

Are you struggling to cope?

If you are struggling to cope, or feel yourself nearing a breakdown, Access Mental Health can provide help. It offers a range of services which provide support at times and places when people need it the most. You don't need to be referred by your GP or other health professional, you can just reach out for help when you need it. Mental health professionals and support workers are on hand to help you avoid a crisis and help you find the path to recovery. People of any age and their families can access these services.

Connection – a 24/7 helpline open to all ages. Call **0300 123 5440**

The Retreat – open to anyone aged 18 or over, providing a safe space to seek face-to-face help and support. Open every day from 4.30pm-midnight at locations in Bournemouth and Dorchester.

Community Front Rooms – open to anyone aged 18 or above, providing a welcoming, safe space where you can discuss problems and work towards possible solutions. Open from 3.15-10.45pm, Thursday-Sunday, at locations in Bridport, Shaftesbury and Wareham.

ADVICE HELP LINES

MIND - If you are in need of help and support for your mental wellbeing. Call **01202 314577** Lines open 9am – 11 pm.

Samaritans

Can be contacted by telephone, letter, e-mail and mini-com. They are open 24 hours a day, every day of the year. Telephone: **116 123** for free or Email:

jo@samaritans.org

Sane Line

They work with anyone affected by mental illness, including families, friends and carers. Helpline open 4:40pm-10pm every day of the year. They also provide a free text-based support service. Telephone: **0300 304 7000**

EMERGENCY HELP

If you or the person you know is at risk of suicide or harming themselves or others, you can:

- **Call Connection** open 24/7 on **0300 123 5440**
- **Go to Accident and Emergency**
- **Call 999**
- **Call NHS 111** The line is for when you need medical help fast but it's not a 999 emergency. You can call 111 if you don't know who to call or you don't have a GP to call. Or if you need health information or reassurance about what to do next.

Preston Road Surgery Newsletter

April 2020

Tel: 01305 832203

www.prestonroadsurgery.co.uk

EVENT CANCELLED*

DUE TO CORONAVIRUS

Healthy Living – Getting healthy and staying healthy

Do you want to improve your health and lead a healthier life?

Would you like to make small changes that lead to improvement in your health?

The Patient Participation Groups and local GP Surgeries of Weymouth and Portland are hosting a

Health Event FOR YOU!

- ◆ **Where: Weymouth Council Chamber**
- ◆ **When: Thursday 23rd April**
- ◆ **Time: 10am-2pm**

Talks at the event from 10am-12.30pm with market stalls to visit until 2pm.

⇒ **Isabel Hooley** – Dietitian & Nutrition Advisor

⇒ **Tony Gibbons** – The Friendly Food Club
Eating well on a budget - Buying and cooking healthy food

⇒ **Anna Eveleigh** – Exercise for all - in or out of home

⇒ **Dr Jon Orrell** - How to improve your wellbeing

To book your place visit:-

www.surveymonkey.co.uk/r/healthyLivingSignUp

****EVENT NOW CANCELLED ****

EASTER HOURS

Good Friday
10th April
Open for
Telephone calls

Easter Monday
13th April
Open for
Telephone calls

REPEAT MEDICATION

YOU CAN REQUEST MEDICATION 2 WEEKS BEFORE YOUR DUE DATE

PLEASE DON'T LEAVE IT UNTIL THE LAST MINUTE AND RUN THE RISK OF RUNNING OUT

YOU CAN REQUEST YOUR MEDICATION VIA PATIENT ONLINE, BY EMAIL OR IN WRITING.

PLEASE POST YOUR WRITTEN REQUEST IN THE OUTSIDE LETTER BOX. ENSURE YOU STATE WHICH PHARMACY YOU WISH TO COLLECT YOUR MEDICINE FROM AS YOU WILL NOT BE ABLE TO COLLECT THIS FROM THE SURGERY.

PLEASE HAND IT BACK!

If you have any unwanted walking frames, wheelchairs, crutches, beds, chairs or any other equipment which you have been loaned - **Please Hand it Back!**

Much of this equipment could be recycled and reused. This saves money for your council and local health board and reduces waste. You will also be helping others to maintain their independence and stay in their own home instead of being admitted to hospital or a care home.

If you want to **Hand Back** some equipment, Please make sure the item has an **NRS Sticker which includes a bar code** and call NRS Healthcare on **0344 893 6364** for further information.

