LAINDON MEDICAL GROUP

Website: [www.laindonmedicalgroup.nhs.uk](http://www.laindonmedicalgroup.nhs.uk) Telephone: 01268 209363

**NEWSLETTER FEBRUARY 2022**

Welcome to the practice newsletter. In it you will find some useful information, especially if you are not able to use a computer. However, there are references to important websites and it might be useful if you have a friend or relative who could gain access to the relevant information for you. **Blood Pressure readings can be emailed to**qof.lmg@nhs.net. Please ask a family member if they can email your results to us. **All prescription requests must be made online via the NHS App or via Online Services accessed by using the Laindon Medical Group website. Alternatively, you can post your request through our letterbox or send it by Royal Mail.**

**Armed Forces Veterans**

Laindon Medical Group has now been awarded Armed Forces Veteran Friendly GP Practice accreditation. We have a dedicated veterans page on our website with further information. If you are a veteran and need any help, please contact the surgery on 01268 209363.

**Keeping Active**

Keeping active is essential for good physical and mental health. Laindon Medical Group has been awarded Active Practice Status and, as such, we are encouraging our patients to stay mobile.

The British Gymnastics Foundation have a **Love to Move** Programme that is an age and dementia friendly seated gymnastics programme which is transforming lives of people living with dementia. You can now take part in the comfort of your own home via the following link: <https://britishgymnasticsfoundation.org/lovetomove/>

**Walking for Health** offers over 1,800 free, short walks every week.

<https://www.walkingforhealth.org.uk/>

**Parkruns** are free, weekly, community events all around the world. Saturday morning events are 5k and take place in parks and open spaces. On Sunday mornings, there are 2k junior Parkruns for children aged 4 to 14. Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate. The closest one to Laindon is Northlands Park, Basildon. <https://www.parkrun.org.uk/>

We will soon be starting buggy walks and dance on prescription. Watch this space ………

**Find Your Active –** support you in finding the activity that is right for you. **Drop in Session: Laindon Medical Group, Wednesday, 2nd March 2022 12-2pm.**

**Looking After Yourself**

Looking after our mental wellbeing sometimes falls behind on our list of priorities. But keeping mentally well helps us to keep physically well too. Visit this website for some tips on how to look after your mind: <https://www.nhs.uk/oneyou/every-mind-matters/>

**For Covid-19 queries**: Call NHS 119

**Free listening services**

These services offer confidential advice from trained volunteers. You can talk about anything that is troubling you, no matter how difficult:

Call 116 123 to talk to [**Samaritans**](https://www.samaritans.org/how-we-can-help/contact-samaritan/), or email:  jo@samaritans.org for a reply within 24 hours.

Text "SHOUT" to 85258 to contact the [**Shout Crisis Text Line**](https://www.giveusashout.org/)**,** or text "YM" if you're under 19.

If you are under 19, you can also call 0800 1111 to talk to [**Childline**](https://www.childline.org.uk/). The number will not appear on your phone bill.

**Live Well Link Well**

Are you looking to make changes to improve your social, physical and mental wellbeing?

Free confidential support of a non-medical nature.

Help given with: Mobility and equipment, home adaptations, safety and security, looking after someone, getting out and about and money worries.

Telephone: 0300 303 9988 Monday to Friday from 8am - 7pm.

Email: livewell.linkwell@nhs.net

**Patient Partner (Automated telephone service)**

Please contact reception for a PIN number to access our automated telephone service which allows you to book, check, change or cancel an appointment or order a repeat prescription. Telephone number: 01268 209363.

**NHS App**

If you have a smartphone you can download the NHS App which allows you to order repeat prescriptions and book appointments quickly and easily.

**Contact Us Online**

**We have updated our website and added a tab to the home page called Contact Us Online. This is for patients to send us administrative queries, medical issues (routine matters only) or to request a routine appointment. A member of the team will read the message within 2 working days. Hopefully this will free up our phonelines for those patients without internet access.**

**Useful Telephone Numbers**

**Well Pharmacy 01268 545841** (Please note that as from 1/2/2022, Well Pharmacy in Danacre will be taking over Lloyds Pharmacy in Danacre. All patients under Lloyds will automatically be taken over by Well).

**Carers First -** If you are caring for a relative, you can access information & advice, specialist support, groups & activities through Carers First. Carers First is a charity commissioned by Essex County Council:

Telephone: 0300 303 1555

Email: hello@CarersFIRST.org.uk

**Basildon Hospital Appointments Line**: 01268 394994