

Mr Jeremy Hibbett
55a the Avenue
Wraysbury
Staines-Upon-Thames
Middlesex
TW19 5EY

Radiology Department
King Edward VII Hospital
St Leonards Road
Windsor
Berkshire
SL4 3DP

Telephone 01753 633554
Date: 17 August 2016
Hosp No: RD71272086

Dear Mr Hibbett

An appointment has been made for you to attend the Radiology Department for the following:

For: **US Abdomen**
On: **Thursday, 22 September, 2016 at 8:45 am**
At: **King Edward VII Hospital, Radiology Department**

FM 23rd 11am

You must have nothing to eat or drink for 6 hours before the appointment
Please wear loose clothing.

Medication

If you have been prescribed any medication **including water tablets (diuretics)** it should be taken as usual.

PLEASE NOTE YOU MAY BE SCANNED BY A MALE MEMBER OF STAFF

If you are unable to keep this appointment or have any queries please contact the Central appointments office on **01753 633554**,
Monday to Friday between 09:00 and 16:45.

Report to the Reception desk in the Radiology Department with this appointment letter.

Please let us know if you require a chaperone on the day of the examination.

PLEASE NOTE: If you fail to attend and do not contact the Central Appointments Office within one working day of the appointment your form will be returned to the referring doctor

Parking at King Edward is limited and is PAY and DISPLAY. If you travel by car it is advised that you allow at least 20 mins for parking.

Yours sincerely,

On behalf of the Appointments Office.





Talking Therapies
Berkshire NHS Foundation Trust
Postal address only: Fitzwilliam House,
Skimped Hill, Bracknell, RG12 1LD
Phone: 0300 365 2000
Fax: 01344 415 926

Email: talkingtherapies@berkshire.nhs.uk
Visit us at www.talkingtherapies.berkshire.nhs.uk

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Mr Jeremy Hibbett
55A THE AVENUE
WRAYSBURY
STAINES
MIDDX
TW19 5EY

21/09/2016

NHS No: 480 723 0905

Dear Mr Hibbett,

Following your recent triage, we are writing to welcome you to our Talking Therapies service and to let you know that you have been put on our waiting list for counselling.

We would like to let you know the following information and how you can access our Stress Control Workshops:

1. The quickest treatment to get you started is to attend a Stress Control Workshop, which we strongly recommend. These are suitable for everyone, in a friendly place, and will help you to learn new skills to manage stress and worry - to help start you on the road to recovery. The attached Stress Control leaflet gives full details of the upcoming dates and venues across Berkshire for the workshops, along with details of how to book your place. You can also view these on our website: www.talkingtherapies.berkshire.nhs.uk.
2. We will offer you a face-to-face treatment planning session in your area as soon as one becomes available. The waiting time is approximately 4-6 weeks. Please note, this is a one-off appointment to discuss how else we can help you, and to discuss therapy options, if required. We will try to find an appointment that is convenient for you to attend, and we aim to offer you a choice of two appointments in your chosen area. Regrettably, if you are unable to accept the appointments we have available, we will ask you to call back at a later date or accept our flexible online support programme.
3. We will try to find an appointment that is convenient for you to attend and will be able to offer you a choice of two appointments in your chosen area. Regrettably, if you are unable to accept the appointments we have available, we will ask you to call back at a later date or accept our flexible online support programme.
4. Please note - the counselling service is a short-term service and usually offers 7 sessions.
5. If you are unable to take up the counselling service offered, perhaps because the available times do not suit you, a private Therapist may be a better option for you. You may find it useful to search the BACP (British Association of Counsellors and Psychotherapists)

or BABCP (British Association of Behavioural Cognitive Therapists) websites for available Therapists in your area. There are also local voluntary counselling services available. Information can be found via your local library or by asking a member of the Talking Therapies team.

6. Prior to your next appointment, if you are able, please access our website: www.talkingtherapies.berkshire.nhs.uk, which includes links to self-help information, dates for our Stress Control Workshops and information about our service. Self-help materials are available for you to access immediately. Free online CBT (Cognitive Behavioural Therapy) self-help materials are also available at: <http://moodgym.anu.edu.au/welcome> or <http://www.lltff.com>.

If you decide you no longer require treatment with us then please let us know so that we can update our waiting list. If you need any further assistance then please contact us on the above number or via e-mail. However, if you feel your current circumstances change or things become worse, please contact your GP in the first instance.

Yours sincerely

Talking Therapies

Enc: Stress Control Leaflet

Please note: below are your depression (PHQ9) and anxiety (GAD7) scores at first appointment:

Depression (*PHQ9)	Anxiety (**GAD7)
22 out of 27	15 out of 21

CC Dr R FERGUSON
Datchet Health Centre
Berkshire

*The PHQ9 (Patient Health Questionnaire) is a self-administered questionnaire which screens for and measures symptoms consistent with depression. The PHQ9 score is calculated by assigning scores of 0, 1, 2, and 3 to the response categories of "not at all," "several days," "more than half the days," and "nearly every day," respectively.

** The GAD7 (Generalised Anxiety Disorder Assessment) is a self-administered questionnaire which screens for and measures symptoms consistent with anxiety. The GAD7 score is calculated by assigning scores of 0, 1, 2, and 3 to the response categories of "not at all," "several days," "more than half the days," and "nearly every day," respectively.

If you decide you no longer require treatment with us, or if you can no longer attend, then please call us on 0300 365 2000 so that we can update our waiting list. If you need any further assistance please contact us on 0300 365 2000 or via e-mail. However, if you feel your current circumstances change or things become worse, please contact your GP in the first instance.

From the 1 July 2015 Berkshire Healthcare NHS Foundation Trust is a smoke free organisation. To help protect our staff and people who use our services from the harmful effects of tobacco smoke, please do not smoke anywhere on our sites, or during appointments when our staff are at your home. If you would like support to quit please speak to your healthcare professional or contact **Smoke Free Life Berkshire** on 0800 622 6360 or text **QUIT** to 66777
