



New Year, New Goals!!!

The Healthier Living Hub had its sixth and final session on 02.01.25. As we begin a new year, we reset our minds and set new goals. The hub has encouraged participants to eat better, sleep well and get active by setting realistic goals and staying motivated.

We hope attendees will continue to get active and socialise with one another by attending our monthly wellbeing & digital cafes on the second Tuesday of every month. Small steps eventually lead to big changes!



Goal Setting and Having a Plan



Eating Veggies with Every Meal



Consistent Exercise Weights + Cardio



Monitoring Your Hydration



Regularly Spending Time In Nature



Spending Quality Time with Family/Friends



Cooking/Prepping One Meal Per Day



Daily Stretching/Mobility

Create healthy habits.

The way to get started is to quit talking and begin doing.

Start NOW!

Wellbeing & Digital Café

@ Temple URC Church, 179 High St, Orpington BR5 4AX
11am-1pm

2025 dates:

- January 14th
- February 11th
- March 11th
- April 8th
- May 13th
- June 10th
- July 8th
- August 12th
- September 9th
- October 14th
- November 11th
- December 9th

Free admission!



Join us here for games with prizes, healthcare information and help with digital tools.

Feel free to bring along cakes, biscuits or baked goods to share.



Cancer Screening in The Crays

By collaborating with community groups such as churches, mosques, hosting events at our GP practices and our wellbeing café, we hope to co create culturally sensitive education packages on cancer screening.

We aim to reduce barriers to early cancer screening by informing people of early symptoms and checking for these in a timely way. By doing so, we seek to increase breast, cervical and bowel cancer screening uptake and raise awareness of prostate cancer, particularly among ethnic minority groups and those in the most socioeconomically deprived areas. Barriers such as stigma, cultural beliefs, and practical challenges will be addressed.

Intended Outcomes of the screening project:

- Increased bowel and breast cancer screening rates in underserved and high-risk groups.
- Enhanced understanding and engagement with cancer prevention services.
- Reduction in health disparities related to cancer screening uptake.

Dry January

Here are some tips for cutting back on alcohol, taken from: <https://alcoholchange.org.uk/help-and-support/managing-your-drinking/tips-for-cutting-down>

- **Drink in units**

It is recommended not drinking more than 14 units a week; that means about six pints of normal strength beer or 2 units a day which is a small glass of wine.

- **Have a few alcohol free days each week**

This is a good way give your body a rest, boost your immune system and improve your mental health and wellbeing, as well as save money.

- **Keep track of how often you are drinking**

This will help you establish a pattern and identify where changes are needed.

- **Choose a smaller glass and lower strength**

- **Confidently refuse drinks if over your set limit**

Decide what you want to drink in advance and stick to your plan. Not everyone drinks alcohol, and it's fine to say no.

- **Drink low and non alcoholic options**

Swap your usual alcoholic drink with alcohol-free alternatives. Alcohol-free beers, ciders, wines, and spirits are now widely available.

- **Pace yourself**

Enjoy each drink slowly, only drink the drinks you really enjoy and skip the ones you're drinking for the sake of it. Keep in mind that the drinks you pour at home are often larger than those served in bars or pubs.

- **Eat before and while you drink**

Eating before you drink and, if possible, while drinking will slow down the alcohol being absorbed into your bloodstream and help you pace yourself.

- **Ask for help**

Lots of people struggle with alcohol at some point in their lives and need support to turn things around. Talk to your GP or contact your local alcohol service.

- **Use the Try Dry®: the app to help you cut down**

Download the free app to help you meet your goals, possibly take on the Dry January® challenge!



Our Facebook Page

<https://www.facebook.com/profile.php?id=61566748538339#>

[id=61566748538339#](https://www.facebook.com/profile.php?id=61566748538339#)

Meet PCN team members!

Network Manager - Donna Mentesh



I joined Crays PCN in September 2024 (and yes, I fully intend to claim the 'newbie' card for at least a year!). Over the past three years, I've gained valuable experience in primary care through various roles, which has deepened my understanding of the need for change and improvement in healthcare. For 2025, my focus is clear: ensuring we have the right team in place to deliver key projects and services across our six practices. I'm passionate about building strong teams to drive meaningful progress and improve outcomes for both patients and staff. I look forward to working with everyone at Crays PCN and contributing to a healthier future for our community!

Digital Transformation Lead - Jessica Giwa-Osagie



I joined the PCN in January 2023 and have been enjoying the role and the many projects I get to be involved in. My role is to Support the PCN and our practices to deliver ongoing improvement to services. Our Improvement projects focus on the utilisation of digital tools to produce data that supports population health management. My aim is to provide improved quality and efficiency to our workforce and patient population. Projects I have been proudly involved in have been both the Wellbeing café and the Healthier Living hub.

Pharmacy First

Patients will be able to access 7 clinical pathways via referrals from referring organisations including general practice, urgent and emergency care settings, and NHS 111 (online and via telephone). Patients can access the service by attending or contacting the pharmacy directly without the need for referral.

The following table shows the 7 conditions pharmacists can manage across various age ranges.

Clinical pathway	Age range
Acute otitis media*	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infections	Women 16-64 years

Thank you for reading 😊