

CROSS DEEP SURGERY



Issue 8

Bulletin

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FEELING MISERABLE AND FED-UP?

. . . DON'T LET THINGS GET YOU DOWN We all go through spells of feeling miserable but if the feelings persist for weeks, months, even years, and you can't "pull yourself together" or "snap out of it" you probably need some help. Although it might not seem like it, you are not on your own—about one in four of us is likely to experience depression, stress or anxiety in varying degrees at some time during our lives. Feelings can be caused by a variety of conditions or situations such as -



- ◆ Relationship or family difficulties
- ◆ Trying to cope after bereavement
- ◆ A new baby
- ◆ Employment problems
- ◆ Loneliness and isolation
- ◆ Health concerns for yourself or somebody else
- ◆ . . . and many more

Or, there might not seem to be any identifiable reason. People cope, or don't cope, in different ways and one person's major catastrophe could be no more than a minor inconvenience to another. Often it is a trivial, unrelated incident that brings longer-term feelings of depression and anxiety into sharper focus and you "snap".

. . . HELP IS AVAILABLE Your doctor can help. The treatment you receive will depend on the reason you're feeling as you are - as well as prescribing medication where this is indicated, your doctor can refer you to appropriate specialists or put you in touch with counselling services and organisations offering practical assistance.



Or, there is the **Richmond Wellbeing Service**. This confidential NHS service is designed to help you feel better about yourself and provides a number of different talking therapies as well as psychiatric consultation and support. The service is completely free and confidential and it's available to any adult who lives in the London Borough of Richmond or is registered with a Richmond GP.

You can ask your doctor to organise an appointment for you or you can sign up for treatment yourself. Just call **020 8548 5550** to speak to one of the team. Alternatively log on to the website www.richmondwellbeingservice.nhs.uk and complete an online self-referral form. Treatment can often be arranged quickly so your first session could start soon after you get in touch. The service is also available in languages other than English.

**DON'T FORGET YOUR
LOCAL PHARMACY
WHEN YOU NEED ADVICE**



It is estimated that 50 million visits to the GP are made every year for minor ailments such as coughs and colds, mild eczema and athlete's foot.

But by visiting your pharmacy instead, you could save yourself time and trouble. Instead of booking and waiting for a GP appointment, you can visit your local pharmacist any time – just walk in.

All pharmacists can recognise many common health complaints. They can give advice or, where appropriate, medicines that will help clear up the problem.

If your problem is more serious and needs the attention of a GP, your pharmacist will recognise this and advise you to see your GP instead.

What is more, many pharmacies are open in the evenings and at weekends.

**ARE YOUR CONTACT DETAILS
UP TO DATE?**

If we have an up-to-date mobile telephone number and email address for you we can remind you of appointments by text and send you information via email.

Please check with Reception that your contact details are correct and help us to help you.



**Many congratulations to
Dr Eloise Weeks who was
married in September—
she is now
Dr Eloise Elphinstone**

IT'S THAT TIME OF YEAR AGAIN!

ARE YOU ELIGIBLE FOR A FLU, SHINGLES OR PNEUMONIA VACCINATION?

Patients who are eligible for a free **Influenza Vaccination** include those who are—

- aged 65 and over
- suffering from a chronic condition (e.g. asthma, COPD, heart disease etc)
- immunosuppressed
- pregnant
- Carers



Patients who are aged 65 years and over who have not had a **Pneumonia Vaccination** will be offered one when they receive their flu vaccination.

The **Shingles Vaccination** is given once only and is available to people who were aged 70, 71, 72, 78 and 79 on 1 September 2015. (Those aged 73 to 77 are not eligible this year)

PLEASE NOTE—Pneumonia and shingles vaccines cannot be given together although either of them can be given with the flu vaccine. So, if you require all three vaccines you will need two separate appointments.

Flu vaccine for 2, 3 and 4 year olds

Flu can be very unpleasant for toddlers—they suffer the same symptoms as adults and can develop very high temperatures. A flu vaccine for children is available given as a single dose of nasal spray squirted up each nostril.

The vaccine will be offered routinely to all children aged 2, 3 and 4 on 31 August 2015. Those born on or after 1 September 2010 and on or before 31 August 2013 are eligible. There are separate flu clinics for children.

If you are eligible but have not yet received your vaccine please make an appointment with Reception.