

## Leek & Biddulph PCN Newsletter



Welcome to our official Leek and Biddulph PCN Newsletter! find out what's going on within the PCN and around your area.

## In this newsletter you will find:

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## Occupational Therapist - Tai Chi and Qi Gong Update December 2024

Our Leek and Biddulph PCN Occupational Therapist (OT) have been up to some amazing work! our OT Team were invited to talk at the Annual Royal College of Occupational Therapist Specialist Section Neurological Practice Conference in Birmingham.

They had the opportunity to talk about Utilising Eastern Practices, Acupuncture and Tai Chi/Qi Gong as interventions in Primary Care to support engagement in meaningful occupation.

Our OT Team have more exciting things to come! Well Done Team!!

Check out the below to see what they got up to! The Primary Care Network Occupational Therapy Team have been running Tai Chi / Qi Gong Sessions at Biddulph Medical Centre and Sainsbury's in Leek for over 12 months. These groups are for patients who have been referred to OT for a variety of conditions that have started to impact on their daily activities and quality of life. This is an 8 week block of activity with patients completing My Mop Outcome scales to measure change. These sessions have proved to be a highly valuable resource for the service and as a result a need to be able to share the movements out of the group setting became evident. The team identified that video links of the movements would enable patients attending the groups greater ease to practice at home and also provide a supportive guide for patients unable to access a group. Biddulph Grange Gardens were approached with regards to accessing their China Garden for filming. This setting provides an identifiable and meaningful location for patients living in the Leek and Biddulph community. It also is a natural setting which links directly to the culture of which Tai Chi and Qi Gong movements originate from.





These video's will be shared with patients by the PCN OT team where appropriate and to help support patients during their treatment sessions. We have completed two sets of video's, one to cover seated position movements and one to demonstrate standing position movements.



We would like to take opportunity to thank the team at Biddulph Grange Gardens for welcoming us to use the grounds and to the National Trust for providing consent for filming to take place. Special thanks to Dan Cunningham Care Co-ordinator for filming, editing the clips and not laughing when we completely lost the plot during filming. Also huge thanks to

Beth Dale OT for helping with positions, counting and supporting to ensure that it all worked smoothly.



1 - Liz Smith, Beth Dale and Vicky Jones PCN FCP Occupational Therapy Team

## Cancer Awareness Promotional Bus – Friday 4th April 2025

We are pleased to announce that the Promotional Bus for Cancer Awareness will be visiting us on Friday 4th April 2025, parking on Morrisons Supermarket Car Park, Newcastle Rd, Leek ST13 5QB. The aims of the Bus is to:

- Highlight the national cancer screening programmes.
- Signs and symptoms
- Break down myths and barriers.
- Where to go for support if you have Cancer.
- Clinical advice
- Health Checks
- Facilitate discussions

The Bus will be staffed by some of our lovely PCN Team, including Pharmacists and Social Prescribers and so if you have been, or are currently being, affected by Cancer, then come along and get some support. Everyone is welcome.

We look forward to seeing you there!



## Leek and Biddulph Cancer Referral Performance

The ICB have recently audited cancer referrals by area and we are pleased to note that Leek and Biddulph PCN have a higher referral rate when compared to England.

Analysis has showed that Leek and Biddulph PCN GP Practices made 3% more Urgent Suspected Cancer (USC) referrals than expected (when compared to England), approximately 367 more. Of the USC referrals that were made, 8.0% resulted in a cancer diagnosis, significantly higher than both England (6.8%) and Staffordshire and Stoke on Trent (6.5%).

Within this PCN the five GP practices all showed differing referral and conversion patterns. Park Medical Centre demonstrated both referral and conversion rates that were significantly higher than England.

PCN Name: Leek and Biddulph PCN PCN Sub-ICB location: North Staffordshire	Number of referrals MORE than expected	Percentage of referrals resulting in cancer diagnosis	% population aged 65+	IMD score (high score = more deprived)
Leek and Biddulph PCN	367	8.0%	25.4%	72
M83071 - Park Medical Centre	142	8.0%	25.0%	18.7

In addition, Faecal Immunochemical Tests (FIT) were ordered for most referrals (96.9%), with the proportion of FIT Test results available at the time of referral increasing throughout 2023/24. This suggests that over the previous year either GP Practices had been requesting the FIT test earlier in the referral process, or the processing time of FIT tests has improved.

Of the referrals where the FIT Test was ordered after the hub had contacted the GP Practice (219 referrals), Leek and Biddulph was the PCN with the highest volume (18 referrals).

