

AUTUMN 2020

Welcome to the Autumn Edition of **YOUR** Newsletter. We hope you enjoy reading through and finding out what's happening within **YOUR** practice. Any suggestions would be appreciated. Thank you, Charlotte, Editor.



CRISIS CAFÉ

If you find yourself in crisis or need support with your mental health in the evening and/or at the weekend we are here to listen and help you in your time of need.

Mind Cafés have professional mental health workers who can offer you a safe space. Our aim is to support people to reduce any immediate crisis and to safety plan; drawing on strengths, resilience, and coping mechanisms to manage their mental health and wellbeing.

There is no need to call, just drop in to find a safe place with hope and comfort and find your pathway to recovery. The Crisis Café timetable is as follows:-

The Sanctuary @ Corby Mind 18 Argyll St, Corby, NN17 1RU Tel : 01536 267280

Thurs & Fri 12-10 PM, Sun 2-8 PM

The Mixing Bowl @ Kettering Mind 49-51 Russell St. Kettering, NN16 0EN Tel : 01536 523216 Tues, Wed & Thurs 12-11 PM

Daventry Mind, The Old Gasworks Car Park, Brook Street, Daventry, NN11 4GG Tel : 01327 879416 Wed 12-9 PM

Anchor House @ Northampton Mind 6/7 Regent Square, Northampton NN1 2NQ Tel: 01604 634310 / 624951 Mon & Tues 12-10 PM, Sat 2-10 PM

The Recovery Café @ Rushden Mind Phoenix House, Skinner's Hill, Rushden, NN10 9YE Tel : 01933 312800 Mon, Tues & Wed 12-10 PM, Sun 2-8 PM

Wellingborough Mind 14 Havelock Street, Wellingborough, NN8 4QA Tel : 01933 223591 Thurs & Fri 12-10 PM, Sat 2-8 PM

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PATIENT PARTICIPATION GROUP RECRUITMENT

If you would like to become a member please leave your name and contact details at Reception.

We have lots of information available on our website. Please visit us at:



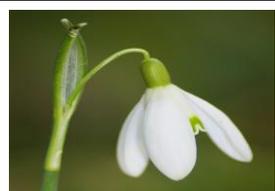
www.langhamplacesurgery.co.uk

Follow us on Twitter@ LanghamPlaceSur



UPDATE PERSONAL INFORMATION

Please ensure we have your up to date information such as new name, address or telephone number as we may need to contact you. Thank you



At the end of the day all you need is *hope and strength*;
Hope that it will get better and *Strength* to hold on until it does.

CITIZENS ADVICE VOLUNTEERS

Central and East Northamptonshire Citizens advice is there to help local people in the community with problems on different issues, from benefit and debt to housing and consumer problems, using that information to campaign for change to national and local policies and services.

As a registered charity it relies on volunteers who have the opportunity to develop new skills and use existing ones, gain experience, meet a wide range of people and make new friends in their local community. Training and working is done remotely but is ongoing!

For all enquiries, email danny.atwere@cencab.org.uk or telephone on 01604 235080 and ask for Danny Atwere.



BACK TO SCHOOL – HEAD LICE!

Head lice are tiny insects that live in hair. Nits are the empty egg cases attached to hair that head lice hatch from. Head lice are a common problem, particularly in school children aged 4-11. They're largely harmless, but can live in the hair for a long time if not treated and can be irritating and frustrating to deal with.

The main treatments are: [Lotions and sprays](#) and [Wet combing](#). Everyone with head lice in your household should be treated on the same day. If a treatment doesn't work the first time, you can try it again, try a different treatment, or get advice from your school nurse, health visitor or pharmacist. There is a lot of helpful advice on www.nhs.uk.

CERVICAL SMEARS

Ladies, we are doing cervical smears and encourage you to book an appointment if you have been recalled or if you have missed an appointment due to the pandemic.

We can only offer cervical screening for those who are due or overdue but if you have any symptoms which you are concerned about then please contact the surgery for a telephone appointment.

DATES FOR YOUR DIARY

We will be closed for training from 12.30pm on:-

Wednesday 25th November.

FOND FAREWELL

"Every leaf speaks bliss to me, fluttering from the autumn tree."

- *Emily Brontë*

On that uplifting note, I wish you a fond farewell as I move on to pastures new. Charlotte, Editor.

LOOKING AFTER YOUR OWN MENTAL HEALTH

If you, or someone you know, is in need of urgent mental health support please do not be afraid to contact us with any concerning symptoms, don't be put off getting in touch as you think we're "too busy/got more important things to worry about/worried about catching covid-19 if you attend the surgery" etc etc. Your GP will know the services that can help you the most and will arrange a referral if your needs cannot be met more effectively by primary care mental health services or other agencies.

