



September 2023



New Forest Primary Care Network Newsletter

The Spring Covid Vaccination Campaign finished on the 30th of June; the New Forest PCN vaccination team administered 3.766 covid vaccinations from 1st April till 30th June. Demand was high initially with the Clinics in April and Early May being full however the uptake in June was low. From July we have been offering GP, Nurse, and HCA appointments from Chawton House Surgery every Saturday 9am till 5pm, for our Networks Patients. These are bookable through the patient's practice.

New Forest Central Medical Group (Brockenhurst and Sway) re-joined the Network from 1st August as a core member.

Wendy Williams, Pharmacist, has transitioned from her ICB role to our Network pharmacist in mid-June and she is a massive asset to our very strong Pharmacy team. Congratulations to Lauren Nickel who has successfully completed her Primary Care Pharmacy Education Pathway, we are all very proud of her!

We are planning to invest in our Mental Health Team and hopefully recruit another Mental Health Practitioner. We now have 3 Well Being Assessors (Employed by Solent Mind) to work with our network and Lisa Tudor (our Mental Health practitioner)

From late September we will be commencing the Autumn/Winter Covid Vaccination campaign from Chawton House Surgery every Saturday alongside our Enhanced Access Service along with visiting our networks Care Homes and housebound patients.

Rebecca Higgins
Network Manager

Social Prescribing and Wellbeing Team

Most of our days are spent contacting and seeing the referrals sent to us from the surgeries. At present we are handling around 200 patients.

Our other offerings are:

The Menopause Group runs every Monday evening as part of the Enhanced access going from strength to strength and proving to be very popular. We are on its 6th cohort with 8 patients from all surgeries attending. 6-week course covering nutrition, HRT, alternatives to HRT, exercise, and peer support. Most of the feedback we get indicates that



patients feel more empowered and confident when speaking to their GP after attending the course.

We are also holding one off follow up sessions. These include Thai Chi, Yoga and Breathwork events which help patients learn to manage their symptoms and feel more in control.

The next course starts in September please ask patients to self-refer via the PCN website [menopause support](#).

The next **Pre-Diabetes, Prevention and Reversal Course** is starting on **19th September**. This is a 5-week course that looks at different aspects of diet and lifestyle that patients can change to reduce their HbA1c levels and therefore reverse their Type 2 Diabetes and Pre-Diabetes diagnosis. There will be more courses running after this one and so if any other patients would benefit from this then please feel free to task them to me directly (rachael.conacher2@nhs.net) & booked on so far.

Our SP Jo organized a '**Wellbeing in nature session**' run by The Parks Authority for our 18–25-year-olds. More will be organized as it worked well.

One SP is in attendance each week at **Pennington Community hub** with NFDC Housing/benefits, Step-up-safe space, and The Larder. We organize to see patients there and many others have come to talk to us with their issues.

Long term pain - Mindfulness group run by Di next group starts **Thursday 28th September 10-30-11.30**. – specifically for the long-term pain patients. Great feedback so far.

Di and Helen are also working with the pharmacy team on a pilot project involving mindfulness and education for those on high level opioids.

We are working with a GP and Priestlands around vaccine education for students.

New Forest show –We had a stand at the show in the community area. We were surrounded by all the organizations we signpost to which gave us a great opportunity to network. The show organisers have emailed us thanking us for being there and flying the flag for the PCN/NHS locally.

Alongside this we have been helping our new Mental Health team settle in. The Wellbeing assessors have been shadowing us, Lisa now joins our weekly supervision session, and we have a regular MDT with Inclusion, iTalk etc.



**Lead Social Prescriber
Helen Clarke and SP Team**

Young People's Social Prescribing

The summer months have continued to be busy with new referrals and seeing regular young people. During the summer holidays I organised two mindfulness workshops for the under 18's which Di delivered for me. These workshops were well attended, and we had some lovely feedback. We are hoping to offer these workshops again in future school holiday. I also ran another Creative Forest Workshop alongside New Park Farm and had 7 young people attend – our busiest one yet!

Out of work hours I have now completed my Level 3 Certificate in Counselling and I am nearly halfway through my specialist Diploma for Counselling Children & Young People.

Samantha Jenkins
Young People's Social Prescriber and Wellbeing Coach

Care Homes & LD Health Checks

I have started to see patients registered with Chawton House surgery living with dementia to do a dementia review and complete advance care plan. This has been an eye opener to see how these patients often don't see anyone from the time they are diagnosed, meaning they feel abandoned and lost. Julie Smith is, also visiting Chawton House housebound patients to complete a care plan and discuss advanced wishes. We hope to roll this out to other surgeries as have seen what a benefit it has been to the patients.

Julie and I attend a day training at Countess Mountbatten Hospice about difficult conversations which

Unfortunately, I have not been able to gain any funding to continue the healthy living group for those with a learning disability but will be planning a Winter session so they can all meet up together. I look after four learning disabilities care homes and hope to do a two-day healthy living group for one of the homes with Jackie Lilywhite from Mencap.

Debbie Powell & Julie Smith
Social Prescriber Care Home Team

Medicines Team

I have currently been working on the new Hypertension Protocol and creating an easy read flowchart for Pharmacy Technicians to up titrate medications safely. I have just finished Module 1 in my PCPEP course and getting ready for my first Case Based Discussion in Module 2. I have been working with New Forest Medical Group as they have joined the PCN and have been working on their Hypertension, Treatment to Target along with my fellow Pharmacy Technician. I have created Lifestyle Leaflets/ Letters

and a successful process that me and my fellow technician are working on. The new protocol will assist with this new process as well!

