

# NEWSLETTER

## WELCOME TO OUR SUMMER EDITION!

Summer has arrived and we hope this newsletter finds you well and in good health. This season, we are focusing on how you can make the most of our services, support available to you, and some essential self-care tips to keep you healthy and happy.

Our NHS GP Practice offers a wide range of services to ensure you receive the care you need. From routine check-ups and vaccinations to mental health support and chronic disease management, we are here to assist you. Remember, if you need to book an appointment, you can do so online through our website or by calling our reception. On occasions we offer extended hours to accommodate your schedules better.

Additionally, our practice nurses and healthcare assistants are available for consultations about managing long-term conditions, preventive care, and lifestyle advice.

**NEW  
UPDATE**

### TELEPHONE SYSTEM

We are excited to announce our phone system has been updated to improve your experience of calling the practice. If you find yourself waiting in the queue, you can now press 0 to request a call back. Our system will automatically call you back when you reach number one in the queue, so you don't have to wait on hold. Listen to all the option available to be redirected to the correct service.

### Main Switchboard: 01827 217799

#### Option 1: Urgent Appointment Request

Please make routine appointment requests at [www.holliesmedical.co.uk](http://www.holliesmedical.co.uk) and a clinician will review your request.

#### Option 2: Cancellation

The cancellation service allows us to reallocate your appointment, even on same day appointments.

#### Option 3: General Enquiries/Test Results

Referrals follow this up with the hospital or health centre you have been referred to.

#### Option 4: Prescription

For routine repeat prescriptions please contact your usual pharmacy, request via our website or on the NHS App.

#### Option 5: Home Visits

Home visits are strictly for patient that are housebound and cannot be mobilised.

#### in this issue

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**OPEN**

### OPENING HOURS

Please be aware the practice door does not open until 8.30am and we are unable to book on the day appointments by phone between 8-8.30am.

Monday	08:00 – 18:30
Tuesday	08:00 – 18:30
Wednesday	07:00 – 18:30
Thursday	07:00 – 18:30
Friday	08:00 – 18:30
Weekend	<b>CLOSED</b>

**Reception will closed for lunch  
between 12.45pm-1.45pm**

Extending hours will be offered in conjunction with the Mercian Network.

### URGENT CARE

If you do not feel it is a medical emergency, call 111.

Medical advice is always available by calling 111.

**CALL  
111**

**Call 999  
for emergencies.**



## DOCTORS

Dr. Steve Davies  
Dr. Gibu Koshy  
Dr. Annabel Olojede  
Dr. Bharathi Pai  
Dr. Keith Jay

Dr. Rohit Choudhary  
Dr. Clare Swaebe  
Dr. Laura Welch  
Dr. Leeanne Minto  
Dr. Linsey Murdock (maternity)

## THE HOLLIES CLINICAL AND ADMINISTRATION TEAM

### CLINICAL TEAM



#### SPECIALIST PARAMEDIC

##### PRACTITIONER:

MATTHEW HOWE

##### SENIOR PRACTICE NURSE:

SARAH GOZZARD

##### NURSES:

ANNETTE BROTHERHOOD

SIAN GIBBINS

##### NURSING ASSOCIATES:

REBECCA BAKER

##### HEALTH CARE ASSISTANTS:

ABBI SMITH

EMMA ANDREWS

JULIE HUMPHRIES

##### PHARMACY TEAM:

FALLON LLEWELLYN

HAJIRAH REZE (MATERNITY LEAVE)

RUPINDER CHEEMA

SIMRET NEER

### ADMINISTRATION TEAM



#### PRACTICE MANAGER:

SHARON TAYLOR

#### OFFICE MANAGER:

KATHRYN ARMSTRONG

#### PRACTICE ACCOUNTANT:

ANNEMARIE RIJSWIJK

#### COMPLIANCE COORDINATOR:

LAURIE PRIESTNALL

#### MANAGEMENT ASSISTANTS:

JANE MCMINN

#### IT AND QUALITY COORDINATOR:

ELARA EDWARDS

#### CARE COORDINATORS:

NIA MULLEN (MANAGEMENT ASSISTANT)

