



Jan 2021

Welcome to Warwickshire East PCN News. This is a newsletter for our Warwickshire East PCN patients.

What is a PCN?

A primary care network is a collaboration between general practices to offer more personalised, coordinated health and social care to our local practice populations. Our Network covers just over 30,000 patients small enough to maintain the traditional strengths of general practice but at the same time large enough to provide resilience and support the development of integrated team's local populations.

We want to support patients to make informed decisions about their health care and to connect them to most appropriate health or social care provider to ensure health care that is timely safe and all encompassing. Visit <https://www.england.nhs.uk/primary-care/primary-care-networks/> for more information.

Latest News

Covid Vaccine Programme

As you know we are working with the South Warwickshire GP Federation to deliver Covid vaccines to our patient population. We can confirm that invitations to receive the COVID-19 vaccination have now started and local vaccinations commenced on the 14th January. Invitations will initially be made via telephone and text message.

These will be sent gradually according to both the supply of vaccine from the NHS, and according to the priority groups set out by the Joint Committee on Vaccination & Immunisations.

Member Practices

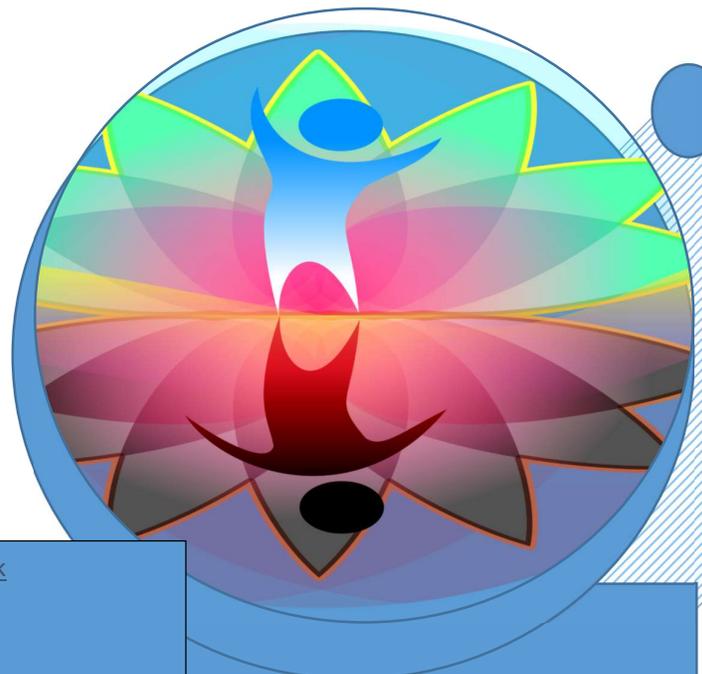
St Wulfstan Surgery

Southam Surgery

Vale of The Red Horse Health Care Centres

Harbury Surgery

Fenny Compton Surgery



www.kinetonsurgery.warwickshire.nhs.uk
<https://www.stwulfstan.co.uk/>
www.harburysurgery.org.uk
www.thesouthamsurgery.co.uk
[https://www.fennycomptonandsheningtonsurgery.nhs.](https://www.fennycomptonandsheningtonsurgery.nhs)



Warwickshire East
Primary Care Network

Clinical Director Update

Happy New Year to All!

The Warwickshire East Primary Care Network has been established to improve patient care by providing new services and staff, and also to build greater resilience amongst our local GP surgeries. Our allied surgeries include Southam Surgery, Harbury Surgery, St Wulfstan Surgery and Kineton & Tysoe Surgery.

We have many new members of staff joining our ranks as we work on building a Health & Wellbeing service that seeks to provide new methods of improving patient care, and offering greater support to those who need it most. We are also supported by a team of pharmacists who are working hard to make sure local prescribing of medications is both as safe and effective as possible.

We hope we can continue to build a service that will benefit many.

Faris

**Health and
Wellbeing
Coach**

Health and Wellbeing for our Patients

If as a patient you feel you may benefit from this service detailed below, please discuss this with your GP.

Patients have now access to sessions with a Health & Wellbeing Coach as part of their NHS plan of care.

