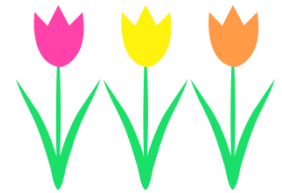


MIDDLESTOWN PATIENT PARTICIPATION GROUP



Spring 2019 Newsletter

Our next One day Event is Thursday 11 April from 09.30. Our topic for this Event is Mental Health, including Children and Young People.

With reports of an increasing number of children and young people being diagnosed with a Mental Health issue we are bringing advisers from the Child & Adolescent Mental Health Service (CAMHS) into the surgery for this event. They will be joined by advisers from the Mental Health Services for Adults with the South West Yorkshire Partnership Foundation Trust and an adviser from Turning Point who have a service based in Wakefield.

One of the features of this Event is our response to what you, the patient, have said to us, concerning the care of young people who have difficulties and need help. We are fortunate to have the services of CAMHS in the surgery for you to come along and talk with and find out what service, and support is available for young people and their families.

You do not need an appointment for this Event, simply come along on the day and speak to people with specialist knowledge who may be able to help. There will also be information for you take away with you.

A DATE FOR YOUR DIARY

The PPG AGM will be held on Thursday 23rd May, 2pm at Middlestown Medical Centre.

The PPG's main aim is to be a bridge between patients and the practice; to pass on information to patients and feedback comments you may have to the practice. Our main way of doing this is by holding events where we have varied groups in the surgery. Our PPG members are also regularly in the surgery where they are available for you to speak with.

We are always looking for new members to join the PPG - come along to the AGM to find out more or ask at Reception.

Child and Adolescent Mental Health Service (CAMHS) Wakefield

Wakefield CAMHS provides assessment, interventions and support to children, young people and their families who are suffering from significant mental health or behavioural problems. They may present with a range of issues including: Depression, Self-harm, Severe anxiety (including obsessive compulsive disorder), Eating disorders (such as anorexia nervosa or bulimia), Psychosis (in those aged under 14), Bipolar affective disorder, Severe emotional problems, Attachment difficulties, Severe behavioural problems, Tic disorders, Autistic spectrum conditions (in those aged over 14), Significant family communication problems

All requests for service into CAMHS are screened by the Single Point of Access team for eligibility, risk and urgency.

The service is split into two main teams that cover the east and west of Wakefield:

Wakefield CAMHS - East Team

Airedale Health Centre
The Square
Fryston Road
Castleford WF10 3JJ
Tel: 01977 735900
(Airedale Health Centre)

Wakefield CAMHS - West Team

Drury Lane Health & Wellbeing Centre
Drury Lane
Wakefield WF1 2TE
Tel: 09124 316950
(Drury Lane, Wakefield)

Hours: Monday to Friday, 9am to 5pm. Our out of hours service is always open.

The next PPG Newsletter due 8th July 2019.

Next One Day Event is 18th July 2019 - Managing a Healthy Lifestyle.



Adult Mental Health Services - Single Point of Access (SPA) Wakefield

The SPA team in Wakefield acts a streamlined point of contact for all secondary mental health referrals in the area. Acting as the sole point of contact for referrers the team are able to signpost service users accurately to the correct service in a timely and effective manner. This helps to avoid multiple referrals and clears up any uncertainty surrounding an individual's fulfilment of referral criteria. The SPA team can be found at -

Drury Lane Health & Wellbeing Centre, Drury Lane, Wakefield WF1 2TE

Tel: 01924 316 900 Fax: 01924 299134 / 01924 366535 Hours: Monday to Friday, 9am - 6pm.

2019 Practice Training: surgery closed from 12 noon on Wednesdays, until 8.30am the following day on 24 April, 15 May, 19 June, 17 July, 18 September, 16 October, 13 November.

NHS DIABETES PREVENTION PROGRAMME

I received an invitation, via the Middlestown Medical Centre, to sign up for a NHS Diabetes Prevention Programme. It was offered because I had been identified with prediabetes and therefore at risk of developing Type 2 diabetes.

