**Newsletter**

 **Headstone Lane Medical Centre**

 **August 2023**

This is a patient newsletter that will be published on our practice website and sent out via text message to all patients with a mobile number recorded at the surgery. The aim of the newsletter is to update our patients on changes to how the surgery is operating and the current situation in the NHS.

Bank Holidays

Please be aware that the surgery is closed during bank holidays. Upcoming bank holiday dates are as follows:

Monday 28th August 2023

Cedars Pharmacy

Patients may have heard that Cedars Pharmacy (the pharmacy across the road from the surgery) is closing. We are aware that some patients who are regular customers of Cedars Pharmacy were told directly by them that they would need to find a new surgery.

We have been informed that Cedars Pharmacy will remain open and patients do not need to switch. If there are any further updates, we will let patients know.

**Funding for SMS Messaging**

**The funding structure for SMS messaging to patients has changed and as a result the surgery has been evaluating the best ways to use this function effectively. We have decided that we will no longer send a link to the monthly newsletter to all patients. The monthly newsletter is still being produced and added to the practice website for all patients to access.**

 **Harrow Coves**

**Harrow Coves is an organisation that provides free mental health support for individuals aged 16+. In partnership with Central and North West London NHS Trush, Hestia's Cove services are community-based mental health service for residents in the boroughs of Brent, Harrow, Hillingdon, Kensington, Chelsea and Westminster.**

**Support and activities will include:**

* **Advice, information and signposting.**
* **Drop-ins when in crisis.**
* **Scheduled one-to-one support - virtual and/or face-to-face.**
* **The opportunity to develop a safety plan to look after your mental health in the future.**
* **Peer support.**
* **Group activities.**

**Harrow Coves offer a welcoming, safe, community space for people to talk, connect and gain support around their mental health.**

**Their aim is to support patients to reduce immediate anxiety, formulate individual safety plans to support mental health and reduce the likelihood of patients requiring further assistance from other crisis services.**

**Patients can drop in to the service or on an appointment basis following a referral made by a professional.**

**Carramea Centre, 27 Northolt Road, South Harrow, HA2 0LH**

**T: 07407305206**

**E:** BH.Cove@hestia.org