

The Westgate Practice Newsletter

SUMMER EDITION 2022



MENTAL HEALTH PRACTITIONER

Mental Health Practitioners are experienced mental health staff with expertise in the assessment and management of many mental health conditions.

The Westgate Practice are able to offer patients direct appointments with a Mental Health Practitioner.

This means that if you have one of the conditions listed opposite, you do not need to book an appointment with the Doctor but can book direct with the Mental Health Practitioner.

They can assess people's needs, provide advice and guidance and access support to more appropriate services if required.

Mental Health Practitioners can see patients aged 18 years and over, who may need to talk to a healthcare professional about:

- Anxiety
- Stress
- Low mood
- Grief

NEW: Weight Management Services

Having a BMI in a higher range could place you at higher risk of developing some illnesses and diseases. The NHS Digital Weight Management programme supports adults who have a high BMI with diabetes or hypertension or both. It is a 12 week online behavioural and lifestyle programme.

Alternatively, if you have a high BMI and do not have diabetes or hypertension, then the practice will be offering patients a referral to a 12 week programme run by Everyone Health, supported by Staffordshire County Council. This is a FREE 12 week programme for patients aged over 18 years and run by qualified nutritionists. Patients may also be eligible for Slimming World or Weight Watchers vouchers.

The Practice will be contacting eligible patients by text or letter in their birthday month over the next 12 months to invite them to participate in these services.

STAYING SAFE IN THE SUN

There is no safe or healthy way to get a tan! Aim to strike a balance between protecting yourself from the sun and getting enough Vitamin D from sunlight.

Spend time in the shade or out of the sun when the sun is at its strongest between 11am and 3pm.

Use at least factor 30 sunscreen. Reapply sunscreen liberally and frequently, especially after swimming.

Cover up with suitable clothing, a hat and sunglasses.

Make sure you do not burn.

Take extra care with young children.

Check moles and freckles frequently for any changes in shape, size or colour.

Keep hydrated.

Zero Tolerance Policy



**WE ARE EXPERIENCING
SIGNIFICANT DEMAND
FOR NHS SERVICES.**

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Please help us by being patient, being kind to our staff and by keeping safe when out and about.



KEEP UP TO DATE WITH THE PRACTICE

The latest news and health forms on the website:

www.westgatepractice.co.uk

Follow us on Facebook:

Search: [The Westgate Practice](#)

Since the pandemic, demand for all services within the NHS has risen. Everyone at the Westgate Practice is working hard to provide the very best care we can with the resources available to us.

OTHER NEWS

PRACTICE CLOSURES



The Practice will close at 1pm on 19th July, 16th August and 20th September for **Protected Learning Time**. This is allocated training time for practice staff.

PATIENT PARTICIPATION GROUP

The last PPG meeting was held on 23rd May 2022 the minutes are available for all to view on the website. Our next meeting is on Friday 8th July 2022.

GOODBYES AND HELLO'S



Following vacant posts we have welcomed a new HR Officer Jessica Haden and a Finance Officer Allison Whitehouse to the team. We have also welcomed 3 new members to the Patient Services Team Kathryn, Chris and Fay. Congratulations go to Danielle James who has been promoted to Supervisor - Patient Services Team.

PLEASE REMEMBER!

Let us know if any of your details change including: new address, changed your mobile number, or have become a carer.