

S P R I N G 2 0 1 8

Hampton Hill Medical Centre

Welcomes New Registrations

Farewell Sita Beharrell

Our lovely nurse Sita Beharrell will sadly be leaving the practice.

Sita has worked at HHMC for eleven years, and has been a valuable member of the team and will be missed. We all wish her well for the future.

Dr Wadhera retires from HHMC

It is with regret that Dr Monal Wadhera, who has been a Partner at the surgery for several years, will be leaving the team.

Many of you will be aware that she has recently had a beautiful baby girl and she has decided to take a break and spend more time with her.

She wishes all her patients the very best. If you would like to send her a message, do use the book at our reception desk.

Easter hours

The surgery will be closed on Friday March 30th and Monday April 2nd

Please make sure you have ordered your medication in plenty of time.

Should you need emergency advice please call NHS 111



New Sexual Health Clinic in Twickenham

There is a new Sexual Health clinic up and running In Twickenham at the Acorn surgery with Dr Sally Tattasal.

The clinic will run on a Wednesday 09.30 – 19.30. Please telephone 0333 300 2100 for appointments.



New DXS referral Service

From the 1st April, we will be switching our current referral system (Rcas) over to DXS and e-referrals, this will hopefully help speed up our referral service.

From Friday 16th March the surgery will not be sending any imaging referrals to inhealth.

Last chance to get your flu jab

If you haven't yet had your flu jab and would like one, please contact the surgery before the end of March.

It is advised that all pregnant women and the over 75s have a flu jab.



NATIONAL DIABETES PREVENTION PROGRAMME

There are currently 300,000 people in south London at risk of developing diabetes. Those suitable for the new prevention programme will be identified via NHS health checks, or the 425 GP practices to help them reduce their risk.

Richmond council and the CCG have received further funding to support referrals to The healthier you. NDPP, is an intensive behavioral intervention for people at high risk of developing type 2 diabetes.

Patients can be referred opportunistically, through NHS health checks, or through GP system search and mail out invitation letters.

OVIVA TYPE 2 DIABETES SUPPORT PILOT PROGRAMME

The surgery will be taking part in a diabetes pilot programme and will be referring Patients to OVIVA.

This is a fully structured education programme delivered 1-1 by a diabetes specialist dietitian over 12 weeks.

The programme is designed to help improve patients confidence in self management, lose weight and improve their blood sugar levels.

Patients must match the following criteria for referral:

Working age men or women with Type 2 Diabetes

HbA1c > 48

Poorly controlled blood glucose levels

Patients GPs feel would benefit from additional help.



Computer cognitive behavioral therapy at Richmond Wellbeing Service

The wellbeing service now offer computer cognitive behavioral therapy (CCBT) through the SilverCloud platform.

Clients who are referred from primary care (or who refer themselves) will receive a 1:1

telephone assessment with a psychologist in the usual way and if CCBT is felt to be the best option will be set up to receive this.

SilverCloud can be accessed from any computer, tablet or smartphone with internet access. A psychologist will oversee their CCBT therapy sessions, check on their progress and monitor risk. Clients will not be left on their own without support. CCBT still requires commitment and homework from the patient but is proven to help in common mental health problems- depression, stress and anxiety.



Long Term Health Conditions Programme continuing (but last chance to dance) – Richmond Wellbeing Service

The Wellbeing Service offers specific programmes for those living with diabetes, heart problems, lung problems and those with persistent troubling physical symptoms (eg IBS, chronic pain, medically unexplained symptoms).

Initially set up and funded short-term as a “first wave site”, we are pleased that all four of these programmes will be continuing. Please continue to refer patients. There is spare capacity in all 4 domains. As usual patients can also self-refer (we are happy to take referrals from any member of your clinical team).

New website launched for sexual health services in South West London (Merton, Richmond and Wandsworth)

Central London Community Healthcare NHS Trust has launched a new website for South West London sexual health services in Merton, Richmond and Wandsworth. You can access it here: www.shswl.nhs.uk.

The site houses important information in one place on sexual health clinic locations and opening times; as well as useful details on STIs (including treatment), contraception and accessing emergency contraception and key contact details.

Importantly, the website includes the ability for patients to book an appointment online. The website also includes information on accessing the home testing e-service.

National stalking helpline – Suzy Lamplugh Trust

Stalking behaviour can cause a victim to suffer severe alarm and distress. The psychological impact of stalking victimisation can have detrimental effects on a victims' mental health. Due to the devastating effects of stalking, victims report a high prevalence of psychological harm such as anxiety and stress, causing difficulty sleeping. As a result of the psychological harm stalkers inflict on their victims, it is essential to ensure stalking is recognised and understood for the victim to receive the support they need.

Through the helpline we are able to offer not only practical advice concerning stalking and the law, but we also have links to single points of contact within each Police force, who can review cases of stalking behaviour to help ensure enough is being done to protect victims.

Please do contact us or signpost any clients you have which we might be able to help– leaflets are available to download on our website, but if you require some physical copies of leaflets or posters for your GP services, please let us know. Our contact details are:

Freephone helpline (9.30am – 4pm weekdays, except Wednesdays when we open at 1pm) - 0808 802 0300

Website: <https://www.suzylamplugh.org/Pages/Category/national-stalking-helpline>

Email: advice@stalkinghelpline.org