



Blackpool Central West Primary Care Network Newsletter

Issue 2 | Summer 2020

Coronavirus - Covid-19

Unfortunately 2020 is not shaping up to be the year that a lot of us probably planned it would be. In a short space of time staff across the PCN have had to adapt to new ways of working, and you the patients have had to change the way you access healthcare. We are constantly reviewing our processes and while we start to return to 'normal' it is worth noting that services are likely to be affected for some time. It is even more important that everyone tries to self-care as much as possible, reserving appointments with the clinicians for problems that cannot be managed with over-the-counter treatment from a pharmacy. However, it is vitally important that anyone with worrying symptoms does contact us as early diagnosis and treatment of serious conditions including cancer can be far more effective.

Here are a few things we'd like all patients to be aware of when visiting any of the PCN surgeries:

- children aged 5+ to wear a face covering when attending surgery
- use hand sanitiser on entry/exit
- childhood vaccination clinics are still running as normal
- try not to arrive too early for your appointment

We'd also like to thank all our patients for their understanding, co-operation & support during this time.

my
GP

Download our app
TODAY
& stay connected

Simple Sign-in

Get started with just your mobile number and date of birth.

Care for your family

Easily book and cancel appointments for you and your loved ones.

Order your medication

Send a medication request directly to your GP surgery.

Communicate with your surgery

Send and receive messages from your surgery.

(Check with your surgery as some don't allow patients to send messages)

Tracking

Keep on top of your medication, weight and blood pressure.



Focus On - Learning Disabilities

People with a *learning disability* have a significant reduced ability to understand new or complex information or to learn new skills, and are generally unable to cope independently. Sometimes people with a learning disability find it difficult to express themselves and their health can suffer.



Every year all the Central West practices invite their patients, along with their carers, to come in for a health check which has been specifically designed for people with learning disabilities.

This year we are running a project to see if we can improve this service and encourage more patients with learning disabilities to attend their health check, have their flu vaccination (when available) and take action where needed to improve their health.

Meet the Team

The Primary Care Network team has been expanding over the last few months so we'd like to take this opportunity to introduce you to all the different members of the team. There are now 7 members of staff working across the PCN which includes a social prescribers, 2 physician associates, a physiotherapist, an occupational therapist, a pharmacy technician and a care co-ordinator.

Each member of the team works across all 4 surgeries and will enable the Primary Care Network to provide some services in house, where as previously you would have been referred elsewhere.



Emma France is the Pharmacy Technician for the PCN and joined us in April 2020.

Emma has worked in community pharmacy for 15 years. In her younger days she worked for A2B Pharmacy on Red bank Road in Bispham and then for the previous 12 years at Whitworth Chemist on Bloomfield Road. Emma really enjoyed her time there but was ready for a change and a new challenge. Emma says, "I have seen many changes over the years and look forward to bringing the experience I gained in Community Pharmacy into Primary Care. I hope to be able to bridge the gap together between the two and look forward to us all working as a team."

Emma leads a very busy life, with both working full time and owning a horse there is never a dull moment, but she wouldn't change a thing.



Julie Crompton is the Occupational Therapist for the PCN and joined us in June 2020.

Julie graduated from St Martins College Lancaster in 2011, after completing a BSc Hons Degree in Occupational Therapy.

Occupational Therapists (OT's) take a holistic approach to helping people of all ages overcome the effects of disability caused by illness, ageing or accident, so that they can carry out everyday activities that are important to them.

Since qualifying Julie has worked in a range of hospital and community settings supporting individuals with both mental and physical health needs.

When not at work Julie enjoys spending time with her family and friends.



Larissa Houghton is the Physiotherapist for the PCN and joined us in June 2020.

Larisa graduated in Physiotherapy at Huddersfield University, West Yorkshire. After completing her core professional rotations she gained a wide range of experience in

musculoskeletal and orthopaedic physiotherapy. She has a particular interest in the area of musculoskeletal physiotherapy.

