercise where possible. This doesn’t have to be strenuous exercise – a 20 minute walk a day can make all the difference.

For those self-isolating, a guide to keeping active at home can be found here:

<https://www.uhnm.nhs.uk/media/3438/phe-active-at-home-booklet-21-may-electronic.pdf>

Staffordshire County Council’s website has lots of links to local gyms and leisure centres, as well as walking routes and other activities: <https://www.staffordshire.gov.uk/Advice-support-and-care-for-adults/Keeping-well-and-staying-healthy/Get-active.aspx>

Improve Your Health

Your physical health has a big impact on how you are feeling emotionally and mentally. At times like these, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse. Try to eat healthy, well-balanced meals, drink enough water, exercise inside where possible and outside once a day, and try to avoid smoking, alcohol and drugs.

<https://everyonehealth.co.uk/location/staffordshire/> has plenty of guides for improving and maintaining health.

Good Mental Health

Looking after your mental health and wellbeing is more important than ever. Talking is important, as well as maintaining relationships with friends and family.

[Staffordshire Mental Health Helpline](#) - a confidential emotional support helpline run by Brighter Futures, offering a safe place to talk if you’re feeling worried, stressed or low, or if you're concerned about someone else. Call [0808 800 2234](tel:08088002234) Text 0786 002 2821, email staffordshire.helpline@brighter-futures.org.uk or online chat at www.brighter-futures.org.uk.

You can contact UHNM Switchboard on 01782 715444