

It's not too much trouble – your GP practice is still here to help

If you have any ongoing or new concerns about your health, it is really important that you don't ignore them or put them off.

Your GP surgery is still here to help, but is just operating a little differently to usual.

There are important physical signs you should let your GP know about and you must call them if you have:

- Unexplained blood loss that doesn't come from an obvious injury
- An unexplained lump
- Unexplained weight loss which feels significant to you
- Any type of unexplained pain which doesn't go away



They can also redirect you to the right place if you need a different service but aren't sure where to go.

The best way to contact your practice is by telephone. Your clinical team will then be able to assess your problem and make sure you get the right support.

They may arrange a consultation with a GP or other member of practice staff. This could be done by video, telephone or face-to-face but these options will always be discussed with you.

If you are given a face-to-face appointment, whether this is at the surgery or at home, please be reassured that precautions are being taken to ensure your safety.

These include clinical staff wearing personal protective equipment (PPE) when they are in close contact with patients and each other.

(This information has been provided by the NHS in Wakefield in partnership with the Frailty Prevention Partnership)

Patients are also being asked to wear a mask or face covering, such as a scarf, and social distancing measures are also in place.

So please contact your GP if you need to; it's not too much trouble and you are not putting anyone out. If you are worried, you should ring or ask someone to call for you.

New helpline offers emotional support



The last few months have been extremely tough for many of us - facing an extended lockdown; being unable to see children, grandchildren and friends; and dealing with anxiety and stress.

Did you know that if you have been experiencing emotional distress, there is a free 24 hour helpline that can help?

If you are registered with a Wakefield GP you can speak to someone by calling the helpline number: **0800 183 0558**.

You may care for someone, in which case you can also access information, advice and support through the helpline.

The helpline is completely confidential and is on hand 365 days a year so please call if you need to talk to someone.

Talking Therapies can help

If you are feeling low, anxious or stressed free help is also available from Turning Point Talking Therapies.

If you are registered with a Wakefield GP, you can refer yourself to the service by ringing 01924 234 860 or, if you are online, using the website <https://talking.turning-point.co.uk/wakefield/> or emailing wakefield.talking@turning-point.co.uk

The telephone line is open between 8am and 8pm Monday to Friday, 9am to 4pm on Saturday and 10am to 4pm on Sunday.

You may have an initial screening assessment with a clinician, after which they will discuss with you which options would best meet your needs.

There is also a range of free online workshops available to book onto at <https://talking.turning-point.co.uk/wakefield/free-online-workshops/>

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