



# Vale of Evesham Primary Care Network



## Welcome to the Winter edition of the Vale Of Evesham PCN Newsletter

These newsletters are released quarterly to keep practice staff and patients up to date on the progress and events in the Vale of Evesham Primary Care Network (PCN). The

Vale of Evesham PCN covers a population of approximately 62,000 patients, geographically covering Evesham, Bredon, Broadway, Inkberrow and its local rural areas.

The PCN management team includes our two Clinical Directors – Dr Neill Bramble, Dr Chethan Reddy, our PCN Operations Manager—Kirsty-Anne Taylor and Administrator – Nikki Porter.

### **The PCNs Mission Statement**

The Vale of Evesham PCN is committed to the development and delivery of coordinated healthcare, working with partner organisations to support patients in making informed decisions about their personal care—promoting health and wellbeing and ensuring equality of access for all.

What does that mean? It means providing innovative services that are designed around the needs of our community—such as social prescribing and first contact physiotherapy.

How do you do it? We work collaboratively with local organisations in the healthcare and voluntary sectors, as well as in partnership across GP practices. This helps us to ensure we're providing a comprehensive, joined-up service.

Why? Because together, we're stronger. Working collaboratively means we're supported by our colleagues across our network—so our patients can be better supported by us.

## Contents

- ◆ Page 1— The Vale of Evesham PCN Mission Statement.
- ◆ Page 2—Staff achievements
- ◆ Page 3—Mental Health services
- ◆ Page 4—Meet the staff
- ◆ Page 4—Keeping warm this winter
- ◆ Page 5—Which medical service best suits my needs
- ◆ Page 5— Health awareness date

### Staff achievements

- \* In the Autumn edition of our newsletter we introduced one of our First Contact Physiotherapist's Charlene and she was heading off to South Africa in October 2024 to represent England at the Hockey World Cup in the Over 35s category. Charlene and the team did very well and they walked away as Bronze medalists. We are very proud of Charlene and she is a great asset to our team, well done!



- \* Staff at Riverside Surgery and Merstow Green Medical Practice took part in Wear it Pink day on Friday 18th of October 2024 for the Breast Cancer Now charity.
- \* The team at Riverside also took part in Evesham Park Run recently as part of an initiative to become an Active Practice.

## Mental health services

### Statistics

- ◇ 1 in 4 people will experience a mental health problem of some kind each year in England (MIND).
- ◇ 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England (MIND).
- ◇ In 2019, 970 million people globally were living with a mental disorder, with anxiety and depression the most common. (WHO)

Mental health conditions can cause difficulties in all aspects of life, including relationships with family, friends and community. They can result from or lead to problems at school and at work. (WHO)

Within the PCN we have several services to support our patients with various mental health problems.

### First Contact Mental Health Practitioners

Our First Contact Mental Health Practitioners support patients with common mental health issues, such as depression, anxiety and stress or emotional issues connected to difficulty adjusting to a change in life. We provide an initial assessment whereby we can look at the issues affecting you. You may be asked about your current difficulties and relevant history to help us to get a clear picture of your needs. We can then offer up to 3 follow up sessions, the content of these will vary according to need, but may include guided self-help, coping strategies, mental health medication monitoring and an opportunity to talk about the difficulties you are facing. Whilst we adopt a therapeutic approach, we are not a counselling or therapy service, but we can signpost you to talking therapies.

### Active Monitoring Practitioner (MIND)

The Active Monitoring Practitioners are subcontracted from MIND and are available to support patients who are experiencing difficulties with low level Mental Health issues including anxiety and panic attacks, low mood and depression, low self esteem, managing anger and Menopause. Patients will have 6 sessions where the focus will be on coping strategies and distraction techniques to support the patient and improve mental health and wellbeing and manage everyday life. All of the sessions are face to face in one of the GP practices.

### Wellbeing Coach (Onside)

The Wellbeing Coaches are subcontracted from ONSIDE Advocacy, a charity based in Worcester. They support patients who are experiencing difficulties with their mental health. This could either be low mood, anxiety, stress, unhelpful habits/thinking or poor wellbeing in general. Patients will have up to 8 sessions working with the Wellbeing Coach who will tailor your care based on your individual needs.

If you or someone you know is suffering with common mental health issues and you feel one of the above services would be beneficial to you, please contact your GP practice online, on the app or via the telephone. The GP practice can then refer you to the relevant service.

**Do not suffer in silence, there are services available for you to access.**

## Meet the staff

### Jane Hooley – Mental Health Practitioner

'The recruitment of Mental Health Nurses by the Vale of Evesham PCN began in February 2022. The PCN currently has 3 Mental Health nursing posts, covering the 7 practices. There has been a drive towards placing Mental Health Nurses/professionals in GP practice nationally and this role is becoming more prevalent across the country. Challenges to accessing secondary mental health care and NHS talking therapies, along with increasing need in the population, have contributed to larger numbers of patients requiring mental health support in primary care. The role of the mental health nurse in GP practice is to meet some of this need. It is hoped that early mental health intervention in primary care will help prevent further decline in mental wellbeing.

My own role has evolved over the past 2 years and is likely to continue to do so. Referrals tend to be predominantly via GP's, although we do accept new patients from other professionals/practitioners. Patients are offered an initial assessment involving taking a history, assessing risk and mental state then identifying needs/plan formulation. We are then able to offer approximately 3 follow up sessions, if indicated. The content of these sessions will vary according to need but typically involves ongoing review of mental health, talking support, exploring coping strategies and psychiatric medication monitoring. Of note is that we are not psychotherapists or counsellors but health professionals, this is important in clarifying patient and referrer expectations.