Larisa qualified in Mulligan mobilisation and acupuncture and is presently studying for a Masters Degree in Musculoskeletal Physiotherapy. She is passionate about supporting and promoting active lifestyles, both professionally and personally.

Larisa's role is to support the GP's and others in meeting the physiotherapy needs of patients.



Daisy Jackson is the Care Co-ordinator for the PCN and joined us in April 2020.

Daisy graduated in 2015 from Lancaster University with BA Hons Professional Practice Health & Social Care. She has an extensive background in the health, social &

Education sector, ranging from voluntary work at Brian House Children Hospice, coaching sports at a multiple disability sports club, working in rehabilitation and then taking a brief stop-gap from the NHS to work in education.

Daisy says, 'I am really passionate about working to protect vulnerable patients and helping bridge gaps with health inequalities, but also improving patient outcomes with health promotion and getting patients on board with being active in their care.'

In her spare time you will regularly find Daisy at the gym or in a coffee shop. She is also a qualified makeup artist which she loves to do (if and when she can find the time!!!)

Meet the Team



Dawn Mercer is one of two Physician Associates working for the PCN and joined us in May 2020.

Dawn studied Applied Psychology and went on to work in Substance Misuse Services and Inpatient Forensic Mental Health Services for 11 years.

She then returned to study, and graduated from UCLan in 2020 with a PGDip in Physician Associate Studies.

Physician Associates are a relatively new addition to the clinical team and Dawn is happy to answer any questions you might have about the role. She is keen to bring the generalist medical knowledge she obtained during her training together with her previous experience, to provide holistic care to our patients.

When not at work, Dawn enjoys travelling, reading crime novels and spending time with her family and friends.



Caron Lydon is the Social Prescriber working for the PCN and joined us in October 2019.

Since then she has been running clinics across all the network practices, signposting and referring patients to a wide range of services for support with issues including

mental health, social isolation, employment, benefits and housing issues.

Caron also works with the voluntary and community sector to link up with services, keep up to date with support available, and liaising with other workers.

She has previously worked for Greater Manchester Mental Health and Social Care Trust and Addiction Dependency Solutions, offering support with employment, training, leisure and volunteer opportunities.

When not at work, Caron enjoys snowboarding, films and music.



Your one stop shop for **health, social and community services information** on the Fylde coast.



www.fyidirectory.co.uk
Or call 0800 092 2332
9am - 4pm, Monday - Friday

Blackpool Council



wyre council



CORONAVIRUS STAY ALERT TO STAY SAFE

To control the risk of infection:

- ☑ Limit contact with other people
- ☑ Keep a safe distance from others
- ☑ Wash your hands the moment you get home

