



## NHS Talking Therapies

Millions of adults facing debilitating anxiety conditions are missing out on treatment that could help them recover and get back on with their lives. In response the NHS has launched a major new mental health campaign, urging those facing 6 common anxiety conditions that treatment is available and to come forward for support by self-referring online at [nhs.uk/talk](https://nhs.uk/talk).

NHS talking therapies provide people with practical skills and techniques to overcome a range of mental health conditions like OCD, social anxiety disorder, PTSD, panic disorder, body dysmorphic disorder and phobias. Anyone can self-refer online without needing to see their GP or have an already diagnosed mental health condition.

Common symptoms for these conditions include:

- frequent obsessive thoughts and compulsive behaviours (OCD)
- long-term and overwhelming fear of social situations (social anxiety disorder)
- involuntarily and vividly reliving traumatic events in the form of flashbacks or nightmares (PTSD)
- having regular and sudden panic attacks, often for no apparent reason (panic disorder)
- having an overwhelming and debilitating fear of an object, place, situation, feeling or animal (phobia)
- obsessive thoughts and worry about your appearance (body dysmorphic disorder)

UK Government **NHS**

**If anxiety in social situations is seriously affecting your life, being able to take part is cause for celebration.**

NHS Talking Therapies treatment gives you practical skills and techniques to overcome social anxiety disorder and other conditions. You can refer yourself at [nhs.uk/talk](https://nhs.uk/talk)

UK Government **NHS**

**If panic attacks are seriously affecting your life, being able to get out and about is cause for celebration.**

NHS Talking Therapies treatment gives you practical skills and techniques to overcome panic disorder and other conditions. You can refer yourself at [nhs.uk/talk](https://nhs.uk/talk)

UK Government **NHS**

**If you're struggling with flashbacks or distressing memories, being able to get on with your life again is cause for celebration.**

NHS Talking Therapies treatment gives you practical skills and techniques to overcome post-traumatic stress disorder and other conditions. You can refer yourself at [nhs.uk/talk](https://nhs.uk/talk)



## NHS Talking Therapies – cont'd

The campaign is backed by Eastenders actress Shona McGarty, TOWIE's Charlie King, and former professional footballer and Professional Footballers' Association chair, Clarke Carlisle – who candidly share their own experiences to encourage others to come forward.

**Former Eastenders actress, Shona McGarty**, said: *“I was always a chatty child, but as I got older, everything changed. Around 15, I suddenly became painfully self-aware. I started overthinking, struggling to hold conversations, even though talking was literally part of my job. My social anxiety would happen when meeting new people, with colleagues or even at family gatherings. My heart would race, my hands would sweat, and sometimes I thought I might faint. I sometimes pretend to receive a phone call just to leave a social situation. People would say, “Shona’s so shy,” or “she’s so quiet,” and it really hurt. I’m worlds away from that level of panic now, because I’ve learned how to deal with it when it shows up. One thing that helps is imagining a little devil on my shoulder. I acknowledge it, and then I answer back: Thank you, but you’re wrong. I’m in control. I’m safe. People aren’t judging me; they’re listening because they want to hear me speak. But the biggest help of all has been talking about it. Acknowledging social anxiety instead of fighting it. You’d be amazed at how many people feel the same way. A problem shared really is a problem halved”.*

**Former professional footballer and mental health campaigner, Clarke Carlisle** said: *“For over a decade, my PTSD caused me to withdraw not just from the world, but more importantly, from my family. My symptoms would be at their worst over Christmas – I’d experience flashbacks, traumatic memories and racing thoughts, and feared the lead up to December for many years. Now, looking at the photo of myself and family celebrating my daughter’s 18th birthday during the festive period means the world to me. This was the first winter where I didn’t experience symptoms of PTSD – but it’s also a moment that simply wouldn’t exist if I hadn’t received treatment for my mental health, allowing me to talk through feelings and getting me to a place where I can spend precious moments with my family again”.*

**TOWIE’s Charlie King** said: *“The London Landmarks Half Marathon was a real turning point for me. After months of feeling incredibly low and demotivated because of crippling body dysmorphic disorder (BDD), signing up felt overwhelming, and I genuinely didn’t know if I’d see it through. When my BDD was at its worst, I had become reclusive, I’d hide behind a cap, and sometimes even looking at myself in the mirror when brushing my teeth would send me into a spiral. But through therapy, I’ve come to understand it, understand my thought-patterns and tools to manage it. Crossing that finish line was the first time in a long time that I felt proud of myself. Similar to my recovery journey, 13 miles once felt impossible, but taking it step by step showed me that I could keep pushing forward. None of this would have been possible without therapy, and I am really proud of taking the first step”.*

**Dr Adrian James, NHS England’s National Medical Director for Mental Health and Neurodiversity** said: *“While it’s encouraging that thousands more people facing mental health conditions are accessing NHS support than before the pandemic, we know that millions more could benefit from vital NHS talking therapies. This landmark new campaign is a critical step to ensuring that everyone struggling with challenging but very common conditions like anxiety and PTSD knows that there is support available to help them get on with their lives again. Through proven treatment and support available for free on the NHS, these conditions can be overcome to help people return to work, regain confidence or feel back to their old selves in social situations. Our message is clear, if you’re struggling with your mental health, NHS talking therapies are here for you, and you can either self-refer or speak with your local GP practice”.*

You can find out more and refer yourself for NHS Talking Therapies at [nhs.uk/talk](https://nhs.uk/talk)



UK Government

NHS

**WRAP YOUR CHILDREN UP WITH THE BEST PROTECTION - VACCINATIONS**

Are your child's vaccines up to date?  
Check their red book or speak to their GP practice.

