



The Lodge Health
PARTNERSHIP

Lodge Highfield Redbourn

LODGE, HIGHFIELD &
HIGHFIELD SURGERIES

NEWSLETTER DATE:
10/08/2021

We are going greener

HOW WE CAN HELP

- Reducing the amount of paper, we print
- Walking or cycling to work
- Offering appointments via video
- Reduce prescribing medication that patients are not taking
- Reducing our use of plastic disposables
- Turning off PC, lights overnight
- Contacting patients via text messaging



HOW YOU CAN HELP

- Contacting the surgery and ordering prescriptions online using our website or e-consult
- Only ordering medication you need
- Grouping blood tests where possible
- Booking a telephone or online consultation
- Keeping your phone number up to date

The Lodge Health Partnership has declared a Climate Emergency. We recognise this is also a health emergency. There are over 40,000 deaths every year from pollution in the UK. Our target meeting this month focused on what we can do as a surgery to reduce our carbon footprint. Our staff worked together in teams to come up with solutions on how we can do our part to help towards a greener planet. We were surprised to learn that 65-95% of a GP surgery footprint comes from prescribing with over prescribing, wasted medication and metered dose inhalers contributing to a large population of this. After prescribing, patient and staff travel are the next biggest contributor. We listed some of the small changes that could make a big difference over time

We also took time to look at our thoughts and feelings and discuss how we can help each other lead a healthier work life focusing on our mental health and wellbeing after this very challenging year.



Dr Gail Barreto, Dr Noshina Arshad, Dr Sathana Ingaralingham and Dr Vinita Bhakta are all joining us over the next few weeks as our trainee doctors. We wish them a warm welcome

congrats!

Congratulations to our nurse Pam who has received her degree in contemporary nursing – very well deserved



Best wishes to Dr Bathia who is getting married this month. We wish you all the best on your special day

FLU VACCINATIONS

We will soon be inviting our eligible patients for your flu vaccinations. These are likely to be offered alongside a covid booster to be given at the same time.

Those eligible for a flu injection are

- Over 50s
- 18-49 with underlying health conditions
- Pregnant woman
- Carers
- Healthcare workers
- Household contacts of clinically vulnerable

Those eligible for flu nasal drops are

- 2-3 year olds in the GP surgery
- 4-16 at school NOT the GP surgery

Please look out for your text message invite, those without a mobile phone will receive a phone call

COVID- 19 VACCINATION PROGRAMME

Batchwood Hall has been a main hub in the covid vaccination programme and has given more than 75,000 doses offering walk-in and drive-through clinics throughout the pandemic

It has now closed its doors as of 31st July

Each day it was open was filled with enthusiasm, teamwork and stories of people's memories of their visits to Batchwood over the years offering a nostalgic feeling for many.

A big thank you to all that played their part by working and volunteering at Batchwood over the past year



IAPT Psychological Wellbeing Webinars

Dealing with Depression

Depression is when someone feels low in mood and loses interest in day to day life, resulting in reduced energy and activity levels. You are not alone, so many of us will experience depression at some point in our lives.

'Dealing with Depression' is a free 1 hour webinar that looks at the experience of depression, and teaches you tools and techniques to help you understand your feelings and make a positive change. This webinar is facilitated by two trained and experienced CBT therapists.

Key topics covered:

- Information about depression and CBT
- Ways to understand depression
- Behavioural tools: small things anyone can do to improve your mood
- Cognitive tools: mental exercises to explore and challenge unhelpful thinking

Upcoming dates:

Tuesday 10th August (11am)
Tuesday 24th August (11am)
Monday 6th September (10am)
Tuesday 21st September (11am)

Further dates will be added for October, November and December.

How to register:

Simply visit our website and select the date and time that suits you best and complete a short registration form. Once we have your form we will send you a link to join the webinar.

www.hpft-iapt.nhs.uk/resources-and-self-help/webinars/dealing-depression

More information about our service: www.hpft-iapt.nhs.uk

LONG TERM CONDITIONS

DEPRESSION

An estimated 1 in 4 people in the UK are affected with depression anxiety or phobias. There are now many ways for someone suffering with this to access the help they need included in the link below

[Get help from a mental health charity - NHS \(www.nhs.uk\)](http://www.nhs.uk)



FOLLOW US

Follow us on social media to keep up to date with day to day information

Facebook @thelodgehealthpartnership

Twitter @health_lodge

Instagram @thelodgehealthpartnership_