For out of normal hours help, you can contact NHS 111. They will refer you to an out of hours GP. Simply dial 111 to access this service.

Northamptonshire Healthcare NHS Foundation Trust - give one of their friendly team a call, anytime of the day or night: **0800 448 0828 - Lines available 24 hours a day, seven days a week.**

Drop in to one of the crisis cafes (venue details on other page) these are run by an NHFT mental health professional and a MIND peer support worker.

To access mental health support online please visit [IAPT service](#). Here you can complete an online referral form (where you can also request an interpreter if needed) as well as complete programmes online via their SilverCloud portal. Please note: both these options allow individuals to interact without using the telephone, and then appointments can be made via text or email.

Child and Adolescence Mental Health service CAMHS are there to support children and young people up to the age of 18 in Northamptonshire experiencing difficulties with their emotional wellbeing and mental health difficulties. The team offer a range of interventions and therapies delivered individually or in groups, in partnership with families in a number of localities. **Who is this service for?** Children and young people up to the age of 18 and registered with a GP in Northamptonshire. **How to access this service:** They accept referrals from any professional background via their [Referral Management Centre](#).

If you are worried that you are at risk of suicide you can also contact the Samaritans by visiting their website www.samaritans.org or call 116 123 for free.

FLU VACCINATION

Those patients that qualify for a **free** vaccination are in the following "at risk groups":- Diabetics, current asthmatics and patients with chest problems, heart disease, kidney problems, over 65s, **CARERS**, pregnant, 2 and 3 year old patients.

Immunisation is effective and safe for those at risk. It is really important to prevent the potentially disastrous complications that the flu can cause, please enquire at Reception to discuss further. **NHS choices also have some great information on the flu vaccination**

For those that are housebound a clinician will call to see you at home, although if you are able to come to the surgery somehow that would help to save valuable clinician time. **Help us to help you, if you haven't had your flu vaccine already and are in an "at risk group" book your appointment today!**

AUTUMN HARVEST BREAKFAST COOKIES

Ingredients

- 2 tablespoons butter, softened
- 2 tablespoons apple butter
- 1/4 cup brown sugar
- 1 egg, beaten
- 1 teaspoon vanilla
- 1 1/4 cup white or whole wheat flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup rolled oats
- 1/4 cup grated carrot (about 2 large carrots)
- 1/4 cup raisins
- 1/4 cup pepitas (green pumpkin seeds)
- 1/4 cup shredded coconut
- 1/4 cup dark chocolate chips

Instructions

1. Heat oven to 350°F. Line a baking sheet with parchment paper.
2. In the bowl of a stand mixer, cream together the butter, apple butter, and sugar. Beat in the egg and vanilla.
3. In a small bowl (or right in your measuring cup), mix the flour, baking soda, and salt. Stir into the wet ingredients. Fold in the oats, then stir in the remaining ingredients. The dough will be very thick and slightly sticky.
4. Scoop two tablespoons of dough into a ball (it will be about the size of a donut hole) and place on the prepared baking sheet. Gently flatten to about 1/2-inch thick. Repeat with remaining dough.
5. Bake 12 minutes; let cool completely.

October

Domestic Violence Awareness Month

Eye Injury Prevention Month

Health Literacy Month

Healthy Lung Month

Home Eye Safety Month

National ADHD Awareness Month

National [Breast Cancer](#) Awareness Month

National Bullying Prevention Month

National Dental Hygiene Month

National [Down Syndrome](#) Awareness Month

National Medical Librarians Month

National Physical Therapy Month

Pregnancy and Infant Loss Awareness Month

[Spina Bifida](#) Awareness Month

[Sudden Infant Death Syndrome \(SIDS\)](#) Awareness Month

Respiratory Care Week (Oct. 25–31)

World [Psoriasis](#) Day (Oct. 29)

November

American [Diabetes](#) Month

Bladder Health Month

Chronic Obstructive Pulmonary Disease (COPD) Awareness Month

Diabetic Eye Disease Month

[Lung Cancer](#) Awareness Month

National Alzheimer's Disease Awareness Month

National [Epilepsy](#) Awareness Month

National Family Caregivers Month

National Healthy Skin Month

National [Hospice](#) Palliative Care Month

National Stomach Cancer Awareness Month

Pancreatic Cancer Awareness Month

Prematurity Awareness Month

World Antibiotic Awareness Week (Nov. 11–17)

World Prematurity Day (Nov. 17)

GERD Awareness Week (Nov. 17–23)

Great American Smokeout (Nov. 19)

International Survivors of Suicide Day (Nov. 21)

National Family Health History Day (Nov. 26)