



NEWSLETTER

JUNE 2023

BROMLEY HOME LIBRARY SERVICE

This free service available for any resident of Bromley who are unable to reach and use their local library. Volunteers will visit you each month, having found out what your interests and tastes are. They will then bring selected items which can include, hardback, paperback, large print and talking books; books in different languages, music CDs, DVDs and any information you need. Bromley Home Library Service is an initiative between Bromley Libraries and the Royal Voluntary Service. All RVS volunteers are trained and have current DBS checks. To find out more about this free service you can:- contact your local team on 07929742252 or email bromley.hls@royalvoluntaryservice.org.uk

KCR STARS OF JUNE

Please remember to let us know if you feel a carer goes above and beyond to be **Kind**, ensure our customers and other carers feel **Comfortable** and are being **Respectful** again to all customers and carers. To nominate a carer for a **KCR Star** please email your nomination and reason for your nomination to bromley@tucare.co.uk or you can call the office and speak to a member of the team.

This Months nominations are:
Laureen D, Valerie B,
Amanda L, Kris D, Gill R.



SHINGLES

We have been informed that there seems to be a rise in cases of shingles in the borough so we thought we would give you as much information as possible.

Shingles is an infection that causes a painful rash and is contagious. If you have any symptoms or have been in contact with anyone with shingles and are worried please call 111 as soon as possible for advice.

Just as a guide:-

The first signs of shingles can be:

- a tingling or painful feeling in an area of skin
- a headache or feeling generally unwell a rash will appear a few days later.
- Usually you get the shingles rash on your chest and tummy, but it can appear anywhere on your body including on your face, eyes and genitals.
- The rash appears as blotches on your skin, on 1 side of your body only. A rash on both the left and right of your body is unlikely to be shingles.

How long shingles lasts?

It can take up to 4 weeks for the rash to heal. Your skin can be painful for weeks after the rash has gone, but it usually gets better over time.

Vaccine

A shingles vaccine is available on the NHS for people in their 70s. It helps reduce your risk of getting shingles.

If you get shingles after being vaccinated, the symptoms can be much milder.

Ask your GP surgery if you can get the vaccine on the NHS.



TUcare

KEEPING COOL THIS SUMMER

This Summer has started off with some very hot weather and it looks like the rest of the summer could follow suit, so we have researched some of the best ways to stay cool and safe at home in high temperatures:

- Keep Blinds and curtains closed, also keeping your windows closed in extreme heat will keep the heat out (opening a window will let the hot air in)
- A cool bath or shower, or a damp cloth or a splash of water on the back of your neck can be better at cooling you down than a fan.
- Most medication should be kept below 25°C – so it might be best to keep it in the fridge when it's really hot, please check with your pharmacy if you are concerned about storage of medication in hot weather.
- Check your skin every few months and keep an eye on any moles. If you notice any changes to their colour or shape, or if they bleed, don't hesitate to go and talk to your doctor.
- Drink plenty of water to avoid getting dehydrated, but avoid alcohol as it can dehydrate you.
- Keep eating even if you're not feeling too hungry. Try to eat more food that's cold and has a lot of water in it, like fruit or salad.

If it's going to be particularly hot and you think you might struggle, Please ask for help, we all need that little extra hand when it's hot.

