



MAPLE HEALTHCARE

Maple Surgery News

DECEMBER 2019

Welcome to Maple Surgery News. Our quarterly newsletter will provide you with valuable information and special features relating to the health and well-being of our practice community.

In this edition of our Maple Surgery Newsletter we cover important topics including *Mental Health* and *Social Prescribing* as well as regular features including our *Symptom Checker for Depression*, Case Studies on *Mental Health* and *Practice News* which in this edition includes important information on *Flu Vaccinations*.

Mental Health



The Facts..

We all have Mental Health and we all need to look after it. There are many ways to do this and it is not all about 'therapy'.

+Take time for yourself, keep involved with others through community activities/groups/hobbies, sleep and eat well, exercise regularly, only drink alcohol socially and within the recommended limits.

+The safe limits for alcohol are 14 units/week for a woman and 21 units/week for a man.

+There are great Apps available that can help you to motivate yourself and track your progress eg. Headspace, see ORCHA <https://www.orchacare.co.uk>.

+If you feel your mental health is deteriorating there are some steps you can take: talking to people who understand such as family and friends, try to tackle the cause, avoid alcohol, non-prescribed drugs and excess caffeine, eat a balanced diet, take up a new hobby, re-examine your lifestyle and keep as active as possible.

+If you don't feel things are getting better seek help early and don't be ashamed. At least 25 % of us will suffer some type of mental health issue in our life time.

+Especially if you feel it is impacting on your functioning you may want to speak to a Healthcare Professional.

+This can be somebody in the practice or somebody attached to an organisation outside the practice.



If you are suffering mild to moderate anxiety or low mood Social Prescribing can also be something to consider.

+To diagnose Mental Health conditions GPs and other Healthcare Professionals use DSM criteria. You can consult <https://www.nidirect.gov.uk/information-and-services/health-and-wellbeing/illnesses-and-conditions> or <https://patient.info/> for more information.

+If you are found to suffer from a more moderate to severe mental health condition there are many very effective treatment options available.

+This could include talking therapy (you can self-refer or we can refer you to the Aisling Centre), Cognitive Behavioural Therapy (CBT) (especially effective for anxiety disorders and Post-Traumatic Stress Disorder- available through the Aisling centre and the Community Mental Health team), on-line CBT ("Beating the Blues" - we can set you up for this), Social Prescribing (you or we can refer you to mPower or Oak Healthy Living), medication or a combination of these.

+Medication like SSRI anti-depressants can have a role, can be very effective, are not addictive and most have to be taken at least three to six months.

+Only if your treatment is not helping you may want to consider a referral to the Mental Health team.

+If your condition is very severe the Mental Health team will be involved sooner and sometimes the Crisis team will be involved in your care.



Aisling
centre

Hope Healing Growth

I am here to help: Aisling Centre Counsellor

"From dreading each day I now look forward to the future"

Me and my colleague counsellors come to Maple in Lisnaskea three days a week to offer counselling/psychotherapy which will help you talk about and explore the worries/troubles that are causing you pain or distress or making you feel uncomfortable, upset or sad. This is done in a professional, safe, non-judgemental and confidential way. What I often find is that talking about your concerns with me or another counsellor can help you make sense of how you are feeling. I am here to support you and will respect your views. I will not usually give advice, problem solve or tell you what to do but I will work with you to help you find solutions to your problems or to find new ways of coping. Mostly I will see you for 6 to 8 sessions after you have made a self referral (see our website) or have been referred by a Healthcare Professional. Sometimes our problems can arise from family stresses; relationship difficulties; bereavement; work situations; childhood issues; sexual/physical/emotional abuse; violence in the home; issues relating to the Troubles; panic attacks; anxiety; depression; suicidal thoughts; addiction; low self-esteem or lack of confidence. Any of these and indeed anything that is troubling you may be helped by talking to a qualified therapist.



Really Good Organisations

The Aisling Centre: www.theaislingcentre.com/
Aware <https://www.aware-ni.org/about-depression/looking-after-your-own-mental-health>

Action Mental Health: www.amh.org.uk/services/new-horizons/fermanagh/

The Samaritans: www.samaritans.org/
call 116 123

Lifeline: www.lifelinehelpline.info
call 0808 808 8000

Alcohol Anonymous: call 028 9035 1222



CASE STUDY

Hello, my name is..... Elizabeth

"I had reached a stage in my life where I knew things had to change. I was coming up to retirement and had recently suffered a bereavement. I was finding life difficult and suffering from bad anxiety and depression which I was trying to manage with prescription medication and alcohol. I wanted to feel normal again and knew I needed help to make changes to my life. I had suffered repeated traumatic experiences through my work over a long period, was having flashbacks and life felt overwhelming.

I went for an assessment to the Aisling Centre in December 2018 and commenced therapy on a weekly basis in January 2019. Initially I found the sessions challenging – I wasn't used to talking about myself but my counsellor said once I started talking, I talked at 100mph wanting to get everything out. I felt safe when I was there and even though I cried so much during the sessions, I always left each session with a sense of relief like I was offloading some of my baggage and trauma. I remember saying at the start what I wanted most was 'peace' in my head and heart. I wanted to feel well again. I didn't have any agenda about what I wanted to talk about but because I felt safe and never judged, I felt able to disclose my innermost secrets and fears. Nothing shocked my counsellor and even when I used to say 'I'm sure you think my life was and is chaotic', she described it as a 'rich tapestry', always helping to identify my strengths.

