



November/
December 2016

Bourn Surgery Newsletter

Great Gransden Clinic: There will be no Gransden Clinic on Tuesday 22nd November and Tuesday 27th December.

Christmas Closure: Monday 26th and Tuesday 27th December 2016.

New Year Closure: Monday 2nd January 2017.

Please allow two working days for repeat prescription ordering to be ready.

Chariots of Fire relay race 2016:

Many thanks to all of our very generous patients who sponsored Drs Redwood, Lockyer and Frame in the annual Chariots of Fire relay race on Sunday 18th September 2016, one of Cambridgeshire's largest annual charity events. Running under the team name Bourn Surgery, our team of six each ran a 1.7 mile course through central Cambridge in relay format, early on a chilly Sunday morning.

Since the event started in 1992, Chariots of Fire has raised over £1 million for local and regional charities. This year, Chariots of Fire was held in support of Papworth Hospital Charity, who are seeking to respond to the worldwide shortage of donor hearts and have identified a new source - known as non-beating heart donors. According to Papworth hospital, this technique could increase the number of hearts available for transplantation by 40% and save hundreds of lives as the transplant waiting list continues to grow. Their innovative technique enables surgeons to utilise donor hearts which were previously considered too damaged to transplant. However, in order to deliver this technique the hospital needs to secure funding; to date the programme has only been made possible through charitable gifts.

We are delighted that through your generosity we raised £292.50 in sponsorship. Thank you very much!

Psychological Well-Being IAPT service:

Many people experience mental health problems at some point in their lives, and for some Christmas-time can be particularly hard. Improving Access to Psychological Therapies (IAPT) is an NHS initiative designed to make psychological therapies, or talking therapies, more accessible to people experiencing common mental health problems such as depression or anxiety. The psychological therapies offered are treatments approved by the National Institute for Health and Care Excellence (NICE).

This NHS service is set up to help those aged 17 and over who are suffering from mild to moderate depression and anxiety disorders, including generalised anxiety, social anxiety, post traumatic stress, health anxiety, panic, phobia and obsessive compulsive disorder. All of the talking therapies offered as part of the Psychological Wellbeing Service work by helping you understand what is happening to you, helping you to process your difficult feelings, and to

**The Doctors and Staff of Bourn Surgery would
like to wish all of our patients a Merry
Christmas and a Happy New Year.**

learn new ways of coping in order to improve your wellbeing. This includes self-help reading materials, guided self-help (both over the telephone and face-to-face), one-to-one therapies including Cognitive Behavioural Therapy (CBT), and group courses including Mindfulness.

If you are interested in exploring more of what IAPT can do then please feel free to come and discuss this with us. Alternatively, you can self-refer to the IAPT service. Details of how to do this, along with a wide range of information and advice leaflets, can be found on the CPFT (Cambridgeshire and Peterborough Foundation Trust) IAPT website at:

<http://www.cpft.nhs.uk/services/pws/psychological-wellbeing-service.htm>

Alternatively you can call IAPT on 0300 300 0055 to self-refer (lines are open from 9am to 5pm, Monday to Friday, excluding bank holidays).

Also on the website is information to help manage common mental health disorders in children, along with advice leaflets and further information sources. The GPs would be happy to discuss this further with our younger patients.

<http://www.cpft.nhs.uk/training/childrens-services-welcome>

What to do in a mental health crisis:

You, or someone you care for, might be in crisis if:

- You are thinking of hurting yourself or suicide seems the only option.
- Someone you know has made threats to hurt you or someone else.
- You are experiencing extreme distress that seems overwhelming.

Who to contact:

111: Call 111 and press option 2 for the First Response Service - a 24 hour service for people in a mental health crisis. This service is for anyone, of any age, living in Cambridgeshire and Peterborough.

Your GP: If you are in crisis and need immediate help, then please contact your GP.

The Samaritans: Dial 116 123 (24 hours a day, 7 days a week - free from any phone)

Out of Hours GP service (now run by Herts Urgent Care): Dial 111

Lifeline: 0808 8082121 (lines open 7pm – 11pm, 365 days a year)

SANE: 0300 304 7000 (lines open 6pm – 11pm, 365 days a year)

Accident & Emergency departments are open 24hrs a day, 365 days a year and offer a place of safety for those in mental health distress or crisis.

If you fear for your own safety, or the safety of someone else, call the Police on 999, or 101 if it is a non-emergency situation.

Reception

- **Mon-Fri:**
8.30am-1pm, 1.30pm-6pm
- **Appointments:** 01954 719469
- **Emergencies:** 01954 719313

Dispensary

- **Mon-Fri:** 9am-1pm,
3.30pm-6pm

Out of Hours

- **01954 719313 and listen to the automated message.**