## Pharmacy Trainee Pilot

Leek and Biddulph PCN Ltd are pleased to announce that in partnership with UHNM we will be piloting the Pharmacy Trainee scheme.

From 2026, all Pharmacists will be graduating as prescribers and are required to have completed a multisector rotation training programme. These sectors could be Primary Care based such as GP Practice or PCN, community based such as a Community Pharmacy or in secondary care in a hospital.

Pharmacists are expected to spend a minimum of 13 weeks across any combination of two of these sectors during their foundation year.

Leek and Biddulph PCN will be taking two trainee pharmacists in the latter half of the year and supporting them through their Prescribing training. Both trainees will support our existing Pharmacy Team, helping to deliver medication reviews and audits across our 5 member practices.



## Check out our New Website!



We are excited to announce that we now have a website!

Click here to visit our new website: Home - Leek and Biddulph PCN

Save it to your favourites and check in regularly for news updates and updates on our services and how you can access them, including Social Prescribing, Mental Health support and MSK services. There is also a section on our recent patient survey results and our Patient Locality Group.

We would love to hear your feedback on the website and how we can continue to improve it.

## Leek & Biddulph Patient Locality Group

## Hot Topics for Patient Participation Groups.

January 2025 is upon us as we race headlong into a New Year. The five Patient Participation Groups across the PCN patch continue to follow and try to understand, the ever-changing complicated NHS Agenda.

In an article for this Newsletter back in 2023 I recorded concerns around the absence of a 'patient voice' at Integrated Care Board level. Sadly, those concerns still persist. There is some movement but patient representation at Board level is still just one voice, The Healthwatch Manager, who strives to represent the views of the rich and varied communities that make up the County of Staffordshire and City of Stoke on Trent. An impossible task for one person?

The Good News? At Primary Care Network level things are different! Building on the 'Terms of Reference' agreed with the PCN in 2020, the relationship between the PCN and The Patient Locality Group (PLG) has matured and strengthened. The PLG Chair now regularly

attends PCN Board meetings and as mutual trust and understanding has grown, the original 'observer' role has developed into a participatory one.

Members of the PCN staff are now key participants in The Bi-monthly PLG meetings, enabling timely exchanges of both information and views on numerous health related topics. It is thanks to the PCN's Lisa, Holly and Daniel that these 'Teams' meetings go ahead so smoothly, as they provide the I.T. expertise.

This month the main topics under discussion by PLG Members are;

- 1. The current uncertainty around the provision of a Minor Injuries Unit at Leek Moorlands Hospital, a service greatly valued and appreciated by many Moorlands residents. (We know that Local GPs value it too).
- 2. The absence of an accessible Pharmacy Out of Hours provision in the Leek Moorlands. This is as a result of the withdrawal of Lloyds Pharmacy from Sainsbury's Leek supermarket in 2023, which was open late on weekdays and at weekends, with no replacement commissioned.
- 3. Concerns about the introduction of the 'triage system' for GP appointments although recent feed back from Park Medical PPG has identified some benefits for patients despite initial fears.

Thanks for the chance to have the 'patient voice' heard in your newsletter.

Ian Robbins. Secretary. Leek & Biddulph Patent Locality Group. (Est. 2012)

Total number of referrals received this quarter

# Social Prescribing Report October, November & December 2024 Referrals

Total number accepted	243
Practice	Number of accepted referrals
Park Medical Centre	37
Moorland Medical Centre	42
Leek Health Centre	37
Biddulph Doctors	61
Biddulph Valley Surgery	66
Totals	243

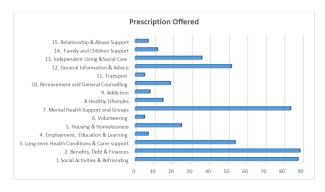
## **Data Analysis**

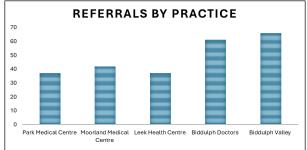
Referral numbers remained high in both of the Biddulph practices this quarter, with fewer Park Medical patients than usual. 10% of referrals came from non-clinical staff members this quarter, an increase from 7% last quarter which means care navigation within the reception teams appears to be improving. This is most notable in Biddulph Valley Surgery and Leek Health Centre.

The trend continues that the vast majority of referrals are for patients aged 50+, with only 19% of referrals for under 50s. The gender difference is more noticeable this quarter with 65% of patients being female (last quarter it was 58%).

89% of referred patients have long-term health conditions, last quarter this was 76% and may be linked to the increase in referrals for older patients. Prescriptions for financial support, social support and mental health are all quite equal this quarter.