While undergoing my counselling I was involved in two traumatic incidents but found, because I was in counselling and talking through my emotions at the time, they didn't have the same lasting impact as previous experiences. Again at one stage, I felt totally overwhelmed by life and what had happened and I do believe if I hadn't been in counselling and discussing my trauma, my path may have been different. At the end when I told my counsellor she was a life saver, I literally meant she saved my life. I learnt strategies and coping mechanisms to deal with my trauma.

I really find it difficult to fully express how positive my experience at the Aisling Centre was. When I started I felt I was in a dark place but finished feeling life is lighter and brighter. I know I will face other challenges but now hope I am equipped with coping strategies to help me manage. From the bottom of my heart I say thank you to my counsellor and the Aisling Centre for helping me to make a difference to my life".

Social Prescribing.

What is it? Is it something for me?

SPRING Social Prescribers

A referral to a Spring Social Prescriber is available through your GP or Primary Healthcare Professional for anyone aged 18 and above.

This service is for people who are interested in and would like some support and guidance to find out more about local community support programmes and activities which could have a positive impact on health and well-being and complement and support the existing statutory services.

Referrals may be for those who feel socially isolated, have low mood, are living with long term conditions or those who would like to be more physically active.

We offer a 1:1 meeting and spend some time identifying individual needs (often social or emotional needs) before agreeing suitable referrals and if required support to attend groups or activities. We aim to work collaboratively with clients and referrers to find non-medical solutions to improve health and stay healthy.

There are a wide range of services available in the local area ranging from individual health and well-being plans, stress management classes, debt management, falls prevention, exercise classes and many others.

Oak Healthy Living Centre



Meet Julie...



"I have been working in the local community since 2007 and have a background in Nursing, Midwifery and Health Visiting. I have always had a particular interest in early intervention and preventative work to enhance health and well-being. Working as a Social Prescriber has given me an opportunity to use my experience and local knowledge to collaborate with clients and well-established local services to offer support and guidance to improve individual well-being which in turn helps to build healthy communities".



Meet Patricia...



"I moved to Fermanagh in 2002 and have a background in education. I find myself working in the community sector after experiencing first hand the support and benefit that can come from participating in activities in your community. I strongly believe in a recovery based approach to wellbeing and by taking personal responsibility you can regain control of your life regardless of the challenges that you face. Social Prescribing is not only about prevention but enabling a person to find the things that will support their recovery and empowering them to lead a fulfilling life". Your Social Prescribers locally are: **Patricia Mohan and Julie Baternay**. www.oakhealthylivingcentre.com



The mPower Team are employed by the Western Health and Social Care Trust to empower people aged 65+ to live healthy and active lives within their communities.



Photo: From L-R: Martina Virtue, mPower Community Navigator; Marcella O'Dowd, mPower Implementation Lead; Pauline McKeown, mPower Community Navigator.

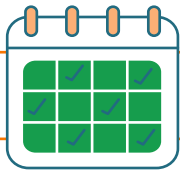
Get In Touch

Speak to your health or social care professional if you would like to be referred to the mPower Team. Alternatively, you can contact the mPower Team for more information by telephoning: **028 6634 4042**; or emailing: mpower@westerntrust.hscni.net.

Wellbeing Plans

Martina & Pauline are your local Community Navigators. If you are: (i) aged 65+, (ii) have at least one long term health condition, and (iii) live in Co. Fermanagh they can visit you at home to have a conversation about what matters most to you? This could include: staying active, managing your health care condition(s), connecting with new people, learning a new skill, ensuring your personal and home safety etc. Whatever positive steps you wish to take towards a healthier or more connected life, your Community Navigator will help you to access the relevant supports and services available in your locality.





PRACTICE NEWS

Flu Vaccination "STAY WELL THIS WINTER"

If you normally receive the flu vaccination and haven't received it yet please contact the Health Centre on 028 67721566 to book an appointment. Children aged 2 & 3 (dob between 2.07.2015 – 1.09.2017) are eligible for the nasal vaccination this year. Shingles vaccinations will be offered to patients aged 70 (dob between 2.09.1948 – 1/09/1949 and patients aged 78 (dob between 2.09.1940 – 1/09/1941. Also note the 'Catch up programme' for patients born 2.09.1942 – 1.09.1948 or 2.09.1939 – 1/09/1940.

Online Prescriptions and Appointments:

We offer the option to order your prescription online. **Easy and Convenient.**

You can ask one of the receptionists to be set up for this service. You will need online access to also avail of our soon-to-go-live option of booking specific appointments online especially your chronic disease clinic appointment.

SYMPTOM CHECKER:

Do I suffer from Depression?



YOU COULD BE SUFFERING FROM DEPRESSION IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- An unusually sad mood that doesn't go away
- Loss of enjoyment and interest in activities that used to be enjoyable
- Tiredness and lack of energy

You could also have:

- Loss of confidence in yourself or poor self-esteem
- Feeling guilty when you are not really at fault
- Wishing you were dead
- Difficulty making decisions and concentrating
- Moving more slowly or becoming agitated and unable to settle
- Having difficulty sleeping or sleeping too much
- Loss of interest in food or eating more than usual, leading to weight loss or weight gain.



CONTACT US

Maple Healthcare

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Lisnaskea
Co. Fermanagh
BT92 0GT

Call: 028 6772 1566

Fax: 028 6772 3382

Email: gp.574@maple574.gp.n-i.nhs.uk

Web: www.maple.gpsurgery.net

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OPEN

9am and 1pm and 2pm
and 5pm Mon-Fri.