**BHR PCN Newsletter**

**March 2022, 9th edition**

***Our principles, keep staff safe, support each other and protect patients***

**Contents**



1. **Message from your Clinical Director**
2. **Introduction from new member to Leadership Team**
3. **New Staff and changes**
4. **PCN recruitment**
5. **Website and logo**
6. **Covid Vaccinations**
7. **PCN Pharmacists Priorities**
8. **Mental Health – HEROES programmes**
9. **Patient Ambassadors projects**
10. **Extended Access Services**
11. **Care Coordinator Hub**
12. **Bevan update**

* **Message from Dr Nadia Anderson CD/GP**

“March is the start of spring and new beginnings. As we move out of covid we look to new challenges and projects in the coming year and revisit traditional general practice of preventative medicine and long-term condition management.  Our PCN teams continue to grow and we look forward to the start of our care coordination hub to help our patients and increased support from our new pharmacists.  As we try to support our patients in difficult socio-economic times, we know any effect will be felt the hardest by the most vulnerable. We continue to work together to meet future challenges “

*Nadia*

* **A message from the new member to the Leadership Team,** [*mat.sidebottom@nhs.net*](mailto:mat.sidebottom@nhs.net)

**![A picture containing wall, person, person, smiling

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*I am delighted to join the leadership team and wanted to introduce myself.*

*I am a Registered Nurse and Advanced Nurse Practitioner with over 10 years’ experience in inclusion health primary care as an ANP.  My current role as Chief Nurse and Executive Director at Bevan Healthcare is incredibly varied and over the last couple of years I have been involved in multiple pieces of joint working in the city of Leeds to improve services for those experiencing homelessness, asylum seekers, sex workers and those from Gypsy, Roma and Traveller communities including significantly increasing primary care outreach to these communities.*

*I have a background as a teaching academic and continue to team as an honorary lecturer in Bradford and Huddersfield Universities as well as working through my doctoral studies at the University of Chester.  I have significant experience in developing workforce strategies which focus on the learning and development of clinical staff including introducing clinical apprenticeships and have managed to obtain over £180K of funding over the past 2 years to ‘grow our own’ Nursing Associates, ANPs and OTs.  I have also introduced Paramedics, OTs and Mental Health Nurses into the primary care team and am a big advocate for a broad MDT approach to primary healthcare.*

*I have an absolute passion in addressing health inequalities and very much look forward to working with the PCN to ensure services focus on this area as much as possible.  Please do get in touch with me by at any point, happy for colleagues to reach out to me if needed. Mat”*

* **Welcome to new staff**

* + **Shakespeare,** Business Manager – Jo Horley
  + **Roundhay Road Surgery,** Practice Manager – Radhika Bhogal
  + **Newton Surgery,** Practice Manager -Indira Rani-Bhatti
  + **Lincoln Green,** Practice Manager – Sharron Brown
  + **Conway,** Practice Manager – Tina Dalton
  + **North Leeds Medical Practice**, Practice Manager Karen Smith



Karen joined NLMP in November 2021.  She has worked in Healthcare for 22 years both in Secondary Care working for Blackpool Fylde and Wyre Foundation Hospital Trust and Primary Care as an Assistant Practice Manager for Bloomfield Medical Centre in Blackpool and more recently as the Practice Manager at Nova Scotia Medical Centre in Leeds.

* PCN Pharmacy Technician - Moaaz Khalifa
* PCN Clinical Pharmacist - Arshad Patel
* PCN Senior Clinical Pharmacist – Jaya Ryatt

Jaya has been working in general practice for nearly 5 years as a Clinical Pharmacist and then as a Senior Clinical Pharmacist. She completed her prescribing course in 2018 and has done various works in medicine management to support practices.



* PCN Patient Ambassador – Lauren Morter
* PCN Patient Ambassador – Kiran Bhath



Kirandip has previous experience of supporting victims and survivors of forced marriage and honour based abuse, supported the elderly, children in care and adults with autism. She has settled in well in her new role.

* Primary Care Development Facilitator - Charlotte Eastwood, former Practice Manager of Lincoln Green, has now taken up this position in Sue Jones’ team.

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* **Recruitment**

We have successfully recruited 2 new Care Coordinators who will be starting shortly.

The Leadership team are currently considering which other roles the PCN/practices would benefit from. Further details regarding recruitment to follow in due course.

* **BHR PCN Website**

Our website went live on 9th November 2021 and our new logo was launched.

Don’t forget to visit the website as it is updated on a regular basis. A new “translate widget” has just been added, use the drop-down box to choose the appropriate language.

[**https://www.bhrprimarycarenetwork.co.uk/**](https://www.bhrprimarycarenetwork.co.uk/)



* **Covid Vaccinations**

We are looking to stop delivering covid vaccs and propose to withdraw the use of PCN staff at the end of March, as this is when the contract to deliver this phase of the vaccination programme ends. If Public Health wish to continue using the Bilal Centre, they will have to look at the funding and staffing of it.