Although we are not an emergency or crisis service we appreciate that many of the problems our patients face can be time-critical, for example referrals to the foodbank. As such we always aim to offer a prompt and efficient service. The average time taken to contact new patients after the initial referral was 1.7 working days this quarter, with 112 patients (46%) being contacted on the same day the referral was received.





## Social Prescribing Patient Feedback

Over the last three months (October - December) we have closed 194 patients. With the closed patients there have been 1103 interventions. These interventions have included telephone consultations, information by post, text, and email communication, onward referrals, liaison with other professionals plus failed encounters.

Please note the following section is only based on the patients that we could contact and ask feedback questions. Some of the other patients were unable to complete outcomes for a number of reasons, for example due to disengagement, being non-contactable or it not being appropriate to ask the closing questions due to deteriorating health, dementia, passing away or entering care home settings.100% of patients felt like they had been listened to and the focus was on them and their needs 100% patients felt they were shown

care and compassion 100% patients said a plan of action was made100% of patients said there was a positive approach and attitude towards their care 100% of patients said that they would recommend the Social Prescribing services to family and friends100% of patients positively rated their overall experience of the service Quotes from patients

- I didn't know there were all these different services, it is amazing.
- You gave me so much hope, I told my consultant when I was in hospital all about what you do.
- Thank you for ringing me, it always makes my day.
- This is exactly what I needed, even though I didn't know it, but the Doctor did, so I am really glad she sent me to you.
- You have a lovely, caring nature, I can tell, I can hear it in your voice.
- You are like a tonic, I really appreciate you.
- You have made it very easy for me to talk. You are lovely and approachable.
- You are the only person that has called back regularly and kept in touch with a great continuity of service
- Of all the people we have dealt with you have been 'top notch' thank you
- Thanks again for all of your help and care, just having chats has been a great help as I was getting very stressed about the whole situation.

## Social Prescriber Drop-ins and Community Outreach

Social Prescribers offer drop-in sessions at community venues to offer advice and signposting in convenient locations. This is to support our community groups and help to engage with people who may not visit their GP on a regular basis, so may never encounter social prescribing via the traditional referral route. Some people we encounter do not require any support on the day but we advise them about our service and how to access if support is required in the future (many people are able to identify a friend or family member who may require our support and then have the knowledge and confidence to discuss our service with them).

#### **Case Studies**

## Patient Case study Background information and key issues:

The patient was referred by the GP as they were feeling a bit anxious, wanting to get out more and had a recent diagnosis of early onset dementia

## What did you do to outline the issues addressed in the referral?

The patient attended a face-to-face appointment with the SP, discussions took place around support in the community for people living with dementia. The patient had a referral to the

PCN OT team to help with their recent diagnosis. At the appointment the SP also went through the leaflets with all local social groups and pt the took this away as they were interested in a number of things especially some coffee mornings and dementia singing/music group

## What outcomes were evident after follow-up?

This patient is still ongoing, they have had an initial chat with the OT who has given information on stimulating 'brain activities' and going through photos with family members. The SP is meeting with the patient soon to attend some social groups, this it to assist with the initial attendance to help with the patient's anxiety, social connection and confidence.

## Patient Case study Background information and key issues:

Patient was referred by their mental health support worker. They were struggling with their mental wellbeing and had mounting debts.

## What did you do to outline the issues addressed in the referral?

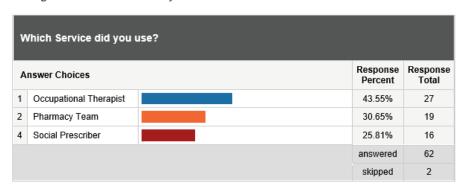
I had a one and a half hour telephone consultation with this patient. They had recently come out of a relationship and had been left with terrible debt. The patient was scared to confront their debt problems, they didn't know where to start. I gave information on a debt charity who will work with the person, contact their creditors and make an affordable repayment plan. The patient had no idea about them and although they felt anxious about making the call, they knew that the relief of finally getting help would be worth it. I also encouraged the patient to write down any worries so that they could be worked through one at a time and they could feel more in control. I asked patient about hobbies. They are a keen writer but with all recent worries this has taken a back seat. I gave details of the creative writing classes at John Hall Wellness Gardens and emailed the timetable over.

## What outcomes were evident after follow-up?

This patient is still ongoing and will have regular follow up until they have a plan in place for their finances. They have contacted the debt charity and said that they feel like a weight has been lifted. They are starting the creative writing classes in the next two weeks and feel positive that they are going to do something that they enjoy.

