

BHR PCN Newsletter

August 2025

20th Edition

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Message from Dr Nadia Anderson CD/GP

Hello All,

I hope you have some down time over the summer to recharge. There is a lot happening in primary care and the wider health service currently. We have now received the government's 10 year plan. Although more detail is awaited about Neighbourhood health services and what that means for practices and PCN's, it is clear there will be changes ahead and potential risks. The PCN continues to flourish with a successful bid to trial Tier 3 weight management services in primary care. Patients in our area could benefit from the GLP-1 medications but with roll out planning to be over 12 years in the NHS weight management services and patients in our area less able to source privately important to be able to inform what a primary care level service could look like.

Part of the network DES also talks about neighbourhood working and we've been asked to start work on patients with multiple long-term conditions. We know frailty looks different in our area with patients becoming "frail" at a younger age and with premature morbidity and mortality. We still maintain our focus on cardiovascular disease and cardio-renal-metabolic diseases will be a strong focus for all of our work.

Sadly, there has been a death of a child in Liverpool from measles and although we are not in an outbreak in Leeds it is a reminder of the significance of childhood immunisations.

We are taking steps forward to move the network to a more robust footing of a limited company which would provide protection for all members. Although there is lots of uncertainty with the ICB teams sadly being reduced and new organisations likely to be forming we continue to work together to be more resilient and do the best for our patients.

Dr Nadia Anderson – Clinical Director

New Starters

Madison Swaine joined BHR PCN in June as Network Admin Manager. This role will cover general Network Administration, data collection, rota management, meeting administration, supporting practice engagement etc. Madison comes with 7 years' administration experience as Team Leader with a debt collection agency. Madison has now completed her induction but will have to learn about Primary Care and the NHS in general.

Staff Updates

Lisa Dodgson has now moved to the Health Population Management Team as their new Admin Support. Lisa will be taking a lead role in managing and recruiting volunteers, supporting preparation of events and general admin support for the team.

Personalised Care Team

Hub Referral Data – April/May/Jun

All services: 575

<u>Service</u>	<u>Number of referrals</u>
<u>Patient Ambassador Service</u>	371
<u>Social Prescribing Drop-In</u>	27
<u>Groupwork</u>	138
<u>HWBC</u>	11
<u>Child Health Hub</u>	28

Community Room at Shine

Empowering her English – Wednesdays 9.30am – 11.30am

Empower Her English CIC is a community-led organisation supporting women, many of whom are refugees, asylum seekers, or survivors of forced marriage to rebuild their lives with dignity, education, and hope. We provide English language education, access to services, and empowerment workshops to help women become more confident, independent, and connected. Our work is grounded in compassion, lived experience, and the belief that no woman should be left behind.

WHAT WE DO

Empower Her World creates a safe place where every woman is welcome. For women to connect, feel heard and to thrive.

We set up Empower Her Voice and Women 4 Women to create community workshops to learn English creatively, and complimentary sessions to accompany them, coaching English for real situations when they are needed most

In this document, we evaluate our Women 4 Women group which runs on Wednesday 9.30 am - 11.30 am at Shine Workspace Community Room



EMPOWER HER WORLD

Women 4 Women
Creative Workshops
Shine Workspace
Community Room

Empower Her Voice
English With Friends
Shine Workspace Cafe



Roma Roots Community Drop-in and ESOL Support - Every Thursday from 9:00–11:00 AM

In this group, we support Roma families through English language classes, help with filling in forms, and advice sessions. The group has become a safe and welcoming space where community members not only improve their English but also build confidence, access local services, and reduce isolation.

Positive outcomes:

- Several participants have shared that they now feel more comfortable speaking English at GP appointments and with their children's schools.
- A few women who started with little to no English can now hold simple conversations and read short texts.
- The group has also fostered stronger friendships and mutual support among Roma women, which is so important for their wellbeing.

