

THE WILSON PRACTICE

Patient update 3 July 2020

As Government advice on social distancing changes and hospitality and other venues start to open up, we urge patients to continue to take care and to be mindful of their own health and others'.

There have been no changes to how we work at the practice: contact us via eConsult or telephone for advice and support. Our GPs and nurses respond promptly and will arrange face-to-face appointments where necessary.

A few contacts and support services

- **Hampshire & Isle of Wight Children and Young People's Crisis Line 0300 303 1590**
Open 3:00pm – 8:30pm Mon – Thur to support young people with immediate access to safe and confidential 1-to-1 emotional support, including suicide and self-harm safety planning and advice on a wide variety of healthy coping skills
- **Mind Carers Service 01264 332297** (option 3) **laura.mouzouris-lodge@andovermind.org.uk**
Tailored advice, support and training for anyone who finds themselves in a caring role
- **St Bernard Support 0800 772 0723 help@c-b-d.org.uk**
Online and telephone finance advice and support for people, including families and carers, affected by life-affecting illness
- **Mental health, housing and other support for military veterans** We recently received some useful information which can be found on our website:
<https://www.wilsonpractice.co.uk/website/J82157/files/Veterans%20mental%20health%20and%20other%20support%20Jun2020.pdf>

And a couple of opportunities – volunteer or have your say...

- **East Hampshire Mind** has a number of **volunteer vacancies** in its Adult Wellbeing Service, including walking group, peer support and admin volunteers. If you are interested and can spare a minimum of four hours a week, you can find more details at:
<https://www.easthantsmind.org/get-involved/volunteering/adult-wellbeing-volunteer/>
- **Hampshire Together: Modernising our Hospitals and Health Services** involves NHS and social care providers across Alton, Andover, Basingstoke, Eastleigh, Winchester and the surrounding areas. The centrepiece will be a **brand new hospital** – but the programme's impact will reach far wider, involving GPs, mental health, community care, social care and the wider voluntary sector, as well as acute hospital care.
People across north and mid Hampshire are **currently being asked for their views** on the way health services are provided in the area now and in the future. Information and an online comment form can be found at www.hampshiretogether.nhs.uk. You can also find Hampshire Together on Twitter (www.twitter.com/HampshireMOHHS) and Facebook (www.facebook.com/hampshiretogether). If you would like to receive the listening document and a comment form by post, write to FREEPOST Hampshire Together (no stamp required) with your name and address.