**STAY STRONG.  
GET VACCINATED.**

## Stay Strong. Get Vaccinated

A decade of falling vaccination rates means that many children remain unprotected from serious but preventable diseases. Measles, whooping cough and other diseases spread quickly in unvaccinated children and can have devastating consequences. The NHS childhood vaccination programme offers the best protection to children against 13 diseases.

It's important that parents are reminded of the overwhelming benefits of vaccines and to check their children are up to date - it's never too late to catch-up for vaccines such as MMRV. By taking up the NHS offer, which now also includes protection against chickenpox, parents are helping give their children the very best start in life.

Routine childhood immunisations are free and highly effective - they are the safest way to protect our children's health. The UK Health Security Agency estimates that childhood vaccinations prevent around **5,000 deaths** and **more than 228,000 hospital admissions** in England every year.

**Dr Zubir Ahmed, Health Innovation and Safety Minister**, said: *"Vaccination is one of the greatest public health successes of our time, protecting children from serious and sometimes life-threatening diseases. But with vaccination rates falling and the UK losing its measles elimination status, it's vital we act now.*

*By making vaccines easier to access - including the introduction of chickenpox protection into the childhood programme with the MMRV vaccine - we are supporting families to keep their children safe and healthy, while helping to protect communities across the country"*

Childhood vaccines have protected generations of children from devastating diseases for decades, yet too many children are still missing out on vital protection.

**We're urging all parents to check their children are up to date with their recommended vaccinations and to book an appointment when invited - it's quick, it's free, and it could save their life.**



## MMRV vaccine explained: Measles, Mumps, Rubella & Chickenpox

We now offer children a combined MMRV vaccine at 12 months and 18 months of age in the UK. The vaccine protects against measles, mumps, rubella and chickenpox in one jab. This helps stop serious illness, hospital visits and missed school days. It's already used safely in countries like Canada, Germany and Australia.

### Who can get the MMRV vaccine?

The number of doses and timings depends on when children were born.

#### Born on or after 1 Jan 2025:

- Dose 1: 12 months
- Dose 2: 18 months

#### Born 1 July 2024 – 31 Dec 2024:

- Had MMR at 12 months
- Offered MMRV at 18 months and again at 3 years 4 months

#### Born 1 Sept 2022 – 30 June 2024:

- Had MMR at 12 months
- One MMRV dose at 3 years 4 months

Children who already had chickenpox **can still get MMRV.**

### Is the vaccine safe?

Yes. All vaccines have to pass safety tests before use. The MMRV vaccine has been used safely for more than 10 years in other countries.

Like all vaccines, there can be mild side effects such as:

- a sore arm
- a fever
- a mild rash

These usually go away quickly. If you're worried about reactions, speak to your GP, practice nurse or health visitor.

### How to get the MMRV vaccine

Your GP practice will contact you when your child is due the MMRV vaccine. Keeping vaccinations up to date protects your child and other children in your community.

You can check which jabs your child has had on your personal child record (NHS red book)

You can also see which jabs your child has had on the free NHS App

## MMRV Vaccine

From 1 January 2026 MMRV will be offered as part of the routine immunisation schedule to protect children from:

- ✓ measles
- ✓ mumps
- ✓ rubella
- ✓ chickenpox (varicella)



✓ Read the leaflet here



If your child was born on or after 1 January 2025 your child needs to have their MMRV at:

- ✓ first dose 12 months
- ✓ second dose at 18 months of age

to have the best protection from all four diseases. Speak to your GP practice and have your Red Book ready.

Or enter this shortlink <https://qrco.de/ukmmrv> if you cannot scan.



We have an active Patient Participation Group which meets regularly to discuss what has been happening in the practice. We want to understand how we can improve our service to you and how you feel about our surgery, staff and quality of care.

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is extremely valuable.

We need people of all ages and backgrounds to join the team so that we can truly represent the diversity of our patients.

Interested?

Please contact [Michelle Greene 07941 077350](mailto:Michelle.Greene@shrubberiesmedicalcentre.co.uk)

## Did not attend Appointment

In January, we booked a total of **3,376** appointments.

**108** patients did not attend (DNA)

**If you are unable to keep your appointment, please make every effort to cancel it so that it may be offered to someone else.**

### To cancel your appointment:

- phone us AT ANY TIME on 0208 530 4108 and select Option 1
- use your NHS account (through the NHS website or NHS App)



## Your Contact Details

Please ensure we have the most up to date information for you. Have you changed address, got a new contact number or email address? Have you nominated a next of kin?

**Email** is our preferred way of keeping you up to date.



## The NHS Friends and Family Test Have your say to improve your care

We would like your feedback on the care or treatment we give you any time you visit or have contact with The Shrubberies Medical Centre. It doesn't take long.

Put us to the test and tell us what is working and what we can improve. You can say what you think without giving your name and we will use the information to plan improvements to our services.

Go to our website

[www.theshrubberiesmedicalcentre.co.uk/feedback](http://www.theshrubberiesmedicalcentre.co.uk/feedback)