GEMMA COOPER

#### WORKFLOW COORDINATORS

AMANDA

RACHEL

#### PATIENT SERVICE TEAM LEADER:

KATY HOWES

#### PRACTICE ADMINISTRATORS:

ALISON

BONNIE

KATHERINE

SOPHIE

SUE

#### PATIENT SERVICES:

ALEXANDRA

ALLISON

ANN-MARIE

BECKY

EMILY

HAYLEY

JAYNE

JULIE

LAUREN

LEONIE

SHARON A

#### PATIENT DATA ADMINISTRATORS:

ANNE

EMMA

KATARZYNA

LAURA

LOUISE

LUCY

MICHELLE



### COMMUNITY SERVICES

**DISTRICT NURSES:** 0300 124 0347

**MIDWIVES:** 01827 263870

**HEALTH VISITORS & SCHOOL NURSE:**

0808 178 0611

## Self-Care Tips for Summer

Summer is a time for outdoor activities and relaxation, but it's also important to take extra care of your health during this season. Here are a few tips to keep you feeling your best

#### Stay Hydrated:

Drink plenty of water, especially if you're spending time outdoors. Dehydration can lead to various health issues, so keep a water bottle handy.

#### Sun Protection:

Use sunscreen with at least SPF 30, wear a hat, and seek shade during peak sun hours (10 am to 4 pm). Protecting your skin from UV rays can prevent sunburn and reduce the risk of skin cancer.

#### Stay Active:

Take advantage of the good weather by engaging in outdoor activities like walking, cycling, or swimming. Regular physical activity is crucial for maintaining a healthy body and mind.

#### Mental Well-being:

Summer can be a great time to reconnect with nature and loved ones. Whether it's a beach trip, a picnic in the park, or simply a walk in the countryside, make sure to take time for yourself and unwind.

**Healthy Eating:** Enjoy the abundance of fresh fruits and vegetables available in summer. Eating a balanced diet helps maintain your energy levels and supports overall health.



# SUMMER SCHOOL HOLIDAY FUN AND FITNESS

Summer school holidays are a fantastic time for children to relax, play, and enjoy some much-needed time away from the classroom. However, it's also important to ensure that they stay healthy and active during this period. The NHS provides several key pieces of advice to help parents and guardians ensure their children make the most of their summer break while maintaining their health and well-being.

First and foremost, staying physically active is crucial. The NHS recommends that children and young people aged 5 to 18 should aim for at least 60 minutes of physical activity each day. This can include activities such as cycling, swimming, playing sports, or even just running around in the park. Physical activity not only helps in maintaining a healthy weight but also supports mental well-being, reduces stress, and improves sleep patterns. Encouraging children to spend time outdoors can also help them get their daily dose of vitamin D from sunlight, which is essential for bone health.

Nutrition is another critical area to focus on during the summer holidays. With the change in routine, it's easy for eating habits to slip. The NHS suggests maintaining a balanced diet that includes a variety of fruits, vegetables, lean proteins, and whole grains. Limiting the intake of sugary snacks and drinks is also important. Hydration should not be overlooked, especially during hot weather. Children should be encouraged to drink plenty of water throughout the day to stay properly hydrated.

Lastly, mental health should be given equal importance. The unstructured time of summer holidays can sometimes lead to feelings of boredom or isolation. It's beneficial to plan a mix of activities that stimulate both the mind and the body. This can include reading, engaging in creative hobbies, or spending quality time with family and friends. Open communication is key; encourage children to talk about their feelings and ensure they know it's okay to seek help if they're feeling overwhelmed or anxious. By following these simple yet effective tips from the NHS, parents and guardians can ensure that their children have a fun, active, and healthy summer holiday.



## HOLIDAY ACTIVITIES AND FOOD

**FREE**

### Holiday Activities and Food



**The Holiday Activities and Food Programme (HAF) delivers inclusive activities and a hot meal over the school holidays for children aged 5 – 16 years who are eligible for benefit related school meals.**

If your child is eligible, they can have up to sixteen free places on our Holiday Activities and Food (HAF) programme and you will receive an email or letter with your child's unique 'HAF' code.

We have funded local organisations to develop a timetable of enriching activities where children will get the opportunity to try new things, work on arts and crafts, cookery and sport as well as receive a hot meal wherever possible.

