



## PCN TEAM

Our team is expanding!

We have additional roles in your surgeries such as:

- Clinical Pharmacists and pharmacy technicians
- Dietitian
- First contact physiotherapist
- Social prescriber
- Mental Health Practitioner
- Health & Wellbeing coach
- Paramedic
- Care Coordinator
- GP Assistants
- PCN nurse
- Digital & Transformation Lead



## DO YOU HAVE THE NHS APP?

This is what you can do on it:

- Order repeat prescriptions and nominate a pharmacy to collect from
- Book and manage appointments
- View your GP record
- Register your organ donation decision
- View your NHS number & find NHS services near you
- Search information and advice
- Contact your GP surgery using an online form and get a reply

**Free to download so do it today!**

## Current PCN projects

### 1. BP @ home

Targeting individuals that have not had BP checks in the last 3 years or more. There is a system of loaning BP monitors for £10 to those that are unable to purchase one. You are then expected to submit BP readings to the surgery.

### 2. Anticipatory Care Team (ACT)



Working with Bromley Healthcare (BHC), we aim to improve care for people aged 65+ who are frail with co-morbidities and long-term conditions. This can be via clinics and housebound visits. The team consists of a care coordinator, nurses and HCA



### 3. Bromley Child Health Integrated Partnership (BCHIP)

GPs can refer their paediatric patients to the weekly triage clinic where their case will be discussed with a specialist paediatric nurse, paediatric consultant, and a GP. This avoids a referral to secondary care that can sometimes mean patients are waiting months to have their case reviewed.

### 4. Respiratory Hub

Delivered by a Princess Royal University Hospital (PRUH) Respiratory service hosted Physiologist, for patients who are:

- unwell without objective tests for asthma / COPD
- Suspected asthma / COPD without a diagnosis and significant symptoms.



5.

You are invited to The Crays Collaborative PCN's

## WELLBEING CAFE



Every second Tuesday  
of the month  
09/04, 14/05, 11/06  
11am-1pm

Free admission



Location: The Temple URC

High St, St Mary Cray, Kent, BR5 4AX

If you would like to volunteer email [crayspcn.contactus@nhs.net](mailto:crayspcn.contactus@nhs.net)

*Aimed at 65 years and over but all welcome*

### Activities taking place at the cafe:

- Help with NHS digital tools e.g. App, eConsult's, website forms.
- Exercise classes
- Health checks
- Games
- Blood pressure checks
- Music



### 6. PSA project

We aim to identify men at a higher risk of prostate cancer using a risk checker. Those at greater risk are men with a family history of prostate cancer aged over 45, men with Black ethnicity aged over 45. Text messages are sent, and patients are invited to have a blood test.

### 7. Enhanced access (EA)

The PCN continue to provide appointments until 8pm on weekdays, and from 9am-5pm on Saturdays. EA weekday location is Poverest, Saturdays are at Broomwood.

## Future PCN project

### 1. Atrial Fibrillation detection

Health Innovation Network (HIN) and SEL ICB are offering a hand-held AF Detection device (MyDiagnostick) to every GP practice within SEL.

These devices are part of a program to increase AF detection in South-East London. The aim is to increase AF detection to 85% by 2029, from the current rate of 72% across SEL.

### 2. The Healthier Living Hub

Patients will have access to a Dietitian, Health & well-being coach and information on community support to assist with dietary and lifestyle changes needed to help reduce obesity. Consultations can be carried out in a group, followed by one-to-one.

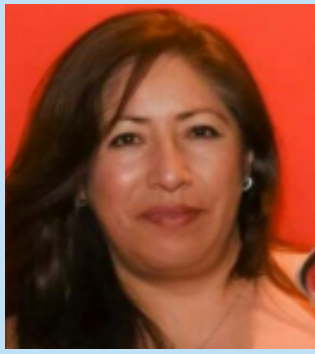
Inclusion Criteria: Over 18 years old, BMI recorded in the last 2 years of over 30, If black, Asian, and minority ethnic (BAME) then a BMI of over 27.5. Eligible patients will be contacted once the hub is running.

Invited patients can expect one session (~ 1 hour each) every 6 weeks, 6 sessions in total. For each session BP, height, weight and BMI are recorded. During each session we explore: diet & nutrition, lifestyle choices, forming good habits, getting active and setting achievable goals.

**Health is wealth so  
make a change today!**



# Meet some of our PCN staff!



## Johan Rodriguez - Health & Wellbeing Coach:

My role is to encourage and support patients as they take control of their health, both mind and body. I encourage them to play an active role in their health, whilst setting achievable goals. I am excited to be part of the Obesity Hub because I can help people to focus on what is important to them. Living with obesity can affect your quality of life, increase the risk of having physical and mental health problems, as well as affect one's self-esteem.



## Tapaswini Andavarapu - Dietician:

I am committed to empowering individuals to take control of their health through personalized nutritional guidance. I am thrilled to be part of the Obesity Hub, where I can assist individuals in prioritizing their health goals and crafting sustainable dietary habits. I believe in the power of storytelling, allowing individuals to share their journey and challenges in managing diabetes and weight-related issues. Together, we can navigate the complexities of nutrition and foster positive relationships with food.



### FAMILY HEALTH & WELLBEING EVENTS

Wed 27  
March

#### ST EDWARDS CHURCH

35 St Keverne Road, Mottingham, SE9 4AQ.

11am to 3pm

Fri 19  
April

#### ANERLEY TOWN HALL

Anerley Town Hall, Anerley Road, SE20 8BD.

11am to 3pm

Tue 7  
May

#### TEMPLE URC CHURCH

Temple URC Church, 179 High Street, Orpington, BR5 4AX.

11am to 3pm

Just drop by, no booking required!

Free children's activities and refreshments!

## JOIN US!

Families, parents, and carers are invited to drop by our Family Health and Wellbeing events from March to May 2024.

No booking, just drop by to gain more information about managing your own and your family's health and wellbeing with information and support from Bromley's Public Health team and other partnership health organisations who operate in the borough.



Mental health advice, tips and support



Vaccinations advice and booking help



Blood pressure checks

[www.bromley.gov.uk/health](http://www.bromley.gov.uk/health)

@LBBromley  
@LBofBromley  
@lbbromley

South East London  
Integrated Care System

NHS

# ONE BROMLEY



Community Health Champions

Are you passionate about health and wellbeing?  
Do you want to help your local health services?  
Ready to get new skills and confidence?

- Volunteer** as a Community Health Champion
- Help** your local NHS and healthcare services
- Support** your community to improve wellbeing
- Become** healthier and happier



## Join the One Bromley Community Health Champions Programme

To become a One Bromley Community Health Champion scan the QR code



For more information visit our page  
[www.letstalkhealthandcareselondon.org/one-bromley-community-champions-programme](http://www.letstalkhealthandcareselondon.org/one-bromley-community-champions-programme)  
onebromley\_champions@selondonics.nhs.uk



“ We have training and health awareness sessions. You can share information through WhatsApp, Facebook or by talking to your friends and other contacts. ”

### About ONE BROMLEY

One Bromley Local Care Partnership brings together Bromley NHS health providers, the council, commissioners and voluntary sector to work together to deliver better care for all.

For more information visit [www.selondonics.org/OneBromley](http://www.selondonics.org/OneBromley)

Thank you for reading 😊