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HAVERING CREST

Official Newsletter of Havering Crest Primary Care Network



Havering Crest Primary Care Network

CARE & RESPECT FOR EVERYONE, STANDING TOGETHER

Our PCN comprises of 8 GP practices working together for the benefit of our collective registered population and we are 1 of the 4 PCNs that cover the borough of Havering.

[Do you want to know more about Primary Care Networks?](#)

Meet Our Team

CLINICAL DIRECTORS



Dr Imran



Dr Kullar

Our PCN has two named accountable clinical directors, supporting delivery. They provide leadership for networks strategic plans, through working with member practices and the wider PCN to improve the quality and effectiveness of the network services.

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PCN MANAGER



Farhana Imran

The PCN Manager has operational responsibility for various functions of the Primary Care Network. They are responsible for the delivery and monitoring of projects and services committed to or commissioned by the PCN. So, the PCN manager remains up-to-date on PCN guidance and requirement, gains leadership insights, builds the PCN operating structure.

"Great things are done by a series of small things brought together"

CLINICAL PHARMACY TEAM

Clinical Pharmacists work as part of the multidisciplinary team in a patient-facing role to clinically assess and treat patients using their expert knowledge of medicines for specific disease areas.

Pharmacy Technicians complement the work of the Clinical Pharmacist by using their pharmaceutical knowledge to undertake activities such as audits, discharge management, and prescription issuing. This role will be under the supervision of the Clinical Pharmacist and will be part of a wider PCN pharmacy team.



VAN GOGH





SOCIAL CARE TEAM

The Social Prescribing Link Worker connects people with local community activities and services that can help improve their health and wellbeing.

The Health and Wellbeing Coach supports people to self-identify existing issues and encourage proactive prevention of new and existing illnesses. How? By working in partnership with the client, fostering a positive mindset around health and wellbeing, empowering and motivating their clients to become their own experts. The HWBC is a supportive guide that helps clients set health goals, whether to lose weight, improve energy, better manage stress, and much more.

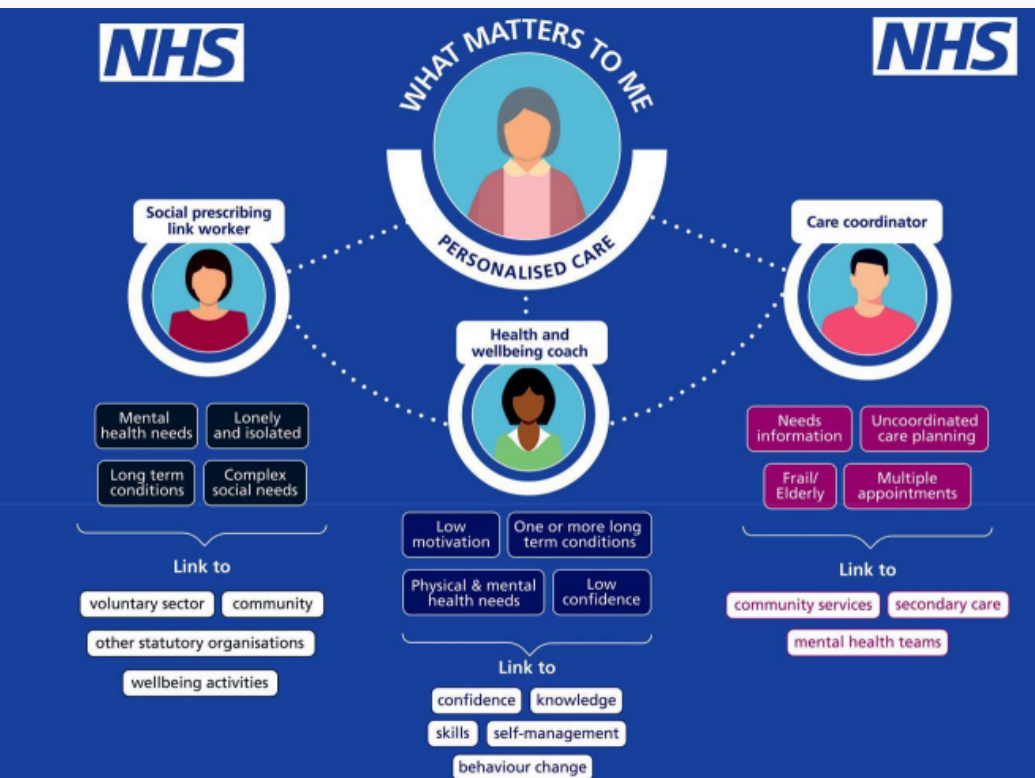


Bruna Fonseca

The Care Coordinator's role will support the clinical director and member practices in coordinating all key activities including access to services, advice, and information, and ensuring health and care planning is timely, efficient, and patient-centered.