To find out more visit Staffordshire County Council Website. If you feel you are eligible and have not received an email or letter please visit:

<https://www.staffordshire.gov.uk>

**ELIGIBILITY: CHILDREN AGED 5 - 16 YEARS WHO ARE ELIGIBLE FOR BENEFIT RELATED SCHOOL MEALS.**

# Spirometry Appointment

60  
min

A spirometry test is an essential diagnostic tool used by clinicians to help diagnose lung conditions such as asthma or Chronic Obstructive Pulmonary Disease (COPD). If your clinician has referred you for this test, here's what you need to know:

**Pre-Appointment Screening:** Approximately 48 hours before your appointment, one of our care coordinators will contact you by phone to complete a short screening questionnaire. This is to ensure that you are able to proceed with the spirometry test.

**Appointment Details:** Each spirometry appointment lasts one hour. If you are unable to attend or are unwell on the day of your appointment, please remember to cancel. This allows us to offer the slot to another patient in need.

**How to Cancel:** To cancel your appointment, please call 01827 217799 and select option 2, 'cancel appointment'. Alternatively, you can respond to the text reminder, notifying us that you need to cancel.

*Some conditions may prevent the test from taking place. Currently there is a 6 month waiting list.*

**SPIROMETRY TESTING TAKES 60 MINUTES TO COMPLETE, PLEASE ALLOW TIME.**

**! IF YOU CANNOT ATTEND PLEASE CANCEL AND WE CAN OFFER IT TO SOMEONE ON OUR WAITING LIST. !**

## DID YOU KNOW?

Over the last 3 months unfortunately we had a total of:

**621\* APPOINTMENTS WHERE PATIENTS DID NOT ATTEND**

**OUT OF 621 APPOINTMENTS WHERE PATIENTS DID NOT ATTEND (DNA)**



**237\***

**DOCTORS APPOINTMENTS WERE MISSED**



**388\***

**TREATMENT ROOM APPOINTMENTS WERE MISSED**



**237\* DOCTORS APPOINTMENTS DNA**

Quite surprisingly we had **116 of Urgent/Same Day** appointments where patients did not attend.



We understand that patients symptoms may worsen meaning they have to seek help in another health care setting.

If this happens we ask that you, a friend or family member cancel your appointment so we can release it for someone in need.

**ESTIMATED COST OF £26,000\* TO THE NHS**

Most importantly people who need a GP appointment, struggle to get one and this has a knock on effect by adding additional pressures elsewhere within the NHS.

\*Study estimated that, in 2021/22, the average nine-minute GP face-to-face consultation costs £42.  
[www.england.nhs.uk](http://www.england.nhs.uk)



*We appreciate that patients symptoms or circumstances change. We have made the cancellation process easy and you can cancel by any of the methods below:*

1. Respond on your text reminder
2. Call 01827 217799, press option 2
3. Visit our website
4. Cancel via NHS app



# APPOINTMENT STATISTICS FOR THE MONTHS OF APRIL, MAY & JUNE 2024

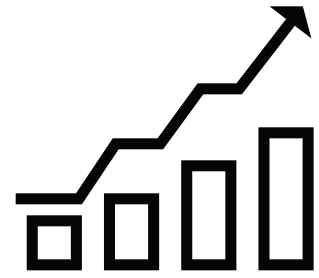
Over the last 3 months we have delivered a total of:



**12182**  
FACE TO FACE  
APPOINTMENTS



**2603**  
TELEPHONE  
APPOINTMENTS



Royal College of  
General Practitioners



**Armed Forces veteran  
friendly accredited  
GP practice**



**We are an Armed  
Forces veteran friendly  
accredited GP practice.**

**If you are ex-forces, please  
let your GP know to help  
ensure you are getting the  
best possible care.**

To find  
out more,  
ask your  
nurse or GP.



[www.nhs.uk/armedforceshealth](http://www.nhs.uk/armedforceshealth)

**Visit our website for more information or contact your GP**

[www.holliesmedical.co.uk/digitalpractice/wellbeing-centre/resources-for-veterans/](http://www.holliesmedical.co.uk/digitalpractice/wellbeing-centre/resources-for-veterans/)

## WHAT IS A VETERAN?

A veteran is anyone who has served for at least one day in the Armed Forces, whether as a regular or reservist. It means the same as 'ex service personnel' or 'ex-forces', although not all veterans know the term or choose to associate with the term 'veteran'. Younger veterans might refer to themselves as 'ex-forces', in the belief that a veteran is someone who fought in the First / Second World War.



## Diabetes and Pregnancy Staffordshire & Shropshire Eye Screening

Do you have Type 1 or  
Type 2 Diabetes?

Pregnant patients with type 1 or type 2 diabetes are offered additional tests for diabetic retinopathy as the risk of serious eye problems is greater in pregnancy.

