

**PRIVATE & CONFIDENTIAL**

**Dr CHONG  
NIGHTINGALE HOUSE SURGERY  
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EDMONTON N9 8AJ**

**Enfield Directorate  
Barnet, Enfield and Haringey Mental Health Trust  
Enfield Early Intervention Service  
Lucas House  
305-309 Fore Street  
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London  
N9 0PD**

17<sup>th</sup> December 2015

**Tel: 020 8702 3100  
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Dear Dr **CHONG**

**Re: Mr Simon CORDELL D.O.B: 26 January 1981 NHS No: 434 096 1671  
109 Burncroft Avenue, Enfield, Middlesex, EN3 7JQ**

I write to inform you that the above-named gentleman has been accepted onto the caseload of the Enfield Early Intervention in Psychosis Service (EIS), and I am his Care Coordinator.

The EIS work with service users and their families for up to three years for those aged between 18- 35 years of age, experiencing their first episode of psychosis, or those who are in the first three years of psychotic illness, living in Enfield.

The EIS offers treatment including:

- Administration of anti-psychotic medicines
- Psychological interventions including Cognitive Behaviour Therapy for psychosis and emotional problems, such as depression and anxiety
- Family interventions
- Vocational recovery
- Relapse prevention & management
- A harm minimisation approach to substance misuse
- Care Coordination
- Social recovery activities

New service users are usually seen weekly to assist with engagement with the service and to help formulate care plans. The frequency of contact may extend over time depending on the service user's needs, the nature of their illness and other factors such as work and studies.

We are required by the Care Quality Commission (CQC) to maintain a record of health care checks made by GP's of mentally ill patients on their register.

Mentally ill people have increased morbidity and mortality compared with the general population. Many of them have unhealthy lifestyles resulting in poor physical health and increased mortality due to common life-threatening conditions and physical ill health. Risk factors, particularly Cardiovascular Disease, Chronic Obstructive Pulmonary Disease and diabetes should be identified and managed according to the relevant guidance through primary care settings.



**Chairman: Michael Fox  
Chief Executive: Maria Kane**