Where a patient's needs are assessed as falling outside the scope of the primary care mental health nurses role, we will support the patient to access help from the right person or team. We have close links with the local Neighbourhood Mental Health Service and are knowledgeable about the wider mental health care system and associated agencies, having worked in various teams previously. We also work alongside GP practice Wellbeing Coaches and Active Monitoring Practitioners who may be better placed to support patients with less complex mental health needs and risk'.

# KEEP WARM & WELL

## Coping with cold weather and the cost of living



Check that your heating is working and try to heat your home to at least 18°C



Ensure you have adequate food, medication, warm clothes and non-slip shoes



For support with the cost of living, visit the [BCC website](#) or call 0121 303 1116



Stay as active as you can, any exercise can bring health benefits



Make sure you get your flu and Covid-19 vaccines



Keep windows closed at night and avoid cold and icy outdoor conditions if you are at risk of illness or falls



Get help if you need it. Speak to your carer, key worker, pharmacist or GP



Keep in touch with friends, family and your community



Look out for others and ask how they're keeping warm when it's cold



Plan ahead and stay up-to-date with your local weather forecast



For free advice on energy efficiency, grants and bills, call Simple Energy Advice on 0800 444 202

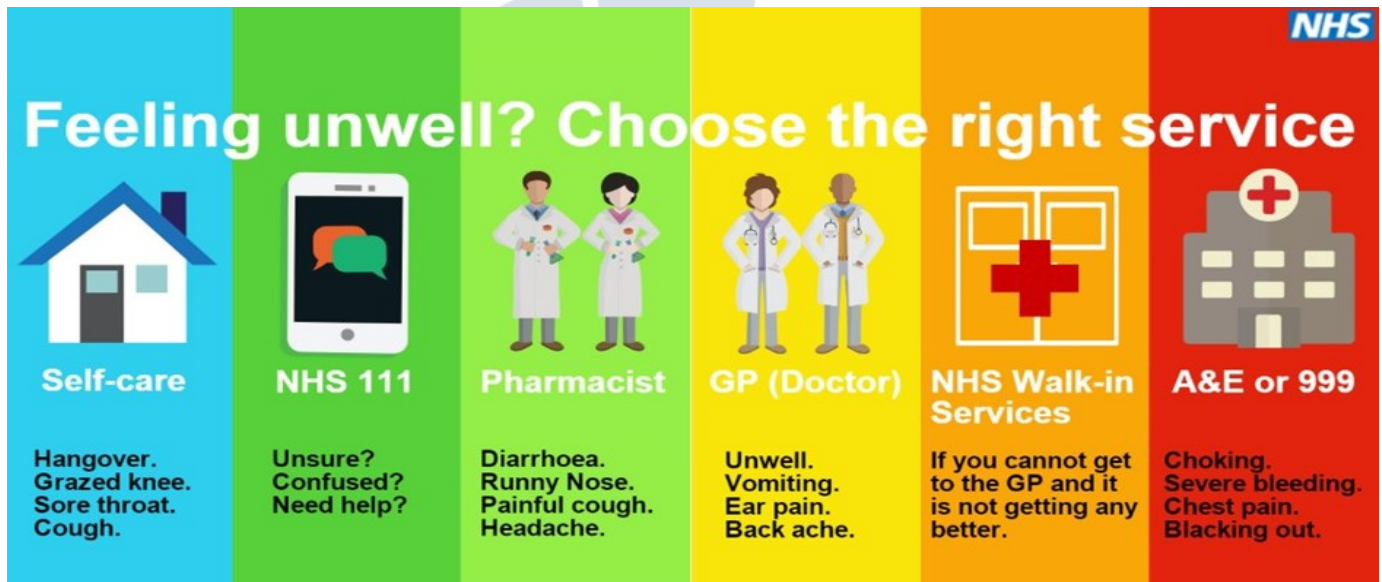


If worried about your health and need help, use the NHS details below...

**VISIT [111.NHS.UK](https://111.nhs.uk) OR CALL 999 IN AN EMERGENCY**







## Which medical service best suits my needs?

It is important that patients are aware of who to contact for what treatments, please find below the information that you need. Knowing who to contact allows you to get the best level of care for your ailments or injuries as quickly as possible and also frees up services such as A&E, Minor Injuries and GP practices if they are not required.



**NHS**

### Feeling unwell? Choose the right service

Self-care	NHS 111	Pharmacist	GP (Doctor)	NHS Walk-in Services	A&E or 999
 Hangover. Grazed knee. Sore throat. Cough.	 Unsure? Confused? Need help?	 Diarrhoea. Runny Nose. Painful cough. Headache.	 Unwell. Vomiting. Ear pain. Back ache.	 If you cannot get to the GP and it is not getting any better.	 Choking. Severe bleeding. Chest pain. Blacking out.

### Awareness days 2024

December 2024

- ◇ 2nd to 8th December—National Grief Awareness Week

January 2025

- ◇ Cervical Cancer Awareness Month

February 2025

- ◇ 04.02.2025—World Cancer Day
- ◇ Oesophageal Cancer Awareness Month

We would like to wish all of our patients, colleagues and organisations which we work with a Merry Christmas and a happy new year.

*Merry Christmas*