### Did you know...?

You can reduce the chance of any retinopathy developing or progressing by keeping good control of your diabetes and blood pressure and not smoking during pregnancy?

To notify us that you are pregnant, book or re-arrange an appointment please contact us:

0300 303 0887

diabeticeye@mpft.nhs.uk

Staffordshire & Shropshire  
Diabetic Eye Screening



@WellnessMPFT



# Routine immunisations

## SCHOOL-AGED CHILDREN

Certain groups of people will be offered Covid-19 boosters during the year. Check eligibility at [www.nhs.uk/conditions/vaccinations/](http://www.nhs.uk/conditions/vaccinations/)

<p><b>HPV vaccine</b></p> <p><b>Ages 12 to 13 years old (school Year 8)</b></p> <p><b>Diseases protected against:</b> <b>Human Papilloma Virus</b> - a common virus that's spread through skin contact. Some types are linked to an increased risk of certain types of cancer and can cause genital warts.</p>	<p><b>3-in-1 teenager booster vaccine</b></p> <p><b>Ages 13 to 14 years old (school Year 9)</b></p> <p><b>Diseases protected against:</b> <b>Tetanus</b> - a serious, life-threatening condition caused by bacteria getting into a wound. <b>Diphtheria</b> - a highly contagious infection that affects the nose, throat, and sometimes the skin. <b>Polio</b> - serious infection caused by a virus that spreads easily from person to person.</p> <p>MMR status should also be checked before university / college.</p>	<p><b>MenACWY vaccine</b></p> <p><b>Ages 13 to 14 years old (school Year 9)*</b></p> <p><b>Diseases protected against:</b> The 4 types of bacteria that can cause meningitis and septicaemia (blood poisoning).</p> <p><small>*A catch up may be offered up to age 15 (school Year 10) if the Year 9 dose is missed.</small></p>	<p><b>Flu vaccine</b></p> <p><b>School aged children (Reception to Year 11)</b></p> <p><b>Diseases protected against:</b> The children's flu vaccine is offered every year in autumn or early winter to protect them from flu. Children having the flu vaccine also helps stop them spreading it to others.</p>
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You'll need a new set of immunisations with each pregnancy. Check eligibility at [www.nhs.uk/conditions/vaccinations/](http://www.nhs.uk/conditions/vaccinations/)

## PREGNANT WOMEN

<p><b>Inactivated flu vaccine</b></p> <p><b>At any stage of pregnancy during flu season</b></p> <p><b>Diseases protected against:</b> The flu vaccine protects you and your baby from complications of flu.</p>	<p><b>Whooping cough (pertussis) dTaP/IPV (Boostrix-IPV) vaccine</b></p> <p><b>From 16 weeks pregnant (ideally between 16 and 32 weeks)</b></p> <p><b>Diseases protected against:</b> <b>Whooping cough (pertussis)</b> - getting vaccinated while you're pregnant is highly effective in protecting your baby from developing whooping cough in the first few weeks of their life. Also protects against <b>polio, diphtheria</b> and <b>tetanus</b>.</p>
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Certain groups of people may be eligible for other vaccinations depending on their individual status, for example pregnant women, care home residents, carers, people who are immunosuppressed or have other certain long-term health conditions. Certain groups of people will be offered Covid-19 boosters during the year. Check eligibility at [www.nhs.uk/conditions/vaccinations/](http://www.nhs.uk/conditions/vaccinations/)

## ADULT IMMS

<p><b>Pneumococcal vaccine</b></p> <p><b>Ages 65 and over (one dose).</b></p> <p><b>Diseases protected against:</b> The pneumococcal vaccine helps protect against serious illnesses like <b>pneumonia, sepsis</b> and <b>meningitis</b>. It can also help protect against other illnesses such as <b>sinusitis</b> and <b>ear infections</b>.</p>	<p><b>Shingles vaccine</b></p> <p><b>Adults turning 65, those aged 70 to 79 and those aged 50 and over with a severely weakened immune system.</b></p> <p><b>From 1 September 2023, you can be eligible for the shingles vaccine when you turn 65.</b> If you turned 65 before 1 September 2023, you'll be eligible for the shingles vaccine when you turn 70.</p> <p><b>Diseases protected against:</b> The shingles vaccine helps protect against <b>shingles</b>. Shingles is a common condition that causes a painful rash. It can sometimes lead to serious problems such as long-lasting pain, hearing loss or blindness.</p>	<p><b>Flu vaccine</b></p> <p><b>Aged 65 years and over (given every year after turning 65 during flu season).</b></p> <p><b>Diseases protected against:</b> The flu vaccine helps protect against <b>flu</b>, which can be a serious or life-threatening illness. It's offered every year to people at higher risk of getting seriously ill from flu.</p>
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It's important that vaccines are given on time for the best protection, but if you or your child missed a vaccine, contact your GP to catch up [www.holliesmedical.co.uk](http://www.holliesmedical.co.uk).