## Leek and Biddulph PCN Patient Feedback

1st August 2024 to 31st January 2025



A	nswer Choices	Response Percent	Response Total
1	Strongly agree	93.44%	57
2	Agree	6.56%	4
3	Neither agree nor disagree	0.00%	0
4	Disagree	0.00%	0
5	Strongly disagree	0.00%	0

11	I was involved in the decision making about my care and my views were not ignored					
A	nswer Choices	Respon Percer				
1	Strongly agree	88.52%	6 54			
2	Agree	11.489	6 7			
3	Neither agree nor disagree	0.00%	0			
4	Disagree	0.00%	0			

Ar	nswer Choices	Response Percent	Response Total
1	Very likely	90.32%	56
2	Likely	8.06%	5
3	Neither likely nor unlikely	1.61%	1
4	Unlikely	0.00%	0
5	Very unlikely	0.00%	0
		answered	62
		skipped	2

Ans	swer Choices	Response Percent	Response Total
1	Very dissatisfied	3.23%	2
2	Dissatisfied	0.00%	0
3	Neutral	0.00%	0
4	Satisfied	8.06%	5
5	Very satisfied	88.71%	55

## Musculoskeletal Service (MSK) - Leek and Biddulph PCN Patient Feedback

<u>c</u>	Overall how satisfied were you with the First Contact Physiotherapist service?					
Α	nswer Choices	Respoi Perce				
1	Very dissatisfied	7.349	6 13			
2	Dissatisfied	2.829	6 5			
3	Neutral	6.219	6 11			
4	Satisfied	27.68	% 49			
5	Very satisfied	55.93	% 99			
		answei	red 177			
		skippe	ed 0			

Service Access - Please answer yes or no for the following:					
Answer Choices	Yes	No	Response Total		
Was it easy to book an appointment with the FCP?	98.31% 174	1.69% 3	177		
Were the appointment times convenient?	98.86% 174	1.14% 2	176		
Were you offered an appointment without waiting too long?	96.05% 170	3.95% 7	177		
Were you aware that you were not seeing a GP?	97.18% 172	2.82% 5	177		
		answered	177		
		skipped	0		

Consultation Feedback - Please answer yes or no for the following questions:						
Answer Choices	Yes	No	Response Total			
Were you confident with the skills and knowledge of the FCP?	94.92% 168	5.08% 9	177			
Were you involved and informed in decisions about your care?	95.40% 166	4.60% 8	174			
Did the information provided answer your questions?	92.05% 162	7.95% 14	176			
Do you understand your conditions and what happens now?	90.86% 159	9.14% 16	175			
Did they explain and listen?	93.71% 164	6.29% 11	175			
Were you treated with dignity and respect at all times?	99.43% 174	0.57% 1	175			
Did you have enough time in your appointment?	98.85% 172	1.15% 2	174			
Did they meet your expectations?	89.77% 158	10.23% 18	176			
Would you recommend this service to friends and family?	91.95% 160	8.05% 14	174			
		answered	177			
		skipped	0			

W	hat would have done if	ou were not able to see the FCP?	ie FCP?		
Αı	nswer Choices		Response Percent	Response Total	
1	Seen my GP or other healthcare professional		86.93%	153	
2	Gone to a local walk in / minor injuries centre	I	2.27%	4	
3	Gone to A&E		2.84%	5	
4	Other (please specify):		7.95%	14	
			answered	176	
			skipped	1	

If you had another musculoskeletal <u>problem</u> who would you want to see?					
Ar	nswer Choices		Response Percent	Response Total	
1	First Contact Physiotherapist		67.05%	118	
2	GP		23.86%	42	
3	Nurse practitioner		2.27%	4	
4	Other (please specify):		6.82%	12	
			answered	176	
			skipped	1	

#### After todays appointment do you feel the need to see a GP for the same condition? If yes, please use the comment box to explain why Response Response Answer Choices Percent Total 21.64% 1 Yes 37 2 No 78.36% 134 171 answered 6 skipped

## Pregnancy, Maternity and Paternity Support in Leek and Biddulph



## Have you recently found out that you are Pregnant?

- When it asks you to select a hospital search for Royal Stoke University Hospital.
- Your midwife will contact you to arrange you're booking a ppointment up to 8 weeks into your pregnancy.
- Alternatively you can contact 01782 672181 and leave a message.

By referring to the service electronically you will then have a "My Pregnancy Notes Account". This is for your own personal health records. It will guide you to the most up to date information, you can start to plan and personalise your care and much more. Once you have had your booking appointment it will then give you access to your chincal materinly record to view.