What is Personalised Care?

Personalised care represents a new relationship between people, professionals and the health and care system. It provides a positive shift in power and decision making that enables people to have a voice, to be heard and be connected to each other and their communities.





DIETITIAN



Saira Mufti

Registered dietitians are the only qualified health professionals that assess, diagnose and treat dietary and nutritional problems at an individual and wider public health level.

MENTAL HEALTH PRACTITIONER

The Mental Health Practitioner works as part of the PCN multi-disciplinary team. Provides a bridge between primary care and specialist mental health providers. Can draw on a range of provider mental health services.

PHYSICIAN ASSOCIATE

Physician Associates are healthcare professionals with a general medical education who work alongside and under the supervision of GPs providing clinical care as part of a wider multidisciplinary team.

How to access the PCN services?

Contact your GP practice, where a receptionist, GP or nurse will be able to book you in or refer you to the PCN professional.

Meet our Physician Associate

"My name is Stephany Osei-Amoako. I am a qualified Physician Associate (PA-R). Following 2 years post-graduate training, I worked as a PA in hospital clinic in Sleep Medicine & Pulmonary Physiology dealing with patients with Sleep Apnoea and those requiring Non-Invasive Ventilation. I also have a background in diabetic retinal screening, which I did for 7 years.
In GP, using my general knowledge and skill to provide holistic care and treatment, I usually have on the day face to face or telephone appointment, where I see a wide range of patients, from children to older people, taking histories, examining patients and developing management plans under the supervision of a doctor.
I also review medications, blood results and perform asthma and COPD reviews as well as diabetic foot checks. I have an interest in hypertension and postpartum checks."

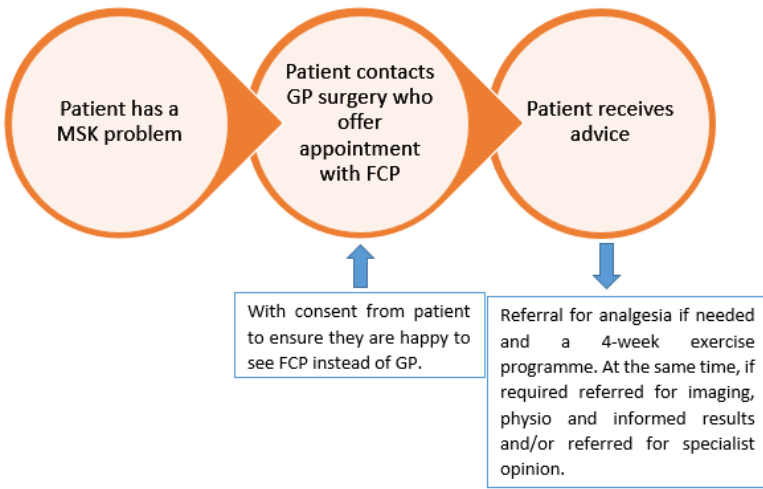


MSK TEAM

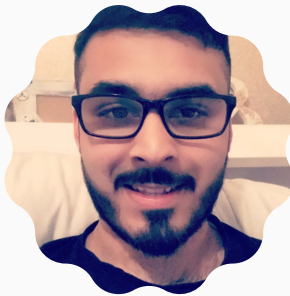


A FCP (First Contact Practitioner) is a diagnostic clinician working in Primary Care. The FCP is able to assess and manage MSK (muscle or joint) problems.

Roma Dass



A podiatrist specialises in the foot and ankle, aiming to improve mobility and independence for their patients. Ibrahim is a podiatrist, having worked previously in a number of NHS trusts. He has a wide knowledge base and experience across the field of podiatry. A podiatrist specialises in the foot and ankle, aiming to improve mobility and independence for their patients. Ibrahim can offer an assessment and treatment where required in regards to the foot and ankle. Patients can phone the surgery to book an appointment with him.



Ibrahim Miah

Occupational Therapy provides practical support to empower people to facilitate recovery and overcome barriers preventing them from doing the activities (or occupations) that matter to them. This support increases people's independence and satisfaction in all aspects of life.



Parkavi Parthasarathy

”Take care of your body. It’s the only place you have to live in.”