## USE YOUR 10 MINUTE APPOINTMENT WISELY



### HELPFUL TIPS

- 1 Jot down the key points of any symptoms you're experiencing, and how it's affecting your daily life.
- 2 If you have more than one concern, prioritise them and decide which one is the most pressing to discuss.
- 3 Be open to your GP's advice and recommendations.
- 4 Be direct and concise.



Presenting multiple problems to the clinician, not all of which may be serious, increases the difficulty of this task. We know that getting an appointment with the doctor is sometimes difficult and that some patients save their problems and present them to the doctor at the same time, this can contribute towards appointments running late.

### ONE PROBLEM PER APPOINTMENT POLICY

We kindly request that all patients follow our policy.

*This policy aims to detect serious diseases at an early stage.*



## Helping people to 'Grow Well', 'Live Well' and 'Age Well'

Every day, we support residents across Southern Staffordshire with their mental and physical well-being as well as practical support information, advice and guidance.



### Need help? Get in touch

0808 175 4041

[www.communitytogethertic.org.uk](http://www.communitytogethertic.org.uk)

- H.O.M.E Hub Service
- NHS Social Prescribing Link Workers
- Hospital Discharge & Avoidance Service
- Form Filling Service
- Future Focus Mental Health
- Asylum Seeker Support
- Befriending
- Wheel Connections

# WEATHERING THE HOT SEASON



### STAY HYDRATED

Drink plenty of water throughout the day to prevent dehydration.



### EXERCISE WITH CARE

If you exercise outdoors, choose cooler times of the day, such as early morning or evening.



### STAY COOL Indoors

Spend time in air-conditioned or well-ventilated spaces during extreme heat.



### REPAIR LEAKY PIPES

By fixing leaks and upgrading pipelines, water loss can be minimized.



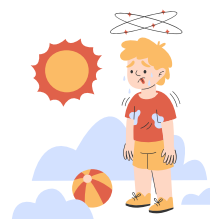
### AVOID HOT VEHICLES

Never leave children or pets unattended in parked vehicles.



### CARE FOR VULNERABLE

Keep an eye on elderly individuals, young children, or those with chronic health conditions.



### LIMIT OUTDOOR

During the hottest parts of the day, minimize strenuous outdoor activities.



### RECYCLE WATER

Recycling water helps conserve resources by reducing the demand for freshwater sources.

## OTHER SERVICES YOU CAN CONTACT DIRECTLY WITHOUT SPEAKING TO YOUR GP

The following service can be contacted directly to support you with your health and wellbeing concerns. These services can treat, prescribe or redirect you to the correct service required.

### DIRECTORY

#### AGE UK

- Health & Wellbeing
- Work & Learning
- Money & Legal matters
- Care and support

**WEBSITE: [WWW.AGE.ORG.UK/STAFFORDSHIRE](http://WWW.AGE.ORG.UK/STAFFORDSHIRE)**  
**TELEPHONE: 01785 788499**  
**EMAIL: [INFO@AGUKSTAFFORDSHIRE.ORG.UK](mailto:INFO@AGUKSTAFFORDSHIRE.ORG.UK)**

#### CITIZENS ADVICE

- Benefits
- Relationships
- Discrimination
- Works
- Housing
- Tax
- Debt & Money
- Healthcare
- Education
- Law & Rights

**WEBSITE: [CASESTAFFS.ORG.UK](http://CASESTAFFS.ORG.UK)**  
**TELEPHONE: 0808 278 7977 (FREE)**

#### COMMUNITY PHARMACY SERVICE

It is not always necessary to see a GP as community pharmacies are often trained to provide care for patients aged over one with the following conditions:

