



Donaghadee Health Centre March 2021 newsletter



Multidisciplinary team [MDT]

Ards and North Down GP Federations have been chosen by the Department of Health as the next locality to roll out MDTs. This team consists of Physios, Social workers and Mental health workers, and adds to the pharmacists and nurses that are already in practice supporting GPs. There will also be additional District nurses and Health Visitors attached to the practice. We also have Dieticians running clinics for those trying to lose weight, have IBS, high cholesterol and Gout.

This is the Department of Health's main plan to transform community based healthcare and will involve a change in approach. There will be more emphasis on prevention of disease, population based healthcare, a focus on mental health and better links with the community and voluntary sector. This change means that on many occasions you may be better speaking to one of the MDT staff rather than a GP. First contact Physios that formerly worked in orthopaedic clinics are a good example of this.

We are delighted to introduce **Alistair Mackenzie** (Senior Social Worker Practitioner) and **Nicola Craig** (Assistant Social Worker) who started in March 2021.

Also **Michelle Teggart** (Senior Mental Health Practitioner) who also started in March 2021

Person-centred support and guidance are provided for the following:

- Isolation/loneliness
- Carer Support
- Relationships
- Domestic violence
- Parenting
- Behavioural issues
- Anxiety / Low mood / Stress
- Finances / Benefits
- Housing Issues
- Alcohol / Drug misuse
- Bereavement
- Signposting / Referrals
- Weight loss
- Community based groups and organisations.

General Practice Multi-Disciplinary Teams

To complement the existing staff within GP practices, three new practice based roles have been created:

- ▶ First contact physiotherapists
- ▶ Social workers
- ▶ Mental health practitioners

You can book an appointment with any of these services directly without first seeing your GP.

- ▶ GENERAL PRACTICE
- ▶ PHYSIOTHERAPY
- ▶ MENTAL HEALTH
- ▶ PHARMACIST
- ▶ SOCIAL WORK
- ▶ DISTRICT NURSING & HEALTH VISITING

For more information visit
www.health-ni.gov.uk/mdt



#MDT #DeliveringTogether



Health and
Social Care



Department of
Health
An Roinn Sláinte
Máinnystríle O Póistíle
www.health-ni.gov.uk

HEALTH AND WELLBEING 2026
DELIVERING TOGETHER

Spring social prescribing helps people aged 18+ to address; social, emotional and practical needs, by connecting them to sources of comfort within their community to improve their health and wellbeing.

<https://www.springsp.org/>

I AM AN INDIVIDUAL
WHO NEEDS HELP

Caring Community Wellbeing HUB

We passionately believe that everyone should have access to the support and advice they need. The Hub offers a range of services that aim to support people to live a healthier and fulfilled life.

TALKING THERAPIES: Patients will receive up to 6 sessions of one of the following:

COGNITIVE BEHAVIOURAL THERAPY: A collaborative therapy using a 'hands on' approach with structures, goals and tangible tasks. Rooted in the present, and looks towards the future, it does not focus on past events.

COUNSELLING: Allows people to discuss problems, worries and difficulties they are experiencing in a non-judgmental environment. Uses a range of techniques and models based on the patients' needs e.g. solution focussed therapy, bereavement support.

MENTAL HEALTH & EMOTIONAL WELLBEING COACHING: A client-focused approach to manage emotions, challenge negative thinking patterns, improve relationship skills and reduce stress and anxiety.

Available to anyone aged 18+ (Please speak to your GP for a referral)

EMOTIONAL WELLBEING SERVICE

Offered to those experiencing distress as a result of:

CHRONIC HEALTH CONDITION

RECENT CHANGE IN CIRCUMSTANCES/LIFE EVENTS

This service offers patients up to 6 sessions. Delivered by assistant psychologists via telephone or Zoom. The goal is to reduce distress and increase happiness, using the 5 ways to well-being as a framework.

Available to anyone aged 18+(Please speak to your GP for a referral)

Useful Links for Mental Health Wellbeing

Mental Health and wellbeing :<https://www.getselfhelp.co.uk//pandemic.htm>

Our Stories /Heads together: <https://www.headstogether.org.uk/our-stories/>

SilverCloud :https://nhs.silvercloudhealth.com/onboard/nhsstaff/programs/?link=header_menu

Relaxation tips :<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>

www.helplinesni.com

www.mindyourhead.org.uk

www.aware-ni.org

www.pipscharity.com

https://www.publichealth.hscni.net/sites/default/files/2020-01/SouthEastern_area_card_2020.pdf