



# Telford Wellbeing Service Newsletter



Dec 2018

## 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**

*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 NHS 111.*

## 2018

We've had our busiest year yet in 2018, with 4069 people entering therapy in the last 12 months. This includes the 759 people this year alone who signed up to our online Cognitive Behavioural Therapy programme, Silvercloud. Our hope for 2019 is to continue to help more people learn skills and techniques to manage their mental health, because everyone's well-being matters.

To sign-up for Silvercloud, please go to <http://telfordwellbeingservice.sssft.nhs.uk/silvercloud>

## Contact details:

- Call us on **01952 457 415**
- Email: **wellbeing.telford@mpft.nhs.uk**
- Visit our website at  
**telfordwellbeingservice.sssft.nhs.uk**
- Tweet us **Telford\_IAPT**
- Like us on facebook: **www.facebook.com/telfordwellbeingservice**
- We're now on Instagram! Check us out  
**@telfordwellbeingservice**

Postal Address:

**Fuller House  
Hall Court, Hall Park Way  
Telford  
TF3 4NP**

Our phonedlines are open 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 between the hours of 8am—5.30pm.

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 and 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@mpft.nhs.uk](mailto:wellbeing.telford@mpft.nhs.uk)

## Long Term Conditions - Where are we now?

Wow! It's been over a year since we started our work in helping people who are experiencing low mood and/or anxiety whilst living with certain physical long term health conditions (LTC) such as Diabetes, Respiratory and Muscular-Skeletal problems.

It is safe to say over this time, we have achieved a lot...not only in adapting our service and the support we offer to LTC patients but also we have made great steps to link with other healthcare services in Telford such as our local community Diabetes, Respiratory and Muscular-Skeletal services. In our ongoing dedication to integrate with such services, we are always striving to put our patients in the centre of what we do, by creating a team around each patient which works together to provide a smooth journey to recovery.

We have already had some very encouraging feedback from helping people in this way, with many patients seeing a noticeable difference in the way they manage their physical health because they have been introduced to techniques based on Cognitive Behavioural Therapy (CBT). These techniques have allowed them to address their low mood and anxiety, and also approach their LTC differently either by changing what they do or how they think.

By no means, do we claim to be medical experts about physical health....emotional wellbeing is our focus, but our knowledge of the ways in which long term conditions can affect us not only physically but in all areas of our life seems to be helpful to support others.

If you are currently experiencing a long term condition which affects your emotional wellbeing such as Type 1 or 2 diabetes, COPD or other respiratory condition, or a muscular-skeletal condition such as arthritis or fibromyalgia, please call us on 01952 457415 to book an assessment.



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