My name is Ludmila Enticott and I am the newly appointed Health & Wellbeing Coach as part of my role I will be available to spend time with patients to help them identify how to improve the management of their chronic conditions. Patients referred to the Health & Wellbeing Coaching sessions will meet several times with me for at least one hour each time. They will have the opportunity to discuss their health complaints and find out which changes in diet and lifestyle may be helpful to improve their wellbeing.

I am a trained therapist with clinical experience in helping people implement positive changes around nutrition, emotional health, stress management and other lifestyle aspects important for disease prevention and symptom management. This is a highly personalised service now available to our patients to make the right changes and achieve their goals. The coaching sessions require patients to be committed to their own health and have an interest in making lifestyle changes for themselves. Health & Wellbeing Coaching sessions are there for those who want to participate more actively in their own healthcare.

Best wishes,

Ludmila

Clinical Pharmacist Update



Warwickshire East
Primary Care Network

The Primary Care Network would like to welcome the clinical pharmacists, who are an extension to the clinical team. Hitesh Tara started in late 2019 and the newest addition, Rajveer Kaur, commenced her role in late 2020.

The clinical pharmacists are engaged in multiple activities and you will most likely interact with them in the form of a medication review. In these reviews, they will ensure the appropriate blood tests and monitoring has been completed for your medication and review your current medication for appropriateness. This is your chance as a patient to have an in-depth discussion about your medication and any questions or concerns. They have a strong relationship with your GP and any suggestions for your care will be as a multi-disciplinary approach.

Both the clinical pharmacists are part of a nationwide training program for clinical pharmacists in general practice. Towards the end of this pathway, they will look into specialising in a clinical area for long term management of care. Hitesh currently has an interest in anticoagulation (blood-thinning) and Rajveer is yet to choose her area to upskill in. Both Hitesh and Raj look forward to hearing your feedback to their newly appointed roles in the practice, which will form part of their training.

First Contact Practitioner

Within our Primary Care Network our patients have access to a new service for musculoskeletal problems. Roger Weddell is our First Contact Practitioner and also works as part of the South Warwickshire Foundation Trusts MSK (Musculoskeletal) team.

Roger is an extremely experienced musculoskeletal practitioner and can see patients with;

Arthritic symptoms

Sports injuries

Joint pain

Back pain

Non-specific muscle pain

Roger is a prescriber and will be able to refer the patient to the most appropriate service and of course will discuss concerns with the patients GP as required.



Social Link Working Team

Dear Patients,

For those of you who have not yet met us we would like to introduce ourselves to you. Our names are Rita Church, Jo Hamilton and Elicia Sidhu we are your Networks' Social Link Workers.

We have been working with the PCN for over a year and the East Team has now expanded and we recently welcomed Elicia as our new SLW and also Fraser Hamilton as a Care Coordinator. Fraser will be the first patient contact for the team and will help the patient and ensure they are signposted to the most appropriate member of the team.

The service offers people an opportunity to have time to focus on 'what matters to me' and take a holistic approach to people's health and wellbeing.

The basic principal of our service is to recognise that people's health is determined primarily by a range of social, economic and environmental factors. Social Link Working seeks to support people to address their own needs and aims to support individuals to take greater control of their own health. Social Prescribing can also help to connect people to community groups and statutory services for practical and emotional support.

So far, our work has been varied and we have been involved with patients who have one or more long term conditions, need support with a mild mental health condition, such as anxiety, people who feel lonely or isolated and people with complex social needs which affect their well-being.

How can Social Link Workers help patients?

The aim of this service is to help support patients and address their social needs. Social Link Workers support in a non-medical way of working and can help with a variety of issues. This is an example of just some of the areas of work we deal with.

- Isolation and social support
- Benefits, debt and housing
- Low mood and wellbeing
- Management of long terms conditions. I.e. referring to Fitter futures for a healthier lifestyle, speaking to the Clinical Pharmacists regarding their medications, and learning to take care of their own wellbeing by giving them the tools to do so.
- By giving time to talk through issues and offering emotional support it helps people to understand the 'bigger picture'. It helps to assist people to devise an action plan to work towards.
- Carers support
- Provision of services i.e. Adult Social Care, Equipment

Currently, we are focusing upon the over 75's age group, offering people an opportunity to make an appointment with us to discuss their needs and well-being. We are hoping that by taking a proactive approach, we can contact those patients who, for various reasons have little or no support and who may need some assistance to enable them to live more independently, safely and enhance their well-being.