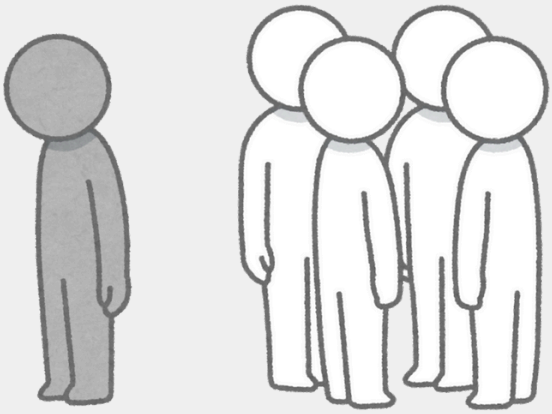
PCN 1W PATIENT NEWSLETTER

APRIL 2025

LONELINESS CAMPAIGN

Better Health Let's do this



Young people often experience stigma associated with loneliness, partly because most people associate loneliness only with older, isolated people. Recent shows that 16-24 year olds are at higher risk of feeling lonely compared to other age groups, but less likely to seek advice and support. Key findings with Ipsos MORI and YouGov show:

- 81% of young people say that they would worry about being embarrassed, mocked, judged or treated differently if they if they said they were lonely
- Among students, nearly half admit they have hidden their feelings of loneliness for fear of being judged.
- 16-24s are also among the least likely to take action to help themselves feel less lonely (47% v adult average 51%).
- 62% of 16-24s are still the least likely group to feel comfortable helping family/friends who may be feeling lonely

● Feeling lonely is completely normal. Many of us can feel lonely while checking our social media, on our own or with others. It is nothing to be embarrassed or ashamed of.

● Sometimes admitting we feel lonely can be hard but it's important to remember that many others experience similar feelings of loneliness too, and that this feeling can pass.

● If you are feeling lonely, or know someone else who is, there are plenty of simple, affordable actions you can take, such as

- going for a walk with someone;
- inviting someone out for a coffee and a chat;
- finding out about affordable events nearby;
- going along to a gym class or playing in a sports team;
- joining a society or local community group to meet like-minded people;
- reaching out to those around you so you can both feel the benefits of in-person social connection.

● Find more support and advice on the Better Health - Every Mind Matters Loneliness web page to help yourself or others who might be feeling lonely, or search 'Loneliness Every Mind Matters' for more support and advice.

https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/

Do more with the NHS App!



- Order repeat prescriptions
- Use NHS 111 online
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- Get reminders and messages

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APRIL 2025

PCN 1W

PATIENT NEWSLETTER

HEALTH AND WELLBEING CORNER

LAST MONTH WE LOOKED AT HOW TO CUT DOWN ON SUGAR, PARTICULARLY WITH SNACKS. THIS MONTH, WE WILL BE LOOKING AT HOW TO CUT DOWN ON SUGAR, PARTICULARLY WITH DRINKS.



THE NHS STATES THAT WE SHOULD ADDED SUGARS (E.G. TABLE SUGAR, HONEY AND SYRUPS ETC.) SHOULD NOT MAKE UP MORE THAN 5% OF OUR ENERGY INTAKE (AROUND 11G PER DAY FOR ANYONE 11+).

ADDED SUGAR COMES IN MANY DIFFERENT FORMS E.G. SUCROSE, GLUCOSE, FRUCTOSE, MALTOSE, FRUIT JUICE, MOLASSES, HYDROLYSED STARCH, INVERT SUGAR, CORN SYRUP, HONEY ETC.

WHEN LOOKING AT FOOD LABELS, IT CAN BE USEFUL TO LOOK AT THE SUGAR PER 100G. 22.5G OR MORE OF TOTAL SUGAR PER 100G MEANS THAT THE FOOD ITEM IS HIGH IN SUGAR. 5G OR LESS OF TOTAL SUGAR PER 100G IS CONSIDERED LOW SUGAR.



WHEN LOOKING AT PACKAGES, IT CAN BE HELPFUL TO LOOK OUT FOR THE TRAFFIC LIGHT LABELS. THESE ARE A COLOUR CODED SYSTEM THAT MAKES IT EASIER TO SEE IF FOODS ARE HIGH IN SUGAR. AIM TO CHOOSE FOODS THAT ARE “GREEN” MORE OFTEN, FOODS THAT ARE “AMBER” SOMETIMES AND FOODS THAT ARE "RED” LESS OFTEN.

NEARLY 25% OFF THE ADDED SUGAR WE HAVE COMES FROM SUGARY DRINKS E.G. FIZZY DRINKS, SWEETENED JUICES, MILKSHAKES AND CORDIALS. THE NHS STATES “A CAN OF REGULAR COLA CONTAINS 7 TEASPOONS OF SUGAR (35G). TRY SWAPPING TO WATER, SUGAR-FREE OR NO-ADDED-SUGAR DRINKS OR LOWER-FAT MILKS.