For more ways to stay safe go to gov.uk/coronavirus

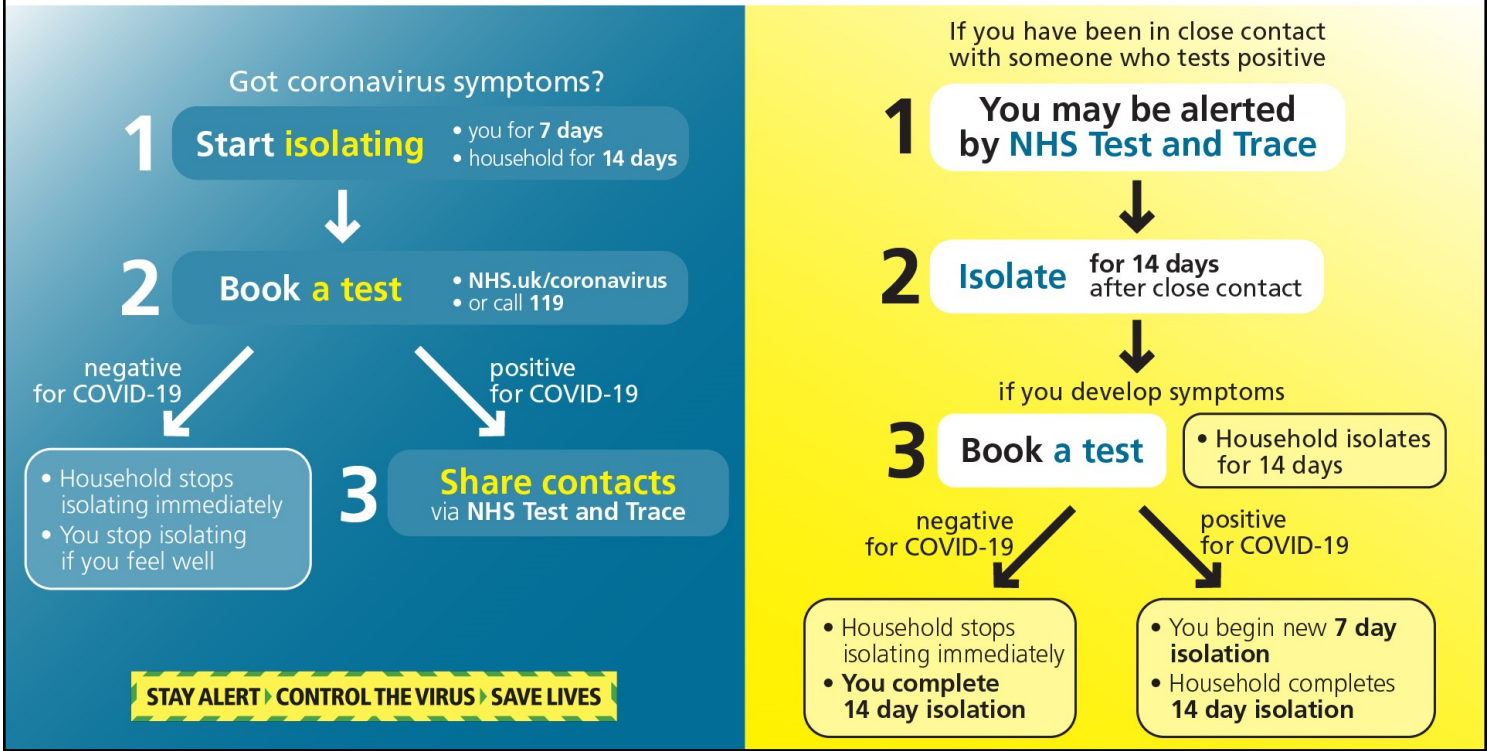
STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

SMOKEFREE
BLACKPOOL

Quit for Covid

Quit for COVID-19

There's never been a more important time to quit



Care homes

If you have been following the news, you will probably have heard that care homes have been badly affected during the coronavirus pandemic. Blackpool Central West PCN are working with the care home team that is currently in place and the Clinical Commissioning Group to align care homes with specific teams across Blackpool. This will mean that each care home will have a care home team attached to it, who will be working with the GPs across the four Central West practices. Julie Crompton (Occupational Therapist) will be in charge of this project for our PCN, ably assisted by Daisy Jackson (Care Co-ordinator).

The work so far has included assistance in making the care homes digitally connected to enable video links between them and the surgeries. Care homes have been provided with monitoring equipment and training in its use, so they can virtually feed information for observations to the GPs (blood pressure, temperature etc). We hope that this closer way of working will enhance the already fantastic work which is being achieved by our social care partners working in care homes, and helps to improve the experience of the patients.



Are you experiencing any of the following...

- Feeling low and tearful
- Feeling depressed
- Feeling panicky
- Excessive worrying
- Feeling anxious or stressed
- Sleep problems
- Unhelpful or distressing thoughts
- Fear of specific objects or situations



Supporting Minds offers a range of talking therapies including...

- Cognitive behavioural therapy (CBT)
- Counselling
- Guided self help
- Stress control therapy
- Mindfulness
- Eye Movement Desensitisation Therapy (EMDR)

To self refer please call: **01253 955700**

Email us at: bfwh.supporting.minds@nhs.net

Or search @iaptSMB