

Newsletter November 2018 Issue No. 19

What is Aspiro Healthcare?

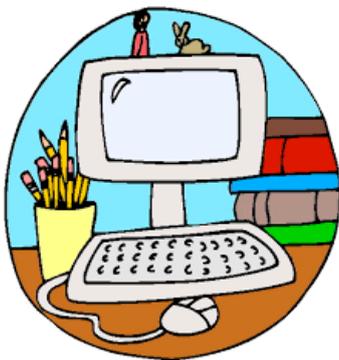
It is a collection of GP practices of which Woodsend is now a member.

As part of a larger group, Woodsend benefits from increased efficiencies and more access to resources.

Woodsend patients will still see the same medical practitioners (doctors, nurses, and health care assistants). All the improvements will be 'behind the scenes'

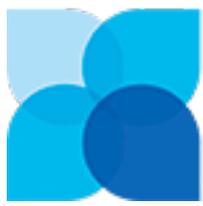
And We have a new website!!

www.woodsendmedicalcentre.nhs.uk



This is a much improved version of the old website with more information, clearly laid out. If you have accessed the old website then your ID/password will get you into the new website. If you are **NOT** registered to use the website contact reception **NOW**.

01536 212412



Aspiro
Healthcare @

WOODSEND MEDICAL CENTRE

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CHANGING MINDS IAPT

What is IAPT??? - Increasing Access to Psychological Therapies

A bit of a mouthful, but this is a service for anyone over the age of 17 who has mild/moderate depression or anxiety.

- You can refer yourself directly - 0300 999 1616 (9-5 weekdays)
- You can fill in an online form at www.nhft.nhs.uk/iapt
- Or you can ask your GP to refer you.

The service is free, and after talking to a member of the IAPT team you will be guided to the best treatment choice for you.

MAKING A
DIFFERENCE
FOR YOU,
WITH YOU



Flu Injections for the over 65's

There is a countrywide shortage of flu injections for people over 65, and delays in getting more 'flu shots'.

Woodsend are doing their best to get supplies as soon as possible.

If your injection is delayed - don't worry.

New supplies are on their way.