I joined the programme, designed to help lifestyle changes which reduce the chances of developing diabetes. It focused on weight reduction and management, a healthy diet and being physically active. As a PPG member and experienced adult educator I also welcomed the opportunity to experience and 'test-out' NHS educational provision.

The course was well-taught encouraging participation and enjoyment. It was supported by a comprehensive file of material: one for each group member. Well designed, attractively presented and broken down into manageable units, I was able to understand the information. This explored different lifestyle changes and making them part of everyday life.

The programme comprises eighteen hour-long sessions, extending over nine months. The frequency decreases as the course progresses. Inevitably, given the course length, people dropped out, but a significant number committed people remained.

My criticism concerns course administration. Part-way through the programme, and without consultation, Reed Momenta (the course organisers) altered session dates. Due to prior commitments this affected several people, and personally it meant that I had to change group, day and venue to continue the course. Now located further away from home, I was only able to attend because I have my own transport. Indeed, people dependant on public transport may find difficulty in reaching course venues which are situated a distance from the Middlestown Medical Centres. Maybe running a short course at our central surgery may help.

Did it work? I've lost weight (with the additional support of Weight Watchers!) and have increased physical activity. My blood count remains the same - but it's at the lower end of the 'at risk window'. I persevere!

Anne Young, PPG Member

TURNING POINT

Catherine Crossley, Interpersonal and Couples Therapist, has been working for Turning Point Talking Therapies for 2½ years in the role of Interpersonal Therapist and Couples Counsellor. She works with people who are suffering with depression, which is either caused by grief, major life changes, disputes or on-going relationship problems. She completed her original counselling training in 2000 and has been working as a therapist within Primary Care settings since 2003. She also runs workshops for Turning Point clients on topics such as Mindfulness, Improving Sleep and Grief as well as attending the Bereavement Forum meetings with other local organisations.

HAYFEVER, a common condition, also known as seasonal allergic rhinitis, affects around 1 in 5 people in the UK, often runs in families and is more likely to affect people who suffer from asthma and eczema. It is an allergic condition where the body's immune system overreacts to substances which are usually harmless, e.g. pollen from grasses, flowers, weeds or trees. Symptoms include sneezing, itchy, blocked or runny nose, red, itchy, puffy or watery eyes, itchy throat, headaches and sinus pain, fatigue.

Symptoms tend to be less severe if you reduce your exposure to pollen. The following may help when the pollen count is HIGH:

- ✓ Stay indoors as much as possible and keep windows and doors shut.
- ✓ Avoid cutting grass, large grassy places and camping.
- ✓ Shower and wash your hair after being outdoors, especially after going to the countryside.
- ✓ Wear wraparound sunglasses when you are out.
- ✓ Keep car windows closed and consider buying a pollen filter for the air vents in your car. These should be changed at every service.

The commonly used hay fever treatment options are Antihistamine tablets e.g. cetirizine, loratadine, acrivastine (non-drowsy), Piriton (drowsy); Steroid nasal sprays e.g. Beconase, Pirinase; Antihistamine nasal sprays; Eye drops e.g. Opticrom. Most of these can be purchased over the counter from your local Pharmacy.

If your hay fever symptoms are not controlled on the medication you are taking after 2-4 weeks, you should discuss this with your doctor. You may need to try a different treatment or add in another treatment.

If you are taking hay fever medication regularly and your hay fever is well controlled on your current treatment, you should continue this treatment until the end of the pollen season.

TIPS FOR HEALTHY EATING No.7



Don't skip breakfast: Some people skip breakfast

because they think it will help them lose weight. In fact, research shows that people who regularly eat breakfast are less likely to be overweight. Breakfast has also been shown to have positive effects on children's mental performance and increase their concentration throughout the morning.

A **healthy breakfast** is an important part of a balanced diet, and provides some of the vitamins and minerals we need for good health. A **wholegrain, lower-sugar cereal** with fruit sliced over the top is a tasty and nutritious breakfast.