ANSHLAH

Meet every Friday at 10:00 am. We are working with women's and family by providing wellbeing activities for women from different backgrounds our activities include:

- Improve English together
- Sewing sessions and Art and crafts,
- Event promoting health and more

Sabhrang Wellbeing Association

The idea of forming this group came during COVID-19 pandemic, when I witness deep grief and desperation experienced by women who lost their loved ones. At the time, the hospital lacked a Sikh chaplain, and I felt compelled to step in and fill this emotional and spiritual gap. The name *Sabhrang* means “all colours,” symbolizing inclusivity across all religions and backgrounds. Our group primarily supports Asian women, including Hindus, Muslims, and Sikhs. It is especially focused on single women living alone, women with disabilities or chronic health conditions, and elderly women over the age of 80.

We offer compassionate emotional and bereavement support, creating a safe and nurturing space. A wide range of activities helps foster wellbeing and connection. These include regular exercise sessions, outings, restaurant visits, and occasional movie trips. We also host creative workshops such as arts and crafts, flower arranging, swimming, and dancing. Recently, we introduced massage therapy as part of our care offerings.

Menopause Groups we deliver in BHR PCN

We continue to deliver the Menopause groups at Bellbrooke, HC2 and at Shine. The groups are run in a safe environment, in a relaxed and a friendly style. They aim to provide support related to the menopause signs, symptoms and information on both medical and non-medical treatments. In addition, there is an opportunity to partake in a meditation session. The patients also have the option of joining the weekly menopause walking group and are invited to come along to the menopause cafe which meets the third Thursday each month 5-7 at Shine Harehills Road. The menopause cafe is open to all women city wide so if anyone working in BHR and friends would like to join us you'd be made very welcome.

We also deliver Menopause groups in the community and offer menopause in the workplace sessions for third sector staff. The menopause groups remain popular thank you to everyone who refers patients into the groups. If you require more information about the groups or 1-1 support available, you can email sharon.ness@nhs.net.

Feedback from patients:

Thank you, the group was great, I now know I am post-menopausal!

I am recommending the group to all my friends, I feel I so much better in myself.

It's very informative, I have a clearer understanding now of my HRT options.

HWBC

Tony is actively involved in providing tailored coaching sessions aimed at enhancing both mental and physical health. Through these sessions, he supports individuals in setting achievable health goals, managing stress, adopting healthier lifestyle habits, and building emotional and physical resilience.

For example, one patient often felt stuck in patterns of overthinking and doubt, which made it hard for them to move forward with personal goals. Through coaching, Tony supported them in developing greater self-awareness and identifying the internal narratives that were holding them back. Together, they worked on practical tools and over time, the patient began to respond to setbacks with more flexibility and started making steady progress in areas they had previously avoided.

In addition to his coaching work, Tony has taken on the role of Health and Wellbeing Coaching Supervisor and is currently completing the necessary training for this position.

Children's Health Hub



We are pleased to welcome Amalia & Alex, two students who have just finished their time at Coop Academy Leeds. Having already impressed staff through collaborate engagements with the Children's Hub and leading a team from the academy who delivered Cultural Awareness Training to staff; they have been invited to participate in an 8-week work experience this summer. Please look out for them both as they will be shadowing staff, contributing to meetings,

training sessions, and listening exercises with the hope of developing tools or resources that help to bridge inclusive practise between staff & our wider Romanian Communities. We look forward to supporting them through this experience in the PCN.

Taz & Adam have been out in the Community promoting the services of the BHR PCN. The second 6-week pilot program for the *Positive Parenting group* is currently underway at Shine, in partnership with the children's Society (A city wide wellbeing support service for young people). We are still open to referrals for parents on our waiting, for any further cohorts in the new academic year.