Rebecca Dallman
Pharmacy Technician

It's been a busy time for myself with completing and passing my Primary Care Pharmacy Education Pathway. I am currently working on hypertension protocols with the rest of the pharmacy team and continuing with all surgeries DOAC dose checks.

Lauren Nickel
Pharmacy Technician

I am still enjoying talking to patients with hypertension and getting them 'treated to target'. I have had some nice feedback from patients and staff which is extremely reassuring. I am still plodding along with the task box which seems to be never ending! saying this, I have had a meeting with our practice manager and IT manager who are happy for me to train up a few members of staff to help with the admin type pharmacy tasks. I have led 1 training session so far which went well, and I am currently planning the next one. I have already seen a nice decrease in tasks for the pharmacy team which is very encouraging. I am hoping this will enable to crack on with the more clinical tasks and make better use of my time

Leah Priestley
Pharmacy Technician

Cancer Care Coordinators

We have now got Cancer Care Coordinator based at each of our surgeries with designated PCN time to work towards early cancer diagnosis.

- Clare Woodford at Wistaria and Milford Surgeries.
- Olivia Cash at Chawton House Surgery
- Peter Birch at Lyndhurst Surgery



You can spot cancer information corner in each surgery which is going to be changed every month depending on Cancer awareness calendar from Cancer research UK.

All of us had training on system one and emis on safety netting 2ww referrals, adding correct code, contacting patients if they have not heard from hospital or declined appointment, rebook for GP consultation if needs reassurance (ongoing, weekly checks)

To improve our knowledge each of us sign up for Macmillan Learn Zone.

We are attending meetings with cancer Wessex alliance and community of practice to share our work, ideas and support.

PCN also signed up for LIS Wessex cancer alliance with Dr Makin being Cancer clinical lead.

PCN social media are being updating accordingly with prevention information campaign each month.

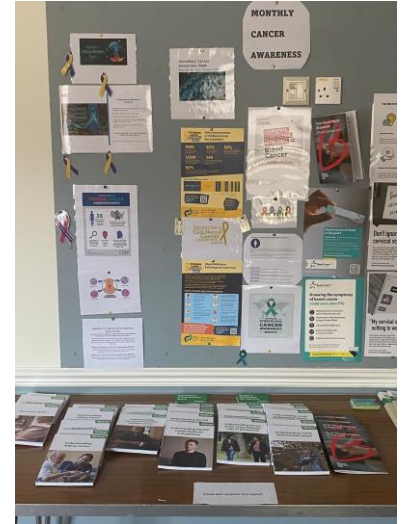
There is a signpost tab on PCN website for PSA self-referral through UHS [Hospital Trust launches innovative self-referral service for prostate cancer testing - University Hospital Southampton \(uhs.nhs.uk\)](https://www.uhs.nhs.uk)

Also, on our PCN website there are useful links for patients, family, carers affected by cancer. One of the most recent addition

is Wessex Alliance website [Welcome to Cancer Matters Wessex - Cancer Matters Wessex](https://www.wessexalliance.org.uk) where you will find information about the diagnosis and treatment of cancer, as well as links to local services and support to help you.

Due to recent event when one of surgery received expired FIT test we are now doing ongoing check of FIT test delivery to make sure they are all up to date.

We also running searches and contacting housebound patients due their Covid-19 and flu vaccination.



Dagmara Sojko
Cancer Care coordinator

Paramedic Home Visiting Service

It's been 9 months since the Paramedic Home Visiting Service started and we feel it's been going well and is having a positive impact for our area, surgeries, and patients. On average we see 5-8 patients a day, but locations do factor into this as it is a large area to cover. We cover from Milford on Sea through to Bramshaw & Ashurst and currently, due to staffing shortages, we're also assisting other PCNs with cover. All the surgeries and their staff have been extremely supportive and welcoming of us, providing mentorship and teaching sessions, which we have found to be of great benefit. We are currently studying towards our 'First Contact Practitioner' qualification with the University of Central Lancashire and have been spending time getting to know other local services in our area such as the Frailty team and Oakhaven. In future we hope to undertake vaccination training so we can support our colleagues and provide vaccinations to our housebound patients alongside our acute visiting service.

Sam Kimber & Chris Vaughan
Paramedic

Advanced Musculoskeletal Practitioners

Terry is still in post as am I. We are both busy trying to get our FCP Roadmap Portfolios finished in line with NHSE, 'though the current guidelines have evolved and may mean we will need to complete this via the HEI route - watch this space.

I have dropped my Friday hours at NFCMG to begin some work for The Arches Clinic privately.

We have Zakaria Akram joining the PCN from next week - 4th September. He will be working for the Hythe PCN too and then will be with Lyndhurst 9-2 on Wednesdays, NFCMG 9-4 on Thursdays and 9-5:30 at Wistaria on Fridays.

We are undertaking a data collection project within the company to work out if we are being used as First Contact Practitioners or as 'in house Physio', this is an ongoing data collection but will help work out our productivity.

Anna Harris & Terry Crabb
Advanced Musculoskeletal Practitioner

Social Media Links:



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