

Newsletter – June 2023

As the warmer weather is now with us, please take care with a few helpful tips:

* Keep out of the heat if you can. If you have to go outside, wear sunscreen, hat and light clothes, and avoid exercise or activity that makes you hotter.
* Have cold foods and drinks, avoid alcohol, caffeine and hot drinks, and have a cool shower or put cool water on your skin or clothes!
* Keep your living space cool. Close windows during the day and open them at night when the temperature outside has gone down.

**Self-Care**

Patients can self-refer to several services without the need for seeing anyone at the practice:

***Southern Health MSK Physiotherapy Service***:

Patients aged 18 and over can refer themselves to the Southern Health MSK Physiotherapy Service. For more information and to complete the referral form go to

[www.southernhealth.nhs.uk/our-services/a-z-list-of-services/physiotherapy](http://www.southernhealth.nhs.uk/our-services/a-z-list-of-services/physiotherapy)

***Maternity Services***:

Are you pregnant and have had this confirmed by a positive pregnancy test? You can self-refer to the maternity service for care. Please complete the self-referral form at [www.badgernotes.net/selfReferral/CareLocation/SHIP](http://www.badgernotes.net/selfReferral/CareLocation/SHIP)

***Counselling iTalk****:*

Patients wishing to speak to a counsellor can self-refer to iTalk. Most treatments offered by iTalk are based on cognitive-behavioural therapy (CBT), a type of talking therapy. iTalk can help with depression, anxiety, OCD, PTSD and phobias, stress and wellbeing help and support. Please call iTalk on 02380 383920 or visit their website: [www.italk.org.uk](http://www.italk.org.uk)

***CAMHS***:

Child and Adolescent Mental Health Services (CAMHS) are an NHS service that aims to help young people up to the age of 18 who are finding it hard to manage their emotional and psychological health, and who are suffering with acute, chronic and severe mental health problems. Please call 0300 304 0050 or visit their website: [www.hampshirecamhs.nhs.uk](http://www.hampshirecamhs.nhs.uk)

***Moving on Project***:

Young people aged between 11-25 in Fareham, Gosport and surrounding areas can self-refer for Youth Counselling to improve their emotional health and wellbeing, so that they can achieve their full potential. Please visit their website: [www.the-mop.org/](http://www.the-mop.org/)

***Fareham and Gosport Young Carers***:

This service provides support to young carers between the ages of 8 to 18, whose lives are restricted in some way because they are supporting a person who is ill, has a disability, mental illness or is misusing a substance. This could include a parent, sibling or close family member. This allows the young carer to take time out for themselves, socialise and cope with the demands placed on them as carers. Please visit their website: [www.kids.org.uk/fareham](http://www.kids.org.uk/fareham)

***Drugs and Alcohol***:

Inclusion provides services that include advice, information, harm reduction interventions, recovery planning in conjunction with a range of pharmacological, psychosocial and structured treatment programs. Inclusion supports those affected by drugs and alcohol in Hampshire. If you want help with your own use and are aged 25 or over please contact them on 0300 124 0103. If you are under 25 please contact 0845 459 9405. If you are affected by someone else’s use please contact 02380 399764. Please visit their website: [www.inclusionhants.org](http://www.inclusionhants.org)

***Exercise referral scheme***:

Upon signing up to the scheme, you will meet the team of trained staff at Gosport Leisure Centre. Together you will agree a personal plan which considers your medical conditions, preferences, interests and lifestyles. Please visit their website: [www.placeleisure.org/centres/gosport-leisure-centre/centre-activities/fitness-health](http://www.placeleisure.org/centres/gosport-leisure-centre/centre-activities/fitness-health)

***Smoke Free Hampshire***:

For advice and support with quitting smoking please call 01264 563039 or visit their website: [www.smokefreehampshire.co.uk](http://www.smokefreehampshire.co.uk)

***Sexual Health***:

Solent NHS Trust Sexual Health Service provide Sexual and Reproductive Health (SRH) and Genito-Urinary Medicine (GUM) services across Hampshire, Isle of Wight, Portsmouth and Southampton. Please call them on 0300 300 2016 or visit their website: [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

**Practice Website**

We have recently updated our website to ensure this is more user friendly for our patients. Please take a look at [www.solentviewmedicalpractice.co.uk](http://www.solentviewmedicalpractice.co.uk) for up-to-date information. Did you know that you can complete a registration form, order a repeat prescription, cancel an appointment, request online access, complete an eConsultation and travel vaccination form, and much more all via the website.