The team have now also designed a ***young people's wellbeing program*** modelling some of the learning from the positive parenting program and engagements with schools. They are excited to pilot their first Cohort in September with Dixons Trinity Leeds. They are currently promoting their programs and raising awareness of the wider service offer to parents at Hovingham primary school and Harehills Primary school

The team were invited to hold an PCN information stall for parents at this year

Parents Evening, as well as supporting / dropping in to the Coop Academy Leeds (CAL) in the Community, Friday morning drop in which offers food essentials and Free clothing and support advice services for parents. They are planning a Heath Youth Ambassadors program with the aim of launching something in the new academic year.

The team has also been invited to hold an information stall at the Burmantofts Gala as well as leafleting and holding a stall at the Harehills Community Matters Day at Banstead Park. with plenty of opportunities to signpost families to our various services.

It has also been great to drop-in at the Give A Gift Charity, which reverently received a prestigious Kings Award.

Alongside several key services supporting refugee and asylum seeker families with little to no recourse to public funds, we were invited to meet with some of their parents at the women's groups and hold a stall, at the cultural Food Hub we were able to signpost to over 60 users a day and providing information about the PCN

Heroes

We have now completed our second cohort from April - July 2025. We had a fantastic turn out and very well engaged/diverse group of males and females. Our next cohort will start on 24th and 25th September 2025. See feedback below:

- *'Amazing all round, wish it lasted longer!'*
- *'Brilliant, couldn't ask for better!'*
- *'Great Programme that really does help. Highly recommended!'*

Health Population Management Hub –

Primary Care Weight Management Service Feasibility Project

We are one of 3 PCN in Leeds that are working on The Weight Management Service feasibility Project with Leeds GP Confederation, ICB and Leeds Community Healthcare NHS Trust. Our successful bid secure Health and Growth Accelerator Funding for the project. The project aims to test the feasibility of an end-to-end tier 3 weight management programme being delivered in primary care. This is to include the wrap around support (exercise, Dietetics, Psychotherapy/Mental Health) and medication initiation and titration of Tirzepatide (Mounjaro) **for 20 patients**.

Invites have been sent to 41 eligible patients in our PCN to attend an engagement event to be considered for the project. A team has been pulled together to support the service with a view to starting interventions in early September and patients been screened and reviewed over the summer period.

The 12-month service will be managed through the Health Population Health Management hub with coordination and evaluation with strategic partners managed by Liz Ward. Any further questions or details please contact Liz - liz.ward3@nhs.net.

Multiple LTC and Mental health Project

The PCN are continuing to be involved in a project focusing on supporting patients with comorbidities formally known as SEISMIC. The newly named project Multiple LTC and Mental health is at a Deep Drive stage – where the aim is to provide a greater depth of understanding of the patterns of healthcare utilisation and needs of patients with LTCs in Leeds to inform transformation of the current model of care.

The project stages include:

1. To understand how **patients** with LTC's currently **access and utilize services** within each partner organisation
2. To understand the current **workforce capacity and utilisation** for staff working with people with multiple LTCs to inform the workforce requirements for a multi-professional
3. To understand how **care is currently delivered across all providers** and identify where this works well, where there are gaps, duplication and inconsistencies and the impact on outcomes.
4. To understand **patient and carers' experience** of current services and gain their perspectives to inform an improved model of care.

As a PCN we have identified 20 patients who have consented to be involved across our PCN. A deep drive has been conducted on these patients' cases and 4 patients have been selected to be included in a MDT case review in early September. The Health Population Management Hub team are doing further deep dive of these 4 patients and will contact

relevant practice teams to ask for representatives at the September MDT. Further information can be gained from Liz on liz.ward3@nhs.net

NHS health checks

Since the last newsletter we have completed 14 community NHS health checks within our PCN at 9 events. 6 of the patients required venous bloods with a clinical member of the team for further screening. 1 patient required further follow up with a pharmacist.

The team are now working alongside the Mosques and Gurdwaras in the area to offer on the day NHS health checks with dates to be arranged in August and September.

We are also working with local schools to offer NHS Health Checks to parents during school drop off and pick up after the summer holidays.

