



# PATIENT NEWSLETTER

Welcome to our bimonthly patient newsletter . Our aim is to keep you informed of services at Compass House and give you important insights into getting the most out of the practice.



## New team members

We are very pleased to welcome some new joiners at Compass House Medical Centres, Georgina & Tara, our new Senior Mental Health Workers, who started back in January and work here a few days a week. They both bring a wealth of knowledge from their backgrounds in the community mental health teams and assist our clinicians in getting patients the most appropriate care. Referrals to Georgina and Tara are made by our team for those patients that we feel will benefit most from their help as they have limited ability.



Sally & Steph, our new Physiotherapists, they will be working at the Practice a couple of days a week and will be able to provide Physio support to patients who meet certain criteria, as well as being able to carry out certain types of joint injections & musculoskeletal support.



Jade, our new Dietician. Jade will be working with our clinicians to provide support to patients who are frail due to nutritional issues. While Jade will not currently see patients directly having her support and guidance to improve patient outcomes will be a great assistance to our clinical team.

Sarah, our new Carer Support Worker. Sarah will be working at the Practice on a Tuesday & Wednesday and will be able to offer support & health assessments to our unpaid carers. Referrals to the Carer Support Worker are able to be done via our Patient Care Advisors.



## Covid vaccine update

Following the government's announcement second doses of the Covid-19 vaccination are being brought forward for people in cohorts 1-9; those aged over 50, frontline health and social care workers and people in at risk groups. This means that the time between doses is being reduced from 12 to around 8 weeks.

As well as moving second doses forward, we are also now vaccinating 30+ year olds.

## Covid vaccine travel letter

From 17 May 2021, people in England who have been fully vaccinated against COVID-19 can demonstrate their vaccination status for international travel. A full course is currently two doses of any approved vaccine. Vaccine status will be available from:

- the NHS App which you can download from app stores
- the NHS website

It may take more than a week for your identity to be checked and verified so you can use this service.

If you cannot access the online services, and you have had 2 vaccines, you can request a paper letter from the NHS by calling 119. Only call 119 if you are due to travel abroad in the near future and have had your second dose more than 5 working days ago. It may take 7 working days for the letter to arrive.

The practice is not able to provide you with a letter that shows your COVID-19 vaccination status.

When you're planning your travel, check the latest information on demonstrating your COVID-19 status when travelling abroad on the gov.uk website. Make sure there is time to get proof of your vaccination status before you leave.



## Temporary Residents

With lockdown rules easing and more facilities opening up, we are aware that Torbay is likely to get very busy with holidaymakers. While we welcome this for local businesses, it does mean we see an increase in patients requiring medical attention while on holiday and this takes away appointments from you, our registered patients.

If you have friends or family staying or host holiday apartments, please ask any visitors to bring medications with them on their travels as this is often the most common issue we receive calls for. If they become acutely unwell on holiday, with most GP's still offering remote consultations, they should be able to contact their own GP surgery in the first instance who should be able to help them. If after exhausting all these options they are still unable to get treatment we will try our best to accommodate them as a temporary resident, but this is only for urgent and necessary treatment, it is not for ongoing medical conditions or issues that can wait until they are home – its always safer and best for patients to be reviewed by their own GP practice as they hold all the notes and records and we do not have access to them.



## Mental Health Awareness

For those that missed our facebook posts for Mental Health Awareness week, we thought we would share with you some of the top tips for protecting and supporting your mental health.

Poor mental health is affecting so many people at the moment, but there's a lot of good research to support the role nature can play in protecting and supporting our mental health and we are lucky enough locally to have some fantastic outdoor spaces.

Here are some top tips from the Mental Health foundation to help you connect with nature –

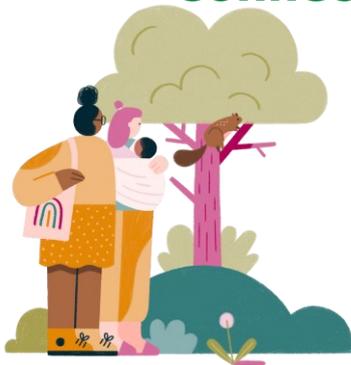
### Find nature wherever you are

Nature is all around us. It might be a garden, a local park, a nearby beach or open countryside. Even in cities where nature can be harder to find, there's things community gardens or courtyards to discover and explore.

Look out for the unexpected – an urban fox on your way out for the early shift, changes in the weather or birdsong outside your window. Try to notice nature wherever you are, in whatever way is meaningful for you.



### Connect with nature using all of your senses



Taking some quiet time to reflect in natural surroundings using all your senses can be a real boost to your mental health. Whether you're relaxing in the garden or on your way to work, try listening out for birdsong, look for bees and butterflies, or notice the movement of the clouds. All of these good things in nature can help you to find a sense of calm and joy.

### Get out into nature

If you can, try to spend time visiting natural places – green spaces like parks, gardens or forests – or blue spaces like the beach, rivers and wetlands. This can help you reduce your risk of mental health problems, lift your mood and help you feel better about things.

If it feels daunting to get outside, try going with a friend or relative, or picking somewhere familiar.



## Bring nature to you

Sometimes it's hard to access natural places because of where you live, how busy you are, how safe you feel or your health. Why not try bringing nature into your home? Having plants in the house is a great way to have something natural to see, touch and smell – pots of herbs from the supermarket are a good start.

If you have a garden, allotment or balcony, think about how you can make the most of it. Grow flowers, plants or vegetables, get a bird feeder and take in the sights and sounds around you.

If planting isn't your thing, you can also connect to nature through stories, art and sound recordings. Watching films or TV programmes about nature are also a great way to connect with and reflect on nature.



## Exercise in nature



If you're physically able to exercise, try to do it outside – whether it's a run, cycle or a short walk. Walking or running outdoors in nature may help to prevent or reduce feelings of anger, tiredness and sadness. Try leaving the headphones at home – unless you're listening to nature sounds of course! Or why not try new routes that bring you closer to green spaces or water?

## Combine nature with creativity

Try combining creativity with your natural environment. This could involve taking part in creative activities outside, like dance, music, or art. All of these things can help reduce stress and improve your mood.

You could also increase your sense of connection by taking photos, writing, drawing or painting pictures of the landscape, plants or animals.

Noticing the beauty of nature and expressing this creatively can help you find meaning and an emotional connection to nature that will stay with you for a lifetime.



Taking care of something can be a really great way to feel good. And what better thing to take care of than nature? Nature is truly amazing – do what you can to look after nature - in your actions and choices.

This can be as simple as recycling, to walking instead of driving, or even joining community conservation or clean-up groups. Taking care of nature can help you feel that you're doing your part, and that can make you feel more positive all round.

## Protect Nature

If you are struggling with your mental health, you can self-refer to Talkworks by completing their referral form on their website <https://www.talkworks.dpt.nhs.uk/get-in-touch> or by calling 0300 555 3344.

If you are experiencing Mental Health crisis then please call the First Response Service on 0808 196 8708 this service is available 24/7 and is answered by a Mental Health Practitioner.