



# MIDDLESTOWN PATIENT PARTICIPATION GROUP



Our next *One Day Event* starts at 9.30am on Thursday 27 April with the theme of Mental Health Awareness. Please come along and talk to the two groups mentioned in the articles below.



**Creative Minds** is a charity hosted by South West Yorkshire NHS Foundation

Trust, which develops community partnerships and co-funds creative projects across our localities of Wakefield, Kirklees, Calderdale and Barnsley and in forensic services. It utilises creative activities delivered in partnership with Trust staff, service users/carers and local creative organisations to increase confidence, develop skills and restore hope, meaning and purpose to the lives of people who use Trust services and our community, mainly working with people with mental health problems and learning disabilities.

Co-production is at the heart of Creative Minds and we would like more community organisations and groups to help us to develop new projects and build on the success of this approach. We would welcome any creative ideas covering arts, sports, horticulture, outdoor pursuits and other recreation and leisure activities. This challenge is open to anyone and the best projects are driven by people with passion for an activity; if it works for you it will probably work for others. Really looking forward to hearing your ideas and working out how we take them forward together.

For more information on current projects in your area please go to [www.creativemindsuk.com](http://www.creativemindsuk.com) or email [Creativeminds@swyt.nhs.uk](mailto:Creativeminds@swyt.nhs.uk) and we can send you our current newsletter and magazine. If you have ideas about projects e-mail us on the above or contact 01924 327567. Or come and see us at the Middlestown PPG event.

## TURNING POINT TALKING THERAPIES

Feeling anxious, low or stressed?

We can offer free help

If you are aged 18 years or older and are registered with a GP surgery in the Wakefield District, you can access Turning Point Talking Therapies by contacting us directly. This Talking Therapy service is delivered by Turning Point in partnership with NHS Wakefield Clinical Commissioning Group.

There are many ways that Turning Point Talking Therapies can help you to improve your wellbeing. Everyone who refers themselves for help will receive a screening assessment. This is normally 30-40 minutes and can take place over the telephone or face-to-face. After this screening assessment the clinician will discuss with you which options they feel would best meet your needs. These are the therapies we offer, they are all evidence based and recommended by the National Institute of Clinical Excellence (NICE) guidelines:

**Low Intensity CBT Therapy:** Guided self-help; Computerised Cognitive Behavioural Therapy (cCBT)

**High Intensity Therapies:** Cognitive Behavioural Therapy (CBT); Interpersonal Therapy (IPT); Counselling for Depression (CFD); Eye Movement Desensitisation and Reprocessing (EMDR); Group Therapy and Workshops

**Therapy Groups and Workshops:** Healthy Living Workshops; Group Therapy and Courses; Public access self-help workshops - no assessment required - just book on!

**Other forms of support:** Employment support; Self Help Booklets

At Middlestown Medical Centre we run a fortnightly drop-in session where you can discuss making a referral into the service and book an assessment appointment. If you would like to attend the drop in then please ask your GP, nurse or other health care professional to book you in.

**Contact us:** Telephone: 01924 234860

Email: [wakefield.talking@turning-point.co.uk](mailto:wakefield.talking@turning-point.co.uk)

Address: 57 Kirkgate, Wakefield WF1 1HX

Web: <https://talking.turning-point.co.uk/wakefield>

## Patient Participation Group Annual General Meeting

7pm on Thursday 25 May 2017  
at Middlestown Medical Centre

Complimentary Coffee & Cake

**ALL PATIENTS VERY WELCOME**



# THE HERBERT PROTOCOL

Safe & Found

*'These new measures will really help the police to act quickly and find someone who has gone missing.....'*  
Judith Gregory, Alzheimer's Society  
Operations Manager, Yorks & Humber

## Do you care for someone with Dementia & worry they may go missing?

For people living with someone with dementia this could be quite common. The Herbert Protocol could give you some peace of mind. The Protocol is a national scheme which encourages carers to compile useful information which could be used in the event of a vulnerable person going missing. The idea is to complete a form recording all vital details such as medication, mobile numbers, places previously located, a photograph etc. In the event when your family member or friend goes missing the form can be easily sent or handed to the police to reduce the time taken in gathering this information. People still need their independence and the Herbert Protocol can help to reassure their family and friends that if their loved one does go missing, they can pass relevant information quickly to the police.

Find out more at: [www.westyorkshire.police.uk/dementia](http://www.westyorkshire.police.uk/dementia)



## Systmonline

Online access to manage your care

With **Systmonline** you can -

- View and book appointments
- View and order repeat medication
- Update your details
- View your Summary Medical Record



If you are interested ask at Reception at any of the three surgeries for an application form and more details. You will also find more details on the Practice website at [www.middlestownmedicalcentre.nhs.uk](http://www.middlestownmedicalcentre.nhs.uk) under the Resource, Policies and Information tab.

## Making an Appointment when you feel you need to see a doctor quickly

A daily call back service is operated at Middlestown on 01924 237100 (Monday to Friday). When you contact the surgery the receptionist will take your name, address and contact telephone number and will also ask for a brief description of why you want the appointment with the doctor or nurse. This information is optional, however any information you choose to provide does help the clinicians prioritise the call backs they make.



## NEWS FROM THE PRACTICE

On 31 March 2017 Dr David Smith is retiring as a partner of the practice. Although as a valued member of the team we are all sad Dr Smith is stepping down, we are fortunate that the practice and patients will continue to benefit from Dr Smith's expertise and experience, as he will continue to work seeing patients in a reduced capacity. Dr Laura Darby will take over as partner from 1<sup>st</sup> April increasing her time in practice to maintain the current appointment capacity.

We have also recruited 2 new members to the nursing team to build on what is our most valued of assets. We look forward to welcoming Leon Richford, Advanced Nurse Practitioner who starts with us in April and Clare Reed, Practice Nurse who we were pleased joined us at the end of 2016.

As we continue to develop services to best serve the population, your help and support is much appreciated. If you could please consider 3 key areas:

- Ensuring your personal information is correct so we have your preferred contact details. For example, has your mobile number changed?
- Registering for on-line services and using these appropriately. If unsure about booking / cancelling an appointment on-line or ordering your repeat medications, please give us a call.
- Please take care to look after yourself - we hope not to see you too soon.



**TIP FOR A HEALTHY LIFESTYLE:** Cut back on salt. If everyone in the UK cut back by 3g of salt a day, it would prevent 10,000 deaths and a further 10,000 events such as heart attacks and strokes each year. Processed foods are the biggest source of salt in our diets, so read food labels and choose lower-salt options, or make food from scratch instead of buying ready-made versions.

Next Newsletter  
due 17 July  
and next  
One Day Event  
27 July 2017