



PPCS - Improving Access to our Clinicians

The Covid-19 pandemic has brought many challenges to the way we run our clinic and of course many challenges to our referrers and patients using our clinical services. Throughout the year we have made a number of significant changes to address the new needs brought by the lockdown and the new processes enable clear and easy ways to find and schedule with the right clinician at PPCS Ltd.

Some of the changes include the following:

To ensure we never miss a call PPCS has recently contracted with Moneypenny to provide a 24/7 answering service ensuring no missed calls.

PPCS can now provide telemental health assessment and treatment services for those living across the UK. Our assessment and treatment clinical services may be delivered via telephone, or via video calls with most of our 40 Chartered Psychologists and Psychiatrists.

Managing data and the practice. We are also about to launch our use of a new practice management (ePractice) software system to improve the security and professionalism of our record keeping and communication.

Workshops for corporates. PPCS is also offering a range of workshops concerning the most requested topics of our corporate clients, Mental Health and Nutrition during lockdown.

Our mental health workshops focus on PPE for your mental well-being and provide insight into understanding your tipping points, self management techniques, and when to seek help.

Our Clinical Dietician provides up to 5 workshops covering the following topics:

Nutrition in Lockdown: 7 effective ways to ensure that you eat to support good immune health, manage your weight and build resilience during these uncertain and stressful times.

Eat to support good immune health: Immune health is a topic on everyone's minds at the moment and rightly so. How you eat, live and move has a profound impact on how resilient your body is in fighting off colds and viruses. Learn how to support your immune health in an evidence based way.

Food and Mood: Maintaining a good mental health has never been so important. Do you know how you can eat to boost your mental wellbeing? This presentation will guide you through the essential steps.

How to manage your weight while you work from home: Times have changed and we need to change our nutritional game as we are not as active as before and perhaps our new working environments increase our risk of weight gain. How do you establish good eating habits and what should you be

eating to ensure that you are able to manage your weight during this time.

Metabolic Health: Does it matter when you eat? Scientists now tell us that to become more resilient to viruses like Covid-19 in the future we need to ensure that our

metabolic health is in tip top condition. This presentation gives you easy-to-digest information on what your metabolic health means and how and when to eat to ensure that you remain healthy for the long-term.

Making a referral or finding the best PPCS clinician for you or your client has never been easier: please use the reception@ppcsltd.co.uk email address or call us on 0207 935 0640. If interested in learning more please contact Andy Welch at andy.welch@ppcsltd.co.uk



PSYCHIATRIC & PSYCHOLOGICAL
CONSULTANT SERVICES

PPCS is an independent clinic and a registered provider with the Care Quality Commission (CQC) for assessment and treatment in psychiatry, psychology and allied disciplines.