

The Garden City Practice

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PATIENTS' VOICES

Helping you live healthier



"Your Practice, Your Voice" October 2024 Newsletter

"No Mind Left Behind"

www.mind.org.uk is one of the biggest online resources devoted to assisting those with poor mental health. We do face significant challenges in the UK especially after the pandemic which also had an impact on many people previously unaffected. With waiting lists still very high, resources provided by Mind and other organisations are vital.



COUNSELLING SERVICES



www.hpft.nhs.uk provides mental health and learning disabilities inpatient care and treatment in the community for young people, adults and older people in Hertfordshire. You can access these services through your GP or by contacting our single point of access (SPA).

WORLD MENTAL HEALTH DAY 10th OCTOBER

Welcome to the October newsletter, we hope this finds you in good health. In this edition, we concentrate on mental health, including signposting to resources to help those with a variety of issues. Whilst much of the stigma surrounding this subject has reduced, there is still a long way to go to enable people to feel more confident in seeking help either via the NHS or other accredited services. Life can be challenging, stressful and lead to feelings of isolation or being unable to cope. It is important to remember, as best you can, that "It's okay to not be okay". Many of us also care for others who suffer with poor mental health either occasionally or all the time. In itself this can sometimes prove overwhelming; please do reach out to the practice if you are a Carer. You may have a good support network but if you feel you would benefit from extra support please also reach out to www.carersinherts.org.uk, a truly kind hearted organisation.



NHS 111 now offers help either by telephone or online. If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment.

It's important to know that support services are available for you to access, whatever you're going through.

111 will tell you the right place to get help. You may be able to speak to a trained mental health professional over the phone. A GP can advise you about helpful treatments and also help you access mental health services. You may be able to refer yourself to some services.

One website offering support for your children is www.youngminds.org.uk. The theme for this year is "Hello Yellow" and this site provides resources and a free fundraising kit to reassure children and young people they are not alone with their mental health issues.

"We can all if needed be a Counsellor for each other"if you notice a difference in someone's mood or behaviour, either family, friends or work colleagues? You may be able to help them just by asking "Are you okay?". It could make a massive difference. It's not for everyone but for some it's everything.



NHS For Me app launched

Childline's new app is free, secure and designed by young people for young people with 1-2-1 counselling, chat and message boards

[#HertsCAMHS](https://twitter.com/HertsCAMHS)

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Awareness days & themes for October



Influenza and covid booster clinics will be held in the coming weeks. If you are eligible you will receive an invitation from the practice with an appointment date and time. A one way system usually operates through the waiting rooms.

Whilst you are waiting why not check your blood pressure using the machine in the bluebell waiting room? It is very easy to use and a good idea to "know your numbers". You can find more information at www.bloodpressureuk.org.



Back Care awareness week: 7th to 12th . This week focuses on awareness of the problems back pain can cause, as well as prevention and treatment. Organised by the charity Back Care, it provides an opportunity to emphasise the importance of looking after our backs. For further information visit backcare.org.uk.



Breast Cancer awareness month. Whatever your experience of breast cancer is, you will find a wealth of resources at breastcancer.org; this site is here to help you understand the signs and the symptoms. Screening and early intervention are both crucial. Further information can be found at cancerresearchuk.org.



"Speak up month"

A national campaign to illustrate the part which we all play in fostering a culture where people can speak up and be confident they will be listened to. Further information can be found at nationalguardian.org.uk



Sober October: Get involved in Sober October by going alcohol-free in October to raise money for people with cancer, via MacMillan Cancer Support. For further information please visit www.gosober.org.uk

MACMILLAN
CANCER SUPPORT

National Cholesterol Month: Almost half of UK adults have raised cholesterol which can lead to heart disease. For further information please refer to www.heartuk.org.uk



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 November!!!