#### Community Midwives

Midwives support woman through pregnancy, birth and the early days of parenthood. Your midwife will:

#### Staffordshire Family Support & Outreach Service—Family Action

A free, local service for families with children up to 19 years [25 for those with special educational needs and disabilities), we are commissioned by staffordahre county council to deliver the 0-19 ramily support and Output reach Service in South Staffordahre across, Stafford, Staffordahre Moorinato and Newcrate Lunder upin-two offer varied gractical support and advice to families who are facing a range of challenges. Families who take part in the programme will have a decisted afamily support without now will condinate the most appropriate services needed from a range of deposites to ensure outcomes are a chieved.

Self-refer by contacting us below or find us online at: <u>Staffordshire Family Support & Outreach Service - Family Action</u>

Email: staffordshire@family-action.org.uk

Tel: 01543 735699



#### Home-Start Staffordshire Moorlands

Home-Start Staffordshire Moorlands is a voluntary organisation providing free, confidential support for fam in the Staffordshire Moorlands. We're there for parents when they need us most, because childhood can't

Being a parent has never been easy. It can be lonely, frustrating, and at times overwhelming. Anyone can face tough times and that's why Home-Start Staffordshire Moorlands is here.

Home-Start Staffordshire Moorlands' support is:

- Completely free you do not have to pay for anything.
- Entirely voluntary you ask us for help and it is your choice whether to proceed with support.
- On your terms you decide what kind of support suits you best.
- Non-judgmental we're here to listen and support you.
- Focussed on giving you the skills and confidence to be the parent you want to be, and to help you get the

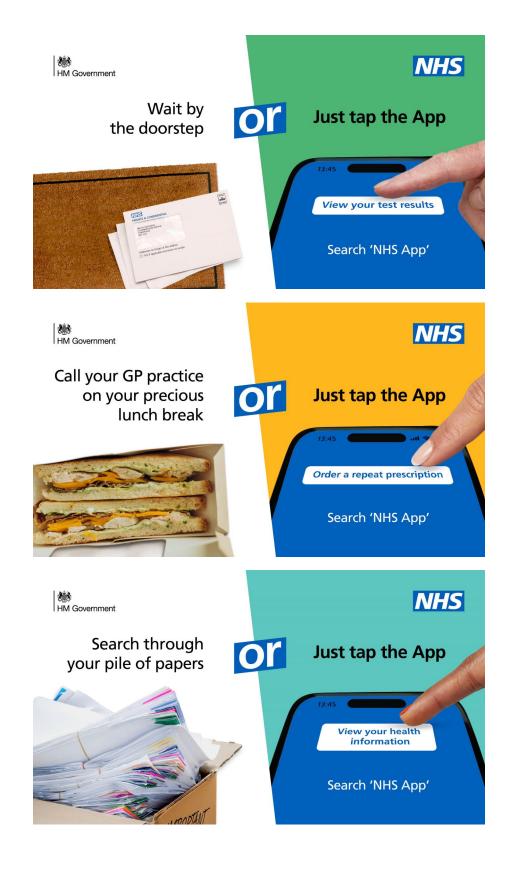
Focussed on ensuring your children have the support they need.

Self refer online at: Get support | Home-Start Staffordshire Moorlands

## **NHS App**

The NHS App is a simple and secure way to access a range of NHS services and information on your smartphone or tablet. Millions of people are already using the NHS App to manage their health the easy way from the comfort of their homes. If you are over the age of 16 the NHS App enables you to view your GP health record to help you better understand and manage your condition, without having to phone your GP surgery. With the App you can access your consultation notes, letters and test results. The NHS App also enables you to manage repeat prescriptions and easily change your nominated pharmacy, so you can send orders when it's convenient for you. Each prescription ordered electronically saves GP practices three minutes of time and a patient 18 minutes, making it more convenient for people and freeing up frontline staff to do other important duties. The App makes it easy to access your appointment information and manage your hospital appointments. You can also find out your NHS number and access NHS 111 online to get instant advice or medical help near you. New and innovative features will continue to be developed for the NHS App to help patients access convenient and high-quality care when and where they need it. Start using the App today. For more information, including how to download the NHS App, please visit NHS App and your NHS account - NHS







## Mental Health and Wellbeing Drop in Service



Need a moment to recharge? Join us for our Mental Health and Wellbeing Drop-in Take a break, Connect with others, and learn about tools to support your mental health

Leek Fire Station Wednesdays 10:00-12:00

Everyone is welcome. let's prioritize our mental health together.#mentalhealth #wellbeing #community #support

## Leek and Biddulph Leaflet



KEEP UP TO DