

"Your Practice, Your Voice" September 2024 Newsletter



A very warm welcome to the September newsletter! We do hope that you & your loved ones have managed to enjoy a happy & healthy summer holiday, whatever you have done. At the time of writing, we know many of you will be anxiously trying to prepare for the beginning of the new school term, making sure your children are equipped with everything they need especially if they are changing schools. We know it can be a very stressful time for younger generations as well. Our thoughts are with you & we hope everything is as smooth as it can be. The same applies to anyone working in education who will have been preparing very hard for the return to work!

The UKHSA has issued an urgent warning to the entire UK just as schools go back next week. The UK Health Security Agency has urged parents to catch up on vaccinations before their kids go back on Monday or Tuesday next week as fears of a 'very nasty' disease set to return. NHS England and the UKHSA is reminding parents and carers about 'the risk of their children missing out' on protection against measles, whooping cough, meningitis and and diphtheria or polio and other 'serious diseases'.



NHS 111 offering crisis mental health support for the first time.

Millions of patients experiencing a mental health crisis can now benefit from [support through 111](#), the NHS has recently announced. The change means the NHS in England is one of the first countries in the world to offer access to a 24/7 full package of mental health crisis support through one single phone line.

People of all ages, including children, who are in crisis or concerned family and loved ones can now call 111, select the mental health option and speak to a trained mental health professional. NHS staff can guide callers with next steps such organising face-to-face community support or facilitating access to alternatives services, such as crisis cafés or safe havens which provide a place for people to stay as an alternative to A&E or a hospital admission.



Previously, local health systems had their own separate phone lines, which were fast-tracked during the pandemic and took around 200,000 calls per month. For people who need support at A&E, if there is a risk to life, every emergency department in England now also has a liaison psychiatric team available to offer specialist care.

NHS Talking Therapy Services are also available for people who need help with other mental conditions such as anxiety, depression, obsessive compulsive disorder and PTSD and anyone can refer themselves [online via NHS.uk](#) or by [contacting their GP](#).

The NHS continues to advise people to [call 999](#) if there is a serious risk to life.

A full list of mental health support options is available via the [NHS.uk website](#). The service is also suitable for deaf people, with tailored services available via the [NHS 111 website](#). Free listening services are also provided by charities such as [The Samaritans](#) or [Shout Crisis text line](#).

A mental health crisis is traumatic & disorientating, & getting help as quickly as possible is vital.

The Garden City Practice

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PATIENTS' VOICES

Helping you live healthier



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Awareness days & themes for September

Urology awareness month : celebrated every year to raise awareness about urology diseases including bladder, kidney, prostate & male reproductive cancers as well as non-malignant conditions such as incontinence, urinary tract infections, erectile dysfunction & kidney stones.

This year, The Urology Foundation is focusing on Men's urology health. For further information please visit www.theurologyfoundation.org



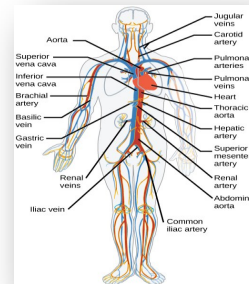
World Alzheimer's awareness month: raises awareness of Alzheimer's disease and Dementia. You can find out how to participate in events, educate yourself, & support those affected, & challenge the stigma that persists around these conditions. Everyone is invited to wear a purple ribbon & a quantity of these will be available for free at reception, please do help yourself. Further information can be found at www.alzheimers.org.uk



Blood cancer awareness month: There are many types of blood cancer & in keeping with all other cancers, screening & early intervention can make a huge difference & save lives. A wealth of resources can be found at <https://bloodcancer.org.uk>

Vascular disease awareness month: September marks awareness of vascular disease, the collective term for diseases of the veins & arteries. One of the most common conditions is hypertension or high blood pressure. Have you tried the blood pressure machine in the waiting room? It is very straightforward to use, & you are more than welcome to measure your blood pressure at any time during surgery opening hours. "Knowing your numbers" is crucial, & frequent measurement can benefit all.

For further information about all types of vascular disease please visit www.circulationfoundation.org.uk



Coming soon: Flu clinics

This year seems to have raced past! The practice will be contacting you in the coming weeks to offer seasonal flu & other booster appointments.



Just a reminder of services that can help when the practice is closed:

- **NHS 111** For both physical & mental health issues
- **Herts urgent care: QEII Hospital, Welwyn Garden City**
- **Any of the local pharmacies**

See you in October!!!