



Grenfell Health and Wellbeing Service NHS news

Silent March Monday 14 January 2019 – Forever in our Hearts

The NHS salutes all tonight's marchers and is proud to walk alongside you.

The NHS Grenfell Health and Wellbeing Service provides services that are easy to find and to use. Just google 'Grenfell Health & Wellbeing Service' for all details.

It's free and wholly confidential.

The NHS provides care for the bereaved, survivors and residents of North Kensington all ages. We have just received funding for the next five years so we are here for the long term, whenever you need us; we can see you very quickly.

You can speak to us about things like trauma, bereavement, sleeplessness, panic attacks; we're pleased to say that a large majority of people who used the therapy services recommend them. Call us on **020 8637 6279** or refer yourself directly at www.grenfellwellbeing.com

Physical Health Care Checks

You can have an enhanced physical healthcare check with your GP (if you haven't got a GP we can help you register).

For children:

- Checking concerns around breathing.
- Emotional health screening.
- Weight monitoring.
- Dental hygiene.
- Focus on physical activity and exercise programmes within the community.

For adults:

- Monitoring long term conditions like diabetes.
- Health checks for weight, blood pressure and cholesterol.
- Health advice around stopping smoking, alcohol and substance misuse.
- Addressing breathing difficulties.
- Wellbeing health screening for anxiety, depression and more severe illnesses.

For further information about enhanced health checks, speak with your GP.

The future

Our NHS Outreach Team has been knocking on doors to ask people how they are getting on; we will keep asking but you can register yourself so they call you periodically or visit you, just to check. Call us on 020 8962 4393

Police investigation

The police have told us they are speaking to all people who called 999 on 14 June, gathering evidence for the criminal



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investigation about the fire. These are important but routine. They may cause some worrying feelings to come back and we can help you if so. Call **020 8962 4393**.

Winter

Being cold can raise blood pressure, heart attacks and strokes, and make you more vulnerable to respiratory winter illnesses.

- At the first sign of a cough or cold, speak to your pharmacist.
- Get your flu jab or nasal spray for children aged two and three years old.
- Indoors should be 18°C (65°F) or higher; wear several layers of light clothes which trap warm air better than one bulky layer.
- Medicines like paracetamol relieve symptoms including colds, coughs and sore throats.

Numbers to put in your phone

Grenfell Outreach: Call **020 8962 4393**, including asking for a regular follow-up call if you want. Outreach are available overnight too from 10pm to 7am.

Talking Therapy and Emotional Support: Free and confidential NHS service for children and adults, providing support if you or your children are feeling traumatised, unable to sleep, having negative memories or pictures of the event unexpectedly popping into your mind, and/or feeling anxious, stressed or worried. Search the web for Grenfell Health & Wellbeing Service or call on **020 8637 6279**.

If you need urgent emotional help call **0800 0234 650 (24 hours)**; tell the call handler you've been affected by the Grenfell fire and they help.

Night Service

A dedicated phone-based service throughout the night with home visits if needed; call 020 8962 4393 (10pm and 7am)

Parkside

You may know that we are moving services from Parkside in Lancaster Road; it's an old building and needs major investment to modernise which is too costly.

The Psychotherapy service has already moved to the Pall Mall Centre (near St Charles) and the Children's' service base will move in March to the centre of the borough. Children affected by Grenfell however will usually be seen in North Kensington; at St Charles, in places like the Curve and schools. Call **020 8637 6279**

Keep in touch

If you want to send in any feedback, or ideas, or want to be kept informed about services in the area you can register at communications.cnwl@nhs.net – we are legally bound to keep them confidential.