



Upton Surgery Patient Newsletter

BOOK YOU'RE FLU JAB NOW- EVENING AND SATURDAY CLINICS AVAILABLE

SEPTEMBER 2017 — Contents

- | | |
|--|------------------------------|
| 1. Singing for Lung Health | 7. Well-Bean Gardening Club |
| 2. Prescription Turn Around Time | 8. Healthy Minds |
| 3. Self-Refer to the Physiotherapy Service | 9. Malvern Talking Newspaper |
| 4. New Service for Upton Surgery (Age UK) | |
| 5. Reconnectins | |
| 6. Migraine Actin | |

SINGING FOR LUNG HEALTH



A new Singing for Lung Health group has started in Malvern.

This is specifically for those who experience breathlessness or have a lung condition. We sing selected songs which assist with lung functions and breathing techniques that can be used in everyday life.

No singing experience is needed and we don't read music – it's a lot of fun!

We meet at Malvern Cube on Mondays, 10.30am – 11.30am. Just turn up and a donation of up to £4 is appreciated.



Please contact Shirley Goddard, Singing for Lung Health Leader on 07989 407748 for further details.

SELF-REFER TO THE PHYSIOTHERAPY SERVICE



Did you know you can self-refer to our South Worcestershire Community MSK Therapy service without needing a GP appointment?

The service helps restore movement and function to as near as normal as possible as a result of injury, illness or other disability.

To self-refer visit our self-help website www.hacw.nhs.uk/movetoimprove

4. NEW SERVICE FOR UPTON SURGERY



AGE UK MALVERN AND DISTRICT will be present in Upton Surgery for information and Advice (drop-in) Sessions:

Every 2nd and 4th Wednesdays in the month 2.30pm—4.30pm

PRESCRIPTION TURN AROUND TIME

Prescription requests will take 48 hours to turn around.

Requests for a prescriptions at short notice put extra strain on the system and lead to delays in other patients medication being ready.

If you are struggling to remember to order your prescription please speak to a member of the dispensary team about steps we can take to help.



4. RECONNECTIONS

Tackling loneliness in Worcestershire

Reconnections is a FREE service for residents of Worcestershire who are over 50 and want to connect with people, places or activities in their area. If you know someone who is feeling lonely or isolated then this could be for them.

You can get in touch by calling: 01905 740954

Do you think you or someone you know could make a difference by volunteering?

Or to volunteer online:
www.surveymonkey.co.uk/r/RECONNECTIONS



5. MIGRAINE ACTION #NotJustAHeadache

Don't suffer alone, Don't suffer in silence. Migraine action is the leading support and advisory charity for people affected by migraine in the UK.



Helpline: 08456 011 033



Follow us @MigraineAction



Search Migraine Action

WELL-BEAN GARDENING CLUB

The gardening club is open to all as a Drop In/Pay as you Go/taster gardening club that will run at Link Nurseries on a Tuesday morning and a Friday morning from 9.30 till 12.30



The Club is aimed towards beginner gardeners although well experienced gardeners are encouraged also. The club is as much about socialising and learning through experience as it is about gardening.

Cost is £3.50 each session and you pay as you go, so if you don't attend you don't have to pay, but members must visit at least two times during any month to retain their individual square foot plot. Members are encouraged to attend each week.

All materials and training are provided by the Link Staff. This includes seeds (from Club List) compost and tools.

If you are new to growing vegetables or other plants, this is the perfect way to learn. It's easy, you will get quick results and be able to eat your own fresh vegetables.

After the first session (taster) members are assigned a plot 4' x4' which they can use through the gardening season. Plots are assigned to the member as long as they attend one of the sessions at least twice a month.

Contact: Link Nurseries
Hamilton Close, (off Hospital Lane),
Powick, Worcestershire. WR2 4NH

HEALTHY MINDS



Acceptance and Commitment Therapy (ACT)

Group - A 10 week NHS Workshop to teach you skills in managing low mood and anxious feelings. ACT teaches skills in managing difficult thoughts and feelings (using mindfulness and acceptance techniques). ACT helps you move towards a life which has meaning and purpose through a focus on values and goal setting.

To arrange an appointment to discuss going to the group please call 01905 760837

Generalised Anxiety—Cognitive Behavioural Therapy (CBT)

- This is the recommended psychological treatment for general anxiety. CBT in a group setting is beneficial, in that sufferers get the chance to meet others with similar difficulties whilst also learning how to deal with unwanted symptoms of generalised anxiety. The groups are free of charge and run for 9 weeks. Each session will last for 2 hours.

To arrange an appointment to discuss joining Managing Worry Group please call 01905 760837

Mindfulness-Based Cognitive Therapy for Depression (MBCT)

- This is a group programme that combines meditation and cognitive behaviour therapy in order to help people manage problems with recurrent depression and stress. The groups are free of charge and is a 9 week course and each sessions lasts two hours.

To arrange an appointment to discuss group participation please call 01905 760118

For more details visit:

www.hacw.nhs.uk/healthyminds

MALVERN TALKING NEWSPAPER

This is a free service for local blind and visually impaired people. A team of volunteers meet on Friday mornings to record the Malvern Gazette and Ledbury Reporter. The recordings are then posted weekly to people who have sight concerns on a USB stick for them to listen to on a "boom box". This is a free service to local blind and visually impaired people.

For further information please visit:
www.malverntalkingnews.org

