



## Contact details

- > Call us on  
01952 457 415
- > Email:  
wellbeing.telford@sssft.nhs.uk
- > Visit our website at  
telfordwellbeing.service.sssft.nhs.uk
- > Tweet us Telford\_IAPT
- > Like us on facebook:  
www.facebook.com/telfordwellbeingservice

### > Postal Address:

Fuller House

Hall Court

Hall Park Way

Telford

TF3 4NF

### Referral Line Opening times:

Monday to Friday  
9.15am – 4.30pm

Our administrators will take your details and arrange an initial appointment for you on a date of your choice within our opening hours. Telephone assessments are offered either am or pm between the hours of 9am—4pm. However if required therapy appointments can be arranged before 9am weekdays, or in the evening Monday—Thursday.

# Telford Wellbeing Service Newsletter

## Who we are

The Primary Care Wellbeing Service is a free NHS Service providing a range of recommended talking therapies for common mental health problems such as anxiety and depression. We offer information, guidance and talking therapies in a variety of different formats. To access our service you need to be aged 16 or over and registered with a Telford GP.

To find out more or to refer yourself please contact the team on:  
**01952 457 415**

Someone will take your details and arrange an appointment to discuss your difficulties and look at ways in which we can support you to help yourself improve your wellbeing. Please allow around about 10 minutes for this initial contact.

*Please note we are not a 24 hour, 7 days a week service. If you need urgent or immediate support please contact the Samaritans on 116 123, your GP or Shrop Doc on 0333 222 6655.*

## End-of-Year Update

We are pleased to say that we continue to be significantly above national government targets for recovery, and continue with our aim to provide access to effective, evidence-based therapies to everyone suffering from a common mental health problem.

We also launched our online Computerised CBT programme this year, called Silvercloud. Nearly 400 people have signed up for support, and recovery rates are similar to people attending therapy face to face or by telephone. If you'd like to try Silvercloud yourself, you can sign-up for free at <http://telfordwellbeingservice.sssft.nhs.uk/silvercloud>.

Finally, congratulations to our Team Lead Lucy Cotterill, who last month won South Staffordshire and Shropshire Foundation Trust's Chairman's award for Leadership! We're all very proud of her in the team.

# Support for people with Diabetes and Respiratory Conditions

Having a long-term condition can affect all areas of our life, not just our physical health. We are now providing a new service to help people with diabetes and respiratory conditions, such as COPD and Asthma, maintain the best possible health for them.

Whether you have been diagnosed recently, or having been living with your condition for a while, it can have a huge effect on day to day life. People with diabetes, COPD or asthma sometimes struggle with:

- Difficulty remembering to take medication, or injections
- Not wanting people to know about their condition
- Difficulty sleeping
- Feeling tired and a lack of energy
- Poor appetite or overeating, or eating healthily
- Little motivation to do daily tasks
- Worry about their condition, or things getting worse
- Feeling low in mood, and “down in the dumps”
- Feeling frustrated and angry about how to manage their condition
- Having mood swings, and not knowing how to change this
- Feeling socially left out, or that people are judging them

If any of this sounds relevant to you, we may be able to help you improve your mood, worry less, and gain more motivation.

More information is available on our website:

<http://telfordwellbeingsservice.sssft.nhs.uk/>

## Things to Look Out For

You might see us in the Shropshire Star soon, look out for an article about the connection between our physical and mental health

Did you know we have a blog on our website? We'll be posting our Christmas blog on how to cope with the holidays soon, at <http://telfordwellbeingsservice.sssft.nhs.uk/>

**Happy Holidays from all of us at Telford Wellbeing Service,  
we wish you a wonderful New Year.**

**Come and See  
us at:**

We'll be at the Healthy Mind and Lifestyle festival along with other services, on Thursday 14th December at Meeting Point House in Southwater. Come along between 10.30am and 3pm to learn ways to have a healthy mind, and live a healthy life!

Do you have any events coming up, or a group that you feel could benefit from a talk about mental wellbeing? We're happy to come a speak at any events or community groups within the Telford and Wrekin area. You can call us on 01952 457415 to discuss, or contact [wellbeing.telford@sssft.nhs.uk](mailto:wellbeing.telford@sssft.nhs.uk)

