



Warwickshire East
Primary Care Network

April 2021

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

Covid 19 Shielding Information

Local authorities will continue to provide support for those on the shielded list until 31 March and individuals will be able to access priority supermarket delivery slots until 21 June if they have already registered for these.

GPs have been asked to continue to maintain the shielding list in case it is necessary to identify clinically extremely vulnerable people in the future.

The decision to relax the advice around shielding comes as the number of cases of COVID-19 continues to fall.

Latest News

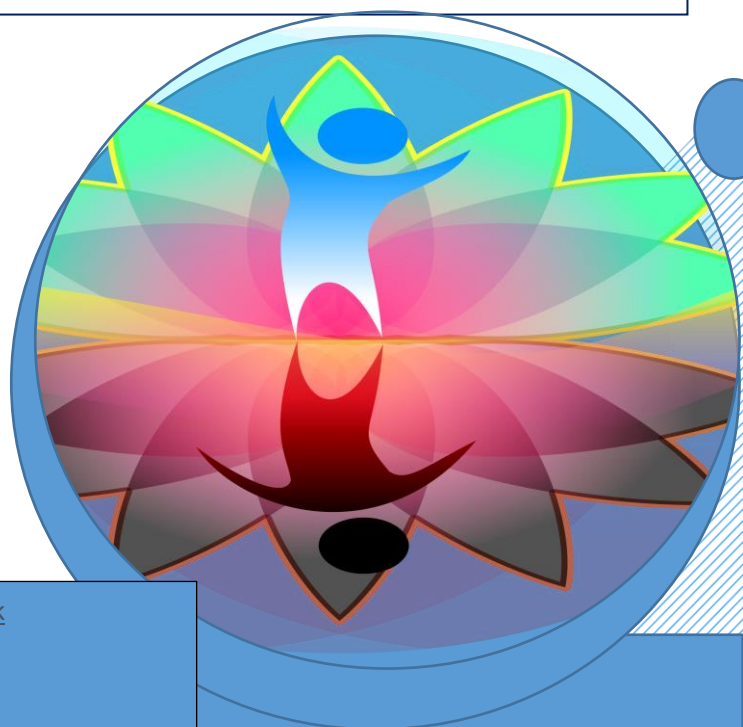
We would like to Introduce Mina Hunjan to our PCN team. Mina will be joining us on the 1st April 2021 as our new Clinical pharmacist.

Hitesh, Raj and Mina will be working on some new patient focused health care initiatives in 2021 you will find further information as these are developed on our practice websites and also in this newsletter.

Covid Vaccination Statistics

The uptake for the Covid vaccination has been incredible and we thank all our patients for their patience in waiting for the invitation;

Age Group / Cohort	Percentage Vaccinated	Additional Comment
Over 80s	97%	
75-79	97%	
70-74	97%	
Clinically Extremely Vulnerable (Under 70)	95%	
65-69	94%	
Clinically Vulnerable (Cohort 6)	85%	Clinic taking place 5th March
Housebound	88%	Visits taking place 5th March
60-64	76%	Clinic taking place 5th March



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)



Clinical Director Update

Dear Readers,

Welcome to the latest PCN update. From this newsletter you will see that the PCN is making great strides in delivering new and innovative services to our wonderful patients. We are incredibly lucky to have an excellent team of staff who are all equally committed to delivering high quality and innovative care, with the aim of making us all healthier and happier!

Thanks for reading!

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.

On the coaching front, referrals started to arrive and the first patients have had their initial appointments in February. Some patients are coming up for their second appointment already. The first sessions have gone really well and patients seem very positive about the time dedicated to listen to their stories, feelings and thoughts. We have started some work on lifestyle changes pertaining diet, stress management and movement and patients have demonstrated enthusiasm in implementing the agreed objectives on a partnership basis. All the recommendations in clinic have been tailored to the conversations we had and formulated according to patients' own goals and level of understanding. Therefore, each patient starts their journey where it best suits their circumstances, and no coaching session is the same. One case study for each of the three surgeries that provided referrals is also being prepared for evaluation of the work and a more in-depth look at the science behind the outcomes. It is early days yet, but we can say we are off to a great start. The more familiar the PCN staff is with how the coaching sessions work and benefit specific groups of patients, the better we can reach those in need of support. As always, patient interest and engagement with the management of their own health is the most important criteria for the achievement of significant results.

Best wishes,

Ludmila

Clinical Pharmacist Update



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The Clinical Pharmacy team would like to welcome Mina Hunjan who joins us on 1st April 2021. Some Patient Participation group members have ask for clarification on our role within a GP Practice. As Clinical pharmacists we are increasingly working as part of general practice teams, we are highly qualified experts in medicines and can help people in a range of ways.

We work as part of the primary care team to improve value and outcomes from medicines and consult with and treat patients directly. This includes providing extra help to manage long-term conditions, advice for those on multiple medicines and better access to health checks. The role is pivotal to improving the quality of care and ensuring patient safety.

Having clinical pharmacists in GP practices means that GPs can focus their skills where they are most needed, for example on diagnosing and treating patients with more complex conditions. This helps GPs to manage the demands on their time which is the aim of the NHS Long Term plan.

We will be working on many new and exciting initiatives with GP's and nursing teams to help and support our patients living with long term conditions.

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;

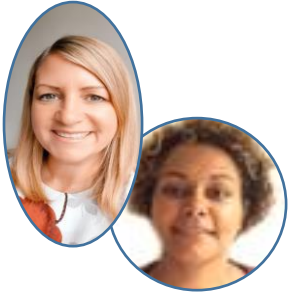
A first presentation of any joint or muscle pain (Including hip, knee, ankle, foot, shoulder, elbow, wrist or back pain)

Muscle strains, sprains and sports injuries

Changes to walking

Post-orthopaedic surgery

Roger cannot see any patient under the age of 16.



Social Link Working Team

Social Prescribing

Our team offers support to everyone who are in need of help in the community, giving people the tools to help make changes, we would also like to offer our support to families with young children, if you feel that you would like to have a chat with a member of our Health and Wellbeing Team please contact the surgery, or email we.connect@nhs.net

Our Social link workers can help support **you** and **your family** by putting you in touch with a **range of local services**



You can get help with....finances, mental health, housing, foodbank vouchers and so much more



The JAM project is a free 6-week money management course run by Citizens Advice in South Warwickshire on behalf of Orbit Housing.

JAM demonstrates how individuals can reduce/manage bills, reduce daily spending, create and stick to a budget and change money habits.

There are two JAM courses starting in March 2021: Tuesday 9th March (11am onwards) and Thursday 11th March (4pm onwards). The sessions continue for a total of 6 weeks on the same day, at the same time each week.

The JAM course is available to individuals living in South Warwickshire, there will be a maximum of six attendees per session and all session will take place via Zoom.

<https://www.eventbrite.co.uk/e/jam-project-funded-by-orbit-housing-association-tickets-141268753645?aff=ebdsoporgprofile>

Do you enjoy cooking with the family **Change 4 Life** have some great recipe ideas.

Sign up for your **first step** to cooking healthier meals

<https://cooktogether.change4life.co.uk>

change 4 life
cook together

Southam NCT is a local group for families run by volunteers helping to forge friendships- nct.org.uk/local-activities-meet-ups/region-west-midlands/southam-and-villages

Warwick County Council have a family information service providing ongoing support and advice for families across Warwickshire

<https://www.warwickshire.gov.uk/children-families>