

NHS Health Update Services in North Kensington - December 2019

THE NHS IS HERE FOR YOU

We take all health concerns very seriously and are doing all we can to protect people's health. You are not alone and we continue to encourage anyone who is worried about their health to speak to their GP and book an appointment for an Enhanced Health Check to assess their current health and reassure yourself. The Enhanced Health Check is available for all adults and children and goes beyond the standard NHS health check to assess current levels of health. Your GP can then refer you onto one of a number of specialist services for further care where required.

We wish everyone a safe, healthy and peaceful break.

**Dr Meena Nathan, Clinical Lead
for North Kensington**

Enhanced health checks

The check is designed as an initial assessment to detect the early signs of health problems and underlying health conditions. If anything is identified, people will be referred on to the appropriate specialist service.



The Enhanced Health Check for adults includes:

Respiratory examination:

- Spirometry (lung function testing)
- Oxygen saturation
- Physical examination of chest
- Smoking cessation intervention

A spirometry assessment is a lung function test and is used to diagnose and monitor certain lung conditions. Conditions that can be picked up and monitored include asthma and chronic obstructive pulmonary disease (COPD). Any concerns identified from this initial assessment will result in a fast track referral to a specialist Respiratory Service.

Emotional health and wellbeing:

- Anxiety screening
- Depression screening
- Post-Traumatic Stress Disorder (PTSD) screening
- Insomnia/sleep review
- Alcohol use screening
- Substance misuse

Any concerns identified from this initial assessment will result in an onward referral to specialist mental health and therapeutic services.

Physical examination and health promotion:

- Weight
- Body mass index
- Blood pressure and pulse
- Physical activity reviews with onward referral to gyms, personal trainer, etc.
- Dietary review with onward referral to various weight loss management programmes.
- Health advice around dental and eye care
- Bloods tests - to assess conditions such as diabetes, high cholesterol, thyroid function test and renal function if indicated.

For children, Enhanced Health Checks include:

- Checking concerns around breathing.
- Emotional health screening.
- Weight monitoring and links to local weight management services.
- Focus on physical activity and exercise programmes within the community.

The service is provided by the majority of the North Kensington GPs, with additional appointments offered by the community service, Enhance (Thrive Tribe). Your GP may need to refer you to another local GP practice for the Enhanced Health Check if they don't currently provide this service.

To book an appointment call your GP practice or contact the community service, Enhance on: **020 3434 2500**
www.enhancehealthchecks.org.uk

Visiting your GP

If you would like longer with your GP to discuss your health needs or concerns, you can also book in for an extended GP appointment of up to 30 minutes. Speak to your practice reception.

You can also see a GP or nurse in the evening or at weekends, if your practice doesn't have an appointment ask if they can book you in to one of two hubs in the area at the following:

- Violet Melchett Integrated Care Centre
- St Charles Centre for Health and Wellbeing Integrated Care Centre.

If you were affected by the fire, and are living in another borough, you can also access these services, speak to your GP in the first instance and see contact details for each service below.

Health and wellbeing

The Grenfell Health and Wellbeing service is a **free and confidential service** for children, adults and families affected by Grenfell. We know that people are experiencing a broad range of difficulties following that night. For some, it has triggered distressing thoughts, memories and nightmares. You may be struggling to sleep, feeling anxious, angry or low in mood. Some people may experience persistent and traumatic feelings of grief, or adjusting to life and changes following the fire.

We offer tailored support for children and adults to give you the help you want, at the pace you need it. You can telephone us on: **020 8962 4393** or visit www.grenfellwellbeing.com and **complete a referral form**.

The children's arm of the service also works closely with schools and families to support children and young people in need of emotional support.

Urgent emotional health and wellbeing support for adults

To talk about your wellbeing or someone else's call Grenfell Outreach between **8am - 8pm** and after hours between 10pm and 7am on: **020 8962 4393**.

In an emergency or to speak to someone outside of those times call Single Point of Access on: **0800 0234 650**.

You can call the Samaritans on **116 123**. This is a free, confidential 24 hour service.

Urgent emotional health and wellbeing support for children and young people

After 5pm and at weekends: If a child or a young person up to the age of 18 years of age needs help or anyone else has a concern they should call the CAMHS Gateway Service on **020 3028 8475**.

In both cases the person who answers the phone will be able to provide advice and support. This advice may be to go to A&E if the situation appears to be unsafe. Otherwise someone will talk about the immediate situation offering help and support where they can and arrange further follow up the next working day.

You can call the Samaritans on **116 123**. This is a free, confidential 24 hour service