- Acute pain/sprains/strains/swelling
- Bites
- Colds/Flu/congestion
- Cold sore blisters
- Constipation
- Ear conditions
- Eye conditions
- Diarrhoea
- Haemorrhoids, rectal pain
- Hair loss
- Hay fever
- Headache/Migraine
- Heartburn
- Indigestion
- Infant Colic
- Mouth ulcers
- Nappy rash
- Oral thrush
- Ringworm/Threadworm/Scabies
- Skin Dressings
- Sleep difficulties or tiredness
- Skin Rash/Allergy
- Stings
- Teething
- Toothache
- Vaginal discomfort
- Vomiting or nausea
- Warts/Verrucae
- Wound problems
- Wrist pain or swelling

Some pharmacists can prescribe limited medication for some acute conditions. They will assess you and treat you accordingly or refer you to your GP if necessary.

#### STAFFORDSHIRE AND STOKE-ON-TRENT HEALTH VISITING & SCHOOL NURSING

Our teams are here to support parents, carers and young people to be healthy. We provide advice and support right through from pregnancy up until a child is 19.

**WEBSITE: [www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics/what-we-offer](http://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/staffordshire-clinics/what-we-offer)**  
**TELEPHONE: 0808 178 0611**



#### CHAT HEALTH TEXT SERVICE

Parents or young people can ask anything by texting and allows easy access to school nurse and health visitors too.

Young Person

**Text**  
**07520 615721**

Parents

**Text**  
**07520 615722**

#### HUMANKIND DRUG AND ALCOHOL SUPPORT STAFFORDSHIRE TREATMENT AND RECOVERY SERVICES - STARS

If you are ready to start your recovery journey from drugs or alcohol, their trained professionals can support you to reach your goals.

**WEBSITE: [HUMANKINDCHARITY.ORG.UK](http://HUMANKINDCHARITY.ORG.UK)**  
**TELEPHONE: 01283 741053**  
**EMAIL: [HUMANKIND.STARSEAST@NHS.NET](mailto:HUMANKIND.STARSEAST@NHS.NET)**

#### MEDICATION REVIEWS

We have a pharmacy team with 3 qualified clinical pharmacists and a pharmacy technician in practice. The team monitor medication review, new medication and can help with medication queries, sort out issues related to medication, update medication after discharge from hospital. You will be contacted regarding any changes and routine reviews.

**If you need advice please contact the practice via the website and you will be contacted with 48 hours.**

#### MENTAL HEALTH ISSUES

Support for all forms of mental health issues including: depression, panic attacks, PTSD, health anxieties, social phobia and other mental health concerns.

**South Staffordshire Emergency**  
**24/7 Urgent NHS Mental Health Helpline:**  
**TELEPHONE: 0808 196 3002**  
**EMAIL: [access.staffordshire@mpft.nhs.uk](mailto:access.staffordshire@mpft.nhs.uk)**  
**Please note this is not a crisis helpline, if you need urgent help dial 999!**

#### MINOR EYE CONDITION SERVICE

Service provided under the NHS for Distorted vision, red eyes, dry eyes, watery eyes, ingrowing eyelashes, eyelid lumps & bumps, blurred vision, flashers & floaters

**WEBSITE: [WWW.PRIMARYEYECARE.CO.UK](http://WWW.PRIMARYEYECARE.CO.UK)**  
**TELEPHONE: 0333 015 0122**  
**LOCAL OPTICIAN PROVIDING THIS SERVICE:**  
**ASDA OPTICIANS, BOOTS, JENKS OPTICIANS, MW PHILLIPS OPTICIANS, PHILIP HOWARD OPTICIANS, SPECASAVERS, VISIONS EXPRESS**

#### SALT - SPEECH AND LANGUAGE

- Concerns regarding speech and language
- Assessment, advice, diagnosis (if appropriate) and therapy
- Parents can self refer their child if they have any concerns

**WEBSITE: [www.mpft.nhs.uk/services/speech-language-therapy-services-children](http://www.mpft.nhs.uk/services/speech-language-therapy-services-children)**  
**TELEPHONE: 0300 790 7000 (24 HOURS A DAY)**

#### SOCIAL PRESCRIBER

Social Prescribing is a method of linking people to non-medical support within the community, with the aim to improve wellbeing. The service is free of charge and available to anyone over the age of 18.

- Take control of your own health and wellbeing
- Support you to stop smoking or cut down on alcohol consumption
- Feel less lonely and isolated
- Feel more confident and less stressed

**Self Refer by calling: 01827 59646**