Women's Health

The women's health hub continues to support LTHT Gynecology clinics on Wednesday mornings at Bellbrooke with two of our GP's running clinics and HPMH offering administrative support.

Groups for PCOS, General menstrual health, Menopause; and PMS/PMDD sessions on a one-to-one basis are continuing to run.

We are in the final development stage of the **Endometriosis** groups, with sessions available by the end of summer. The groups will educate on what endometriosis is, symptoms and treatment options available with a focus on self-management options looking at diet lifestyle, pain management and psychological management.

Please continue to *refer via the orange triangle* for any groups and if anyone needs any further information, please make contact.



On 21st May we held a Women's Health Event for Menstrual health awareness day at St Cyprian's church. The event was a huge success with 68 people attending. We offered information on a range of women's health and general health, offered blood pressure, AF and NHS health checks and had several external companies partner with us to offer a wide range of information and services.

Community health check events:

7th July the team attended Shantona to give advice on long term conditions and offer community NHS health check

15th July the team attended the Compton Centre for pre booked NHS health checks and offered on the day health checks, Blood pressures and health advice.

Public health immunisation events of the 21st and 28th July at the Compton Centre to offer support to attendees offering health screening appointments.

We are collaborating with Shantona to attend their south Asian ladies session to offer general menstrual health information on Monday 8th September.

Hypertension case finding:

The team have organised 9 different events in different communities and have completed a total of 208 Blood pressure readings – 108 registered within BHR PCN. 8 of these patients were given home monitoring blood pressure machines and followed up by the team appropriately.

The team offer blood pressure readings at all community events to engage with the community. We are still offering referrals via the orange triangle.

Pre Diabetes group:

The team are completing prediabetes group consultations. They are currently working with Bellbrooke patients and have completed 4 groups since April, all patients that attended were enthusiastic and are looking forward to the next f2f session in 6 months' time.

"Found information helpful"

"Pleased I have information I didn't know about, glad doctors are doing something to help"

Pharmacy Team



Advancing Specialist Clinics and New Achievements

Aligned with this year's financial priorities and our focus on GPOP and QOF, the pharmacy team is excited to announce the launch of new specialist clinics targeting cardio/renal metabolic syndromes. Our initial focus is on identifying undiagnosed chronic kidney disease, with support from the LTC Hub.

As part of this initiative, Aamina and Jaya presented their early findings and outcomes at the i2i Cardio-Renal Metabolic Clinical Champions final event in London. Great work!

Additionally, Aamina attended the UK Kidney Week conference in Bournemouth, where she presented an abstract based on her secondment work from last year.

Sonia has begun running a **weekly lipid clinic**, concentrating on patients eligible for injectable therapies.

Jaya and Issy will also be collaborating with the Women's Health Hub to launch a weekly **HRT/Menopause clinic in August**, providing support to women across the PCN. Practice's will be able to refer patients through the orange triangle on the BHR PCN.

Our technicians, Kim, and Safina, have been running regular **medicine support sessions** at the Shine. They've done a fantastic job helping patients better understand and manage their medications safely—and the feedback has been positive!

Finally, a huge congratulations to Issy Wilson for successfully qualifying as a non-medical prescriber—an outstanding achievement for our pharmacy team!

Good News Stories

- We want to wish Serrina Copper a big congratulations on being accepted to start her Registered Nurse Training in September.
- The Women's Health Hub Team were recently offered the prestigious opportunity to present their project at the RCOG World Congress, showcasing their ongoing collaboration between BHR PCN & LTHT. Their e-poster was on display for the 3-day conference, which was attended by over 3000 delegates from both the UK and abroad, many of whom are world leaders in the field of Women's Health. The project was further selected for verbal presentation, which allowed the Hub team to spotlight the important health needs of our PCN women. The presentation was well received, and the team were thrilled to be awarded **Best presented poster of the session**. *Well Done to the team!*

BHR PCN Website

Please remember to check our website <https://www.bhrprimarycarenetwork.co.uk/>