



PHOENIX SUNRISERS PCN

Newsletter : February 2025

TRANSCEND | TRANSFORM | TRIUMPH

We at Phoenix, aim to be at the forefront of the transcending model of health care from that old reactive Primary Care, GP Practice Model to a new collaborative *Primary Care Network Model*.

Our Mission is to transform our teams and patients to manage their health & wellbeing, proactively & holistically. To empower GP practices in innovating ways that will ease the burden on their workforce whilst at the same time improving access for patients to the right health care professional.

This evolving model of health care has a vision to not only triumph in our mission to accomplish this transformation but to cascade this to our staff and patients, raising standards of wellbeing for all. Rising together. Better together.

SOCIAL PRESCRIBING EVENTS

Coffee Mornings run at the Bramingham site on Friday mornings at 10am-12. They continue to be diverse in content; structured talks from external organisations, themed events too - be sure to check the website for information.

Group health and wellbeing sessions on Wednesdays 10-12 at Conway Medical Centre for women only – booked clinic.

Walk and talk every Tuesday in term time leaving from Bramingham Medical Centre at 9.30.

Our Social Prescribing team are engaging and networking with community outreach and community centres for the benefit of patient cohorts.

Our team joined the SEND radio show on inspire FM to talk about what the PCN does and how they support you – here is the [LINK](#)

PCN STAFF UPDATES

New GP ARRS Role
Recruitment of new pharmacist

TRAINING VIDEOS

We have training videos on YouTube for staff on read-coding Booking appointments for ARRS MSK and diabetes information

Phoenix Sunrisers, The Loft, Bramingham Park Medical Centre , LU3 4BG

Member Practices NEVILLE ROAD SURGERY | MALZEARD ROAD MEDICAL CENTRE | CONWAY MEDICAL CENTRE | BRAMINGHAM PARK MEDICAL CENTRE | KINGSWAY MEDICAL CENTRE | PASTURES WAY SURGERY

SOCIAL PRESCRIBING CASESTUDY

We had a presentation from speakers from the Lewis Foundation at one of our coffee morning workshops.

The Lewis foundation are a charity who support patients diagnosed with cancer by creating support packages for them

Our participants, who had long since felt lonely, isolated and disempowered since the covid lock down, really loved this venture & wanted to support – however being frail and having mobility issues wouldn't allow them to support the charity in the conventional way.

They overcame this by using this space to help put the support packages together at our coffee mornings – building a sense of teamwork with the charity & the group, & a sense of contribution to the wider community. This project made them feel valued as well as providing the environment for a healthy happy energy that lasted the whole week

The charity gained extra resources. The cancer patients received care from the community & the isolated individuals gained a sense of value & contribution – an all round success

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Getting in Touch

Check us out

- Instagram Phoenix_PCN_Luton
- Facebook – Phoenix- PCN
- LinkedIn – Phoenix PCN Luton
- Tiktok -PhoenixPCN
- You tube –Phoenix Luton PCN
- www.phoenixpcnluton.co.uk



Next Up! We are focussing our attention on group clinics around diabetes, in the coming months, to improve access for patients, and improve health outcomes