

# Much Wenlock & Cressage Medical Practice

# Practice News

FEBRUARY 2023

## A Very Special Thank You..

The team at the Practice were overwhelmed and delighted to receive such lovely and thoughtful messages/cards and generous gifts during the Christmas period and New Year period. On behalf of the whole team at the Practice, we would like to thank you all for your kindness and generosity during these challenging times, they are gratefully received. Thank you.

## Social Prescribing – Children and Young People 11 – 18 Years

A new service is being introduced to bring social prescribing to the children and young people of Shropshire. Social Prescribing is a non-medical approach to improving health and wellbeing. It can help patients have more control over their own health and find ways to improve how they feel. The Healthy Lives Advisor for children and young people will work together with you (the patient) to develop an action plan around what matters to you. Children and young people might be referred to the Health Lives Advisor for a range of issues including;

- Children and young people who may feel isolated and want support to meet other people
- Children and young people who may have a long-term chronic health condition which would be helped through community activities
- Children and young people who may need help to find support or advice with practical issues such as money or housing.
- Children and Young people who may want help and support with their wellbeing and education.

Social Prescribing is not designed to replace medical support but getting involved with local groups and activities can help you get better and feel better faster than medicine alone. Your Healthy Lives Advisor might introduce you to a community group or a new activity. They may help you to meet new people, or they might help you find information or access advice about a particular issue.

A referral to the local Healthy Lives Advisor can be made by speaking to your GP or local Schools; William Brookes Secondary School and Bridgnorth Endowed Secondary School.

## Have you got a couple of hours each week you could spare to support someone in our community?

The Much Wenlock & Cressage CoCo Group are recruiting for more volunteers to help support a frail or vulnerable person to maintain their links within our community. This could involve phoning them on a regular basis; calling in for a chat; accompanying them to the shops or assisting them in those little tasks of daily living such as household paperwork or walking the dog or a bit of gardening. This won't involve personal care but things which help the person remain active in the local community.

Full training and support will be provided, and you will be making a real difference for someone in your community. Interested? Then either leave your contact details with reception at Much Wenlock or Cressage Medical Practice.

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## How are you Sleeping?

Everybody deserves a good night's sleep. Poor sleep has been shown to have negative effects on mood, memory, attention, decision-making, immunity, and motivation. Sleep is often the first thing we sacrifice when life gets busy. However, when we prioritise sleep we become better equipped to deal with life's challenges.

If you suffer with sleep problems, there is a free online app now available called Sleepstation that is now accessible to patients of Much Wenlock and Cressage Medical Practice.

The Sleepstation app is an NHS-endorsed, free sleep improvement programme helping people sleep well by combining proven psychological methods with personalised support and guidance. Sleepstation can resolve problems like insomnia without medication. Patients can self-refer to the service or can be referred via the GP.

Patients excluded from the Sleepstation app service are:

- Patients who are under 18 years of age
- Pregnant and have any pregnancy related complications or risk factors (including age, obesity, chronic health conditions and/or lifestyle factors such as smoking or alcohol use)
- Patients who are undergoing CBT with another provider
- Patients who are currently receiving psychiatric support (unless referred by the Psychiatrist)
- Unable to use a computer or smartphone and access the internet daily.

For more information or to access Sleepstation App please go to: [www.sleepstation.org.uk/nhs\\_options/](http://www.sleepstation.org.uk/nhs_options/) or speak to a member of the team at the Practice.

## Calling all unpaid Carers

An unpaid carer is a person of any age (adult or child) who provides unpaid support to a partner, family member, friend or neighbour who, without their help, would not be able to live at home or whose health and wellbeing would deteriorate without this help. This could be due to frailty, disability or a serious health condition, mental health issues or substance misuse.

The person being cared for would typically be in receipt of benefit for their disability / condition.

Unpaid carers are likely to be in receipt of carers allowance (or an underlying entitlement - such as carers premium or carers addition).

**If you are an unpaid carer, please get in touch with the Practice and let us know as it is important that this information is documented for the patient you are caring for and helps to ensure records are kept up-to-date and accurate.**