JIM ROHN





PATIENT PARTICIPATION GROUP

NEXT MEETING

23rd JUNE 2022

VENUE: Chadwell Heath Community Centre
High Road, Chadwell Heath, RM6 6AS

What are Patient Participation Groups (PPGs)?

Since April 2015, it has been a contractual requirement of NHS England for all GP practices to have a PPG and to make reasonable efforts for this to be representative of the practice population.

A Patient Participation Group (PPG) is a group of patients, carers and GP practice staff who meet to discuss practice issues and patient experience to help improve the service.

Who is part of the PPG?

A PPG is open to every patient on the GP practice list. All communities, groups, genders, ages, ethnicities, and disabilities representing the patient list are encouraged to join.

What is the role of the PPG?

The aims and work of each PPG depends entirely on local needs, but they all have the aim of making sure that their practice puts the patient and improving health at the heart of everything it does.

Source: The patients association

PPG | More information

What is a Patient Participation Group?

PPG | HAVERING CREST
PCN





PATIENT HEALTH PREVENTION OF FALLS

by Parkavi Parthasarathy, PCN Occupational Therapist

Anyone can have a fall, but older people are more vulnerable and likely to fall, especially if they have a long-term health condition.

Falls are a common, but often overlooked, cause of injury. Around 1 in 3 adults over 65 and half of people over 80 will have at least one fall a year.

Most falls do not result in serious injury. But there's always a risk that a fall could lead to broken bones, and it can cause the person to lose confidence, become withdrawn, and feel as if they have lost their independence.

What should I do if I fall?

If you have a fall, it's important to keep calm. If you're not hurt and you feel strong enough to get up, do not get up quickly. Roll onto your hands and knees and look for a stable piece of furniture, such as a chair or bed.

Hold on to the furniture with both hands to support yourself and, when you feel ready, slowly get up. Sit down and rest for a while before carrying on with your daily activities.

Source: [NHS | Conditions | Falls](#)

One of the options to manage falls is with use of pendant alarms and /or falls detectors.

Telecare information and links can vary with the borough (Barking and Dagenham, Havering or Redbridge) you live in.

Please click on the respective borough side links for more information about self-referral for telecare items i.e pendant alarm, falls detectors, sensors etc.

Kindly contact me directly, should you have any queries via email Parkavi.Parthasarathy@nhs.net

*<https://www.lbbd.gov.uk/telecare-and-careline-alarms>
<https://www.havering.gov.uk/info/20190/telecare/736/careline>
<https://mylife.redbridge.gov.uk/lifeline-and-telecare>

Please click on the relevant link for more information.

You can call on the number in the website for any queries.

***Barking & Dagenham | Telecare and Careline Alarms**

Havering | Careline

Redbridge | Lifeline & Telecare





PATIENT HEALTH

IMPROVE YOUR MOBILITY AND INDEPENDENCE

by Ibrahim Miah, PCN Podiatrist

As mentioned in the last pages, a podiatrist specialises in the foot and ankle, aiming to improve mobility and independence for their patients.

Below we will briefly discuss three very common foot problems and things you can do to help yourself in the first instance.

Heel Pain

This is very broad and in most cases multifactorial. Generally, it is mechanical in nature, exacerbated with ill-fitting footwear.

Anyone can get heel pain, but those that are overweight, stand long periods and begin a new exercise or do too much in a short space of time tend to be more prevalent to this condition.

In the first instance, try to rest where possible. A review of footwear is advised - avoid flat, soft and tight footwear. Look for a more 'running style' trainers with appropriate fastening and good cushioning.



If you experience any foot related issues that does not resolve or minimize on its own within four weeks, it is recommended that you see a podiatrist.



PATIENT HEALTH

IMPROVE YOUR MOBILITY AND INDEPENDENCE

by Ibrahim Miah, PCN Podiatrist

Corns and Callus

Corns are generally caused by friction/pressure over bony areas. Callus is an area of hardened thick skin. It usually grows over a bony prominence or a deformity. It can also be caused by the way an individual walks or simply rubbing from ill-fitting footwear. In most cases corns and callus can be asymptomatic. Again, a review of footwear in the first instance would be sensible. However, if is painful, a podiatrist may use a scalpel to remove it and discuss other conservative measures to help prevent them from recurring.

Ingrowing toenail

This is when a side of the nail pierces into the skin. It can be extremely painful and inflamed or infected.