* **Pharmacists Priorities**

Following the recent recruitment drive, the Pharmacy team is now set to work more closely with individual practices to support some of their immediate needs. They also continue to support the wider PCN with population management projects. This includes SMRs, working around CVD prevention and AF.

* **HEROES** **Mental Health Groupwork Programme Launch**

We are excited to announce that our HEROES Groupwork Programme launches this month! The HEROES programme consists of 8 weeks of skills-based educational courses and workshops for patients with mental health problems. All groups are run in a support group style, with a motivational coaching approach, to support our patients to move forward and manage change effectively.

We explore topics such as Self-Compassionate practice, Mindfulness, Anxiety Management, Confidence Building and Assertiveness Skills. New courses will be added throughout the year.

Sharon and Sarah (Patient Ambassadors) are rolling out the first cohort, mentored by Miranda.

Introduction sessions at Bellbrooke have had remarkable feedback so far.

A group of women smiling

Description automatically generatedPlease contact Miranda [miranda.arieh@nhs.net](mailto:miranda.arieh@nhs.net) for further details/fliers/programmes or Accurx self-referral template to text to patients. We are open to coming to surgeries throughout the PCN if you have space to hold a group.

We look forward to welcoming more patients who may be suffering emotionally. All mental health diagnoses welcome!

* **Patient Ambassadors**

The team continue to be busy with referrals as well as proactively working on their individual projects. Please click on the link to watch a short video made by the team.

[Our Services - Burmantofts, Harehills & Richmond Hill PCN (bhrprimarycarenetwork.co.uk)](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bhrprimarycarenetwork.co.uk%2Fservices%2F&data=04%7C01%7C%7C9944bf7831c24e7e617508d9b361d3ad%7Cf15f66cb2eb64353990c49b74ac69240%7C0%7C0%7C637738055010168275%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=AFTNWI63RrLnRK7U92tGUIvnOc336YlzcTgklSX%2BAxU%3D&reserved=0)

***Coming soon*** - Pain management group - The overarching aim is for patients to be "living a better life with pain" by providing patients with all the different strategies for managing pain. Patient suggested elements for session include:

* Yoga/chair-based Pilates
* Meet, greet and chat
* Relaxation
* Mindfulness
* Indian Head Massage
* Sleep Well

Please send Shaun [shaun.wong@nhs.net](mailto:shaun.wong@nhs.net) a list of your patients you feel may benefit from this group and he will contact them with further details.

* **Extended Access Services currently available.**
* Paediatric Clinic:
  + Monday to Friday, 16:00 – 18:00 (routine appointments only)
* GP Appointments:
  + Monday to Friday, 18:00 – 20:00
  + Saturday, 9:00 – 15:00 (Routine appointments)
  + Sunday, 9:00 – 13:00
* Practice Nurse:
  + Saturday, 9:00 – 15:00
  + Sunday, 9:00 – 13:00 (x 2 Nurses)
* LARC, GP Sexual Health Clinic, coils & implants insertion/removal:
* Saturday, 9:00 – 15:00 (with 1 HCA Chaperone & Stock replenishing)

Previously, the appointments with the practice nurse have been smear clinics only. Moving forward, clinic appointments can be made for smears & LTC reviews. ***Please note that no baby immunisations can be booked into nurse clinics.***

An email was sent to all practices to gain consent for the reception staff at the hub to make contact with women who are outstanding a smear test. Most practices have given their consent but there are still a number of practices who have not. Please contact Kate Bennison if you would like to be included in this [kate.bennison@nhs.net](mailto:kate.bennison@nhs.net). Monitoring of the appointments are currently being undertaken to ensure equal opportunities to all practices across the PCN.

* ***Coming Soon* - PCN Care Coordinator Hub**

The Care Coordinators will support the referral process to the personalised care roles; including Health and Wellbeing Coach, Patient Ambassadors and other external supporting services. Within the role, the team will support the practices and PCN with any workstreams for target patients and populations. This will be to provide administration support to the additional roles (ARRS) and for any PCN wide population projects. The hub will have its own Systm One unit to support all the Care Coordination processes to ensure efficiency and easy access. Training and further information will be provided to all staff in readiness of the launch; including the hub’s purpose and processes.

**Diagram

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* **Bevan update**
* **Bevan Update**

Bevan are continuing to grow their team and are delighted to welcome four new Health Care Coordinators; Leanne Roberts, Sue Bolton, Ramsha Hussain and Poppy Feather to Bevan's York Street Practice.

Bevan have secure continued funding to deliver primary care outreach into migrant hotels and welcome Stephanie Lewis, (Advanced Clinical Practitioner)

Zahra Syed, (Healthcare Assistant) and Beke Mudau, (Occupational Therapist) to the team.

Bevan now offer a fortnightly dental clinic at York Street which has seen over 20 patients so far and secured a donation of 200 toothpastes to give to patients and help with overall dental hygiene.