

# Leven & Beeford Medical Practice Newsletter

## Easter Break

Just a reminder to order your repeat prescriptions earlier to allow time for Easter. The pharmacy get very busy during Bank Holiday periods and extra time should be allowed.

Both surgeries will be closed:  
GOOD FRIDAY (29th March)  
EASTER MONDAY (April 1st)

We will be open as normal on Tuesday 2nd April

Leven Pharmacy will be closed Good Friday and Easter Monday but will open on Saturday 30th March

## Training Days

The practice will be closed from 12.30pm on the following days:  
Thursday 14th March  
Wednesday 24th April  
Thursday 23rd May

### 11-17th March

#### Sign language awareness week

##### *BRITISH SIGN LANGUAGE (BSL)*

Within Britain the most common form of Sign Language is called British Sign Language (BSL). BSL has its own grammatical structure and syntax, as a language it is not dependant nor is it strongly related to spoken English. BSL is the main language of 22,000 people in England and Wales (2021 Census) and the total number of people who can use it is 151,000.

The RNID offer a range of training courses, including a 3 hour 'start

### 1 - 7 May

#### Deaf Awareness Week

The [UK Council on Deafness](https://www.rnid.org.uk) created Deaf Awareness Week to increase the visibility of challenges the deaf community face and educate others on how they can support them.

Being deaf brings unique challenges that not everyone will experience. Part of these challenges can be to do with mental health and exclusion from others. That's why it's up to everyone to come together to create a more inclusive society that values every individual.

There are several things you can do to improve communication with deaf people. Try the tips below:

- Don't say it doesn't matter
- Speak one at a time
- Don't speak too slowly or quickly
- Smile and relax
- Keep your mouth on show
- Speak clearly without shouting
- Face towards the person while you're speaking
- Repeat if you need to do so

to sign' course. More details can be found on their website:

[www.rnid.org.uk](https://www.rnid.org.uk)



**Benefits of cold water swimming** – The health benefits of cold water swimming have long been suspected, from Victorians gathering in their bathing machines to the lido boom of the early twentieth century. Now science is starting to back up the anecdotal evidence with studies that suggest that there are lasting positive effects of a bracing outdoor dip.

Studies are still in the early stages and we are only just starting to understand how cold water immersion affects the human body.

**An Increased Tolerance to Stress** – Submerging yourself in cold water is not everyone's cup of tea. The temperature of the water creates a stress reaction in the body, the same kind of reaction we experience if we find ourselves in a scary or tense situation. The body releases the stress hormone cortisol and breathing frequency and heart rate increases. The body's fight or flight mechanism kicks in, explaining why the natural reaction to getting into cold water is to want to get out as fast as possible.

As anyone who has braved an icy dip will know, the stress reaction recedes as you adjust to the temperature. There is now evidence to suggest that repeatedly putting your body through cold water immersion gradually reduces the severity of the initial stress reaction.

It may not be that cold water swimmers become acclimatised to the water, they just get used to their body's reaction and the reaction itself becomes less severe.

The real magic is that the reduction in the stress response applies in other stressful situations, not just on exposure to cold water. Your reaction to other stressful events – taking an exam, bungee jumping – is also reduced.

**A Boost to Self Esteem** – The process of forcing yourself to stay in cold water could be increasing your mental strength. Getting out of your comfort zone builds confidence and courage as well as giving you a sense of accomplishment. By becoming comfortable with being uncomfortable you increase your resilience in other areas of life.

**Swimming as a Mindfulness Exercise** – When you immerse yourself in cold water you are sending your nervous system into overload. Nerve endings transmit responses to your brain, telling you just how cold parts of your body are.

Your brain only has limited bandwidth and with the intense sensation of the water to focus on there is no space left for your brain to go over your to-do list or worry about anything other than the cold. This focus on the present moment has much in common with mindfulness exercises and offers a welcome time out from the constant churning of our everyday thoughts.

Taken from—[The Benefits of Cold Water Swimming | Wild Swimming | Open Water – Swim Secure UK](#)

From Spring, there will be regular cold water swimming available at Billabong Water Sports and Caravan Park.