In more severe cases, it can cause pus and bleeding. Common causes are not cutting toenails properly, tight footwear, hosiery and socks pushing the toe flesh onto the nail.

Brittle nails with sharp edges or habit of breaking off bits of nail that are sticking out, increases the chance of developing an ingrowing toenail.

In the first instance, bathe the foot in warm salty water and then cover it with a sterile dressing. See a podiatrist as this may require a minor surgery to resolve this.

Source: [The Royal College of Podiatry](#).

If you experience any
foot related issues
that does not resolve
or minimize on its
own within four
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you see a podiatrist.



ANNOUNCEMENTS, EVENTS, AND UPDATES

beam **Havering** LONDON BOROUGH **Department for Work & Pensions**

This project is part funded through the OWP Community Fund

Beam helps Havering residents to start work!

How does Beam help me find a job?

1) Funding: Beam can fund items you need to start a great job! This can include a laptop, smartphone, training courses, childcare fees and travel.

Course Fees Laptop Childcare Clothes Travel

2) Job Support: Your Beam caseworker will help you find a job! Beam connect you with companies who are hiring. We help you with your CV, writing job applications and interview preparation.

All of Beam's support is free!

What jobs can Beam help me start?

- Construction
- Health & Care
- Hospitality
- Security
- Retail
- Admin & Office
- Warehouse
- Delivery Driving
- Cleaning

How do I sign-up?

- 1 Ask your housing officer or key worker to refer you. Here's a link to the referral form: beam.org/referral
- 2 A Beam caseworker will call you to book your first meeting. This meeting will be via video call!
- 3 10 weeks is the average time it takes for Beam to help someone start work

Sign-up at beam.org/havering

Any questions? Contact Meral, Beam's Havering Lead. Email referrals@beam.org Call, WhatsApp or Text 07775 386245

Live Healthier Havering **LEARNING DISABILITY HAVERING WEIGHT LOSS PROGRAMME**

HELPING EVERYONE STAY HEALTHIER FOR LONGER

A free and inclusive adult weight loss support service brought to you by Everyone Active in Havering, led by qualified weight management and exercise specialists and occupational therapist.

For Havering residents aged 18+ with a mild to moderate learning disability and a BMI of between 25 and 40, and their carers
*(adjusted to BMI of 23 in people of Black African, African-Caribbean and Asian origin)

12 week programme

2hr weekly session involving education and inclusive physical activity

- Practical advice to make healthy lifestyle changes as part of your daily routine
- Education is made fun and broken down for easy understanding
- One year follow up support to help continue positive changes

We accept self-referrals or referrals from health professionals.

For more information including course dates, referral criteria and online referral form: www.everyoneactive.com/live-healthier-havering-LD

*We advise that individuals should consult with their GP prior to starting any new exercise or nutrition programme.

Contact us at: haveringweightmanagement@everyoneactive.com www.everyoneactive.com 01708 463181

SPORT FOR CONFIDENCE **Havering** **everyone ACTIVE**

Everyone Active manages these facilities in partnership with London Borough of Havering

YOUR JOURNEY TO A HEALTHIER HAPPIER YOU

1. If your BMI is between 25 kg/m2 and 40 kg/m2 begin by referring yourself or speak to your GP/practice nurse about being referred*
2. Once we receive your referral we will contact you to book your place on the programme and gather additional information
3. We will send you introductory information prior to you starting the 12 week programme at the centre of your choice
4. You will attend the 2 hour weekly programme for 12 consecutive weeks. We will track your weight loss progress and complete a review of your achievements
5. On completion of the 12 week programme we will continue to provide you with support and information for up to a year to continue to achieve a healthy weight

ARE YOU READY?

- Can you commit to attending weekly 2 hour sessions for 12 weeks?
- Are you ready to make sustainable changes to your eating habits and lifestyle?
- Do you recognise how making steady changes to your diet and lifestyle to lose weight with our support can positively change your life?

HOW DO I GET STARTED?

Whether you want to refer yourself or you are a health professional who would like to refer someone visit: www.everyoneactive.com/live-healthier-havering which has a link to our secure referral form and information about upcoming courses

Why not get a friend or family member to sign up to a healthy lifestyle with you!

Once we have received your completed form we will be in touch as soon as possible.

HOW TO CONTACT US

If you have any questions please contact us at: haveringweightmanagement@everyoneactive.com 01708 463181

Information about upcoming courses can be found at: www.everyoneactive.com/live-healthier-havering

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Havering **everyone ACTIVE**

www.everyoneactive.com