

National Suicide Prevention Awareness month

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We want to use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services.

World Suicide Prevention Day 2019.

World Suicide Prevention Day is observed on September 10 each year to promote worldwide action to prevent suicides. Various events and activities are held during this occasion to raise awareness that suicide is a major preventable cause of premature death.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left in the dark.

Too often the feelings of shame and stigma prevent them from talking openly. People experiencing mental health conditions often face rejection, bullying and even discrimination. This can make their journey to recovery longer and more difficult. Stigma is when someone, or you yourself, views you in a negative way because you have a mental health condition. Some people describe stigma as shame that can be felt as a judgement from someone else or a feeling that is internal, something that confuses feeling bad with being bad.

Navigating life with a mental health condition can be tough, and the isolation, blame and secrecy that is often encouraged by stigma can create huge challenges to reaching out, getting needed support and living well. Learning how to cope with stigma and how to avoid and address stigma are important for all of us.

If you need any help, support or just someone to talk with, please contact the Samaritans at any time, 24 hours a day on 116 123 or if you want to email they guarantee a response in 24 hours by contacting jo@samaritans.org



Migraine Awareness Week 1-7 September 2019

Migraine is an inherited tendency to have headaches with sensory disturbance. It's an instability in the way the brain deals with incoming sensory information, and that instability can become influenced by physiological changes like sleep, exercise and hunger."

Migraine Trust

Migraine is the third most common disease in the world, with an estimated global prevalence of one in seven people.

Despite being recognised as one of the most disabling lifetime conditions, awareness and understanding is low.

Migraine Awareness Week, beginning on the first Sunday in September, aims to raise awareness of the condition, highlight its impact and our vital work to support the millions of people affected.

Migraine is a complex condition with a wide variety of symptoms. For many people the main feature is a painful headache. Other symptoms include disturbed vision, sensitivity to light, sound and smells, feeling sick and vomiting. Migraine attacks can be very frightening and may result in you having to lie still for several hours.

The symptoms will vary from person to person and individuals may have different symptoms during different attacks. Your attacks may differ in length and frequency. Migraine attacks usually last from 4 to 72 hours and most people are free from symptoms between attacks. Migraine can have an enormous impact on your work, family and social lives.

Distinguishing between different types of headache can be difficult. You can experience different types of headaches at different times of your life for varying reasons. For example, if you have migraine you may also experience other types of headache. Keeping a migraine or headache diary is really useful and can be invaluable in trying to identify a specific headache type.

There is no known cause for migraine, although most people with it are genetically predisposed to migraine. If you are susceptible to migraine there are certain triggers which commonly occur. These include stress, lack of food, alcohol, hormonal changes in women, lack of sleep and the environment.

For help and support with this, please contact the migraine trust online for a whole range of information and resources on www.migrainetrust.org or on 0203 9510 150



General Practice awards 2019

We are very proud to announce that Dr Thao has been shortlisted for the National General Practice Awards for General Practitioner of The Year 2019: for her inspiring work, bringing health and wellbeing into our local community and our local community into our Practice and our health system. This award is open to all qualified GPs practising in the UK. The award is looking for someone who has helped to turn a struggling practice around; made improvements in the morale and wellbeing of their colleagues; or campaigned for change in their local area. The results will be announced on 29th November 2019 at a prestigious award ceremony. Good luck Dr Thao.



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Newsletter September 2019



Alzheimer's society

Milton Keynes CCG and Milton Keynes Council have launch a new joint service to support patients following a dementia diagnosis. The service offers several support groups across the city

Activity Group	Swinfen Harris Hall, London Road, Stony Stratford, MK11 1JA	Every Tuesday	10am—12pm
Activity Group	The MARC & Frank Moran Centre Melrose Avenue Bletchley, MK3 6PA	Wednesday 4th and 8th September	1.30—3.30 pm
Care Support group	The Willows Care Home, Heathercroft, Great Linford, MK14 5EG	Wednesday 11th and 25th September	10.30—12.30pm
Singing For The Brain morning	Heron Lodge Guide Centre Bradwell Road Loughton Lodge, MK8 9AA	9th and 23rd September	10.30—12.15pm
Singing For The Brain morning	Heron Lodge Guide Centre Bradwell Road Loughton Lodge, MK8 9AA	9th and 23rd September	2.00—3.45 pm

If you are interested in attending any of these groups, ring 01908 232612 to register your interest.



The Alzheimer's society website can be view at Alzheimers.org.uk . Or you can contact them on the national helpline number.
0300 222 1122

Opening times
Monday—Friday
7.30—19.00
Closed Saturday, Sunday
and
Bank holidays

Contact Numbers
Tel: 01908 375341