APRIL 2025

PCN 1W

PATIENT NEWSLETTER

HEALTH AND WELLBEING CORNER

LIKE SOME FIZZY DRINKS, FRUIT JUICE CAN BE HIGH IN SUGAR. WHEN JUICE IS EXTRACTED FROM THE WHOLE FRUIT TO MAKE FRUIT JUICE, SUGAR IS RELEASED, AND THIS CAN DAMAGE YOUR TEETH.
YOUR COMBINED TOTAL OF DRINKS FROM FRUIT JUICE, VEGETABLE JUICE AND SMOOTHIES SHOULD NOT BE MORE THAN 150ML A DAY – WHICH IS A SMALL GLASS. FOR EXAMPLE, IF YOU HAVE 150ML OF ORANGE JUICE AND 150ML SMOOTHIE IN ONE DAY, YOU'LL HAVE EXCEEDED THERECOMMENDATION BY 150ML.

FRUIT JUICES AND SMOOTHIES DO CONTAIN VITAMINS AND MINERALS AND CAN COUNT TOWARDS YOUR 5 A DAY. HOWEVER, THEY CAN ONLY EVER COUNT AS A MAXIMUM OF 1 PORTION OF YOUR 5 A DAY. FOR EXAMPLE, IF YOU HAVE 2 GLASSES OF FRUIT JUICE AND A SMOOTHIE IN 1 DAY, THAT STILL ONLY COUNTS AS 1 PORTION.
YOU COULD TRY FLAVOURING WATER WITH A SLICE OF LEMON, LIME, OR A SPLASH OF FRUIT JUICE. BUT WATCH OUT FOR THE SUGAR CONTENT IN SQUASH OR CORDIALS WITH ADDED SUGAR. SOME CAN CONTAIN UP TO 3 TEASPOONS OF SUGAR IN EACH GLASS."

IT IS IMPORTANT TO REMEMBER, HOWEVER, THAT EVERYONE IS DIFFERENT. THE INFORMATION HERE GENERALISED. IF YOU HAVE SPECIFIC DIETARY REQUIREMENTS OR DIETARY REQUIREMENTS BASED ON A SPECIFIC MEDICAL CONDITION OR CONCERN, PLEASE CONSULT A GP OR RELEVANT MEDICALPROFESSIONAL.

TRY AND SET YOURSELF A RELEVANT GOAL IF APPLICABLE. REMEMBER TO START SMALL AND START SMART (SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT AND TIME-BOUND GOALS). IT IS ALSO NEVER TOO LATE TO MAKE A CHANGE. WE ARE ALL STRONGER THAN WE THINK, SO DON'T GIVE UP. I WISH YOU LUCK.

SOPHIE (HEALTH AND WELLBEING COACH FOR PCN1W, CERTIFIED PERSONAL TRAINER AND NUTRITIONAL ADVISOR)

MAKE SURE YOU CHECK BACK EVERY MONTH FOR ALL YOUR HEALTH AND WELLBEING TITBITS.



APRIL 2024

PCN 1W

PATIENT NEWSLETTER



HAPPENING THIS MONTH

APRIL IS STRESS AWARENESS MONTH

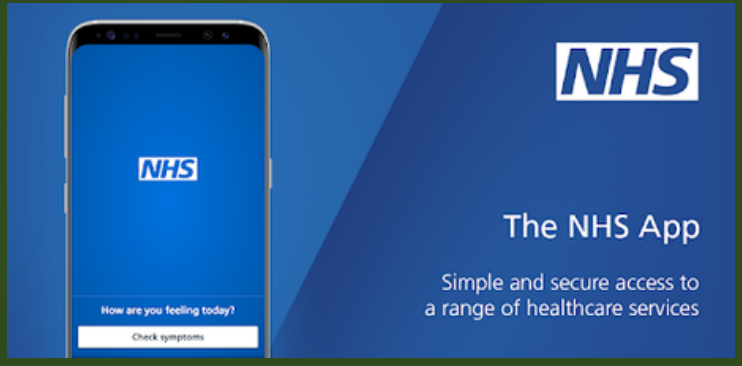
Stress Management Society
from distress to de-stress

INCREASING PUBLIC AWARENESS ABOUT BOTH THE CAUSES AND CURES FOR OUR MODERN STRESS EPIDEMIC.

VISIT: THE STRESS MANAGEMENT SOCIETY FOR MORE INFORMATION

APRIL 7TH - WORLD HEALTH DAY

APRIL 26TH - LESBIAN VISIBILITY DAY RECOGNISES AND CELEBRATES THE CONTRIBUTIONS OF LESBIANS.



https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/