



Meet The Team

Name: Fay

Job Title: Reception/Care Navigator

Specialist area: Reception

What do you most enjoy about the job:

"I enjoy helping patients and assisting with there queries. My favorite part of the job is being in a patient facing role".



The Healthy Lifestyle Service are offering free Menopause Courses for patients - particularly those who are perimenopausal or menopausal and awaiting a clinician review.

Here's a brief overview of the course:

- Initial Assessment: Patients will receive an individual assessment to identify their symptoms and do a health check, including BMI and Blood pressure checks.
- 5-Week Programme: The menopause course runs weekly, with each session lasting around 1 hour and 15 minutes. Evening sessions are available.

Course Content Includes:

- Understanding menopause and lifestyle changes
- Energy balance and weight management
- Nutrition education and portion control
- Mental wellbeing, alcohol, mindfulness, and meal preparation
- Physical activity, osteoporosis, smoking, and HRT options

This programme is designed to empower patients with knowledge to make informed decisions around HRT and explore other supportive measures before their GP appointments.

The dates, times and locations of the course are below 26/06/25 - Crowle Community Hub 1:15pm-2:30pm 19/08/25 - Ashby Community Hub 5:30pm-6:45pm 03/11/25 - Baysgarth Community Hub 5:30pm-6:45pm

Mental Health Awareness Week

Since 2001, the Mental Health Foundation has been leading Mental Health Awareness Week - bringing the UK together to focus on getting good mental health. This year, the week takes place from 12 to 18 May 2025 and the theme is 'community'.

This Mental Health Awareness Week celebrates the power and importance of community. Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense purpose. www.mentalhealth.org.uk



1. MAKE IT FUN

Choose an activity you enjoy. You

could join a club or group centred around your interests.

2. GET OUTDOORS

Get out and moving in nature for more mental health benefits.



MENTAL HEALTH AWARENESS WEEK 12-18 MAY 2025

From book club to art class, Swifties to gamers, volunteer groups to shooting hoops – community is good for our mental health. They help us to belong, feel supported, and have purpose.

Here are ten ways to get involved with your community and boost your mental health.



5. SHOW YOUR APPRECIATION

Sharing a compliment or showing appreciation can strengthen your relationships.



6. CONNECT ONLINE

Find others who share similar experiences or interests online. Remember, healthy online communities should make you feel safe and valued.



7. GIVE BACK

Helping others is a great way to build community and give you purpose.



8. CAREFOR YOUR LOCAL COMMUNITY

Increase your sense of belonging by getting involved in your local community.



9. WELCOME OTHERS

Make new people joining your community feel welcome and included.



10. FIND PEER SUPPORT IF YOU'RE STRUGGLING

Connect with others going through similar experiences through peer support groups.





3. FIND LIKE-MINDED PEOPLE

Build connections with people who share your interests and values. But try to also meet people who are different from you, too.



4. SHOW KINDNESS TO OTHERS

Connect with your community through small acts of kindness, which will benefit both you and others.



MENTAL HEALTH FOUNDATION

TOGETHER FOR GOOD MENTAL

Learn more about community and mental health.

MENTALHEALTH.ORG.UK/MHAW #THISISMYCOMMUNITY

Statistics For April 2025

Patients Did Not Attend 236 Triage AsForms Submitted 2411

New Patients
Registered
17

Prescriptions issued 5704

Referrals Made 432

Appointments
Available
6164



Have a healthcare appointment booked?

Keep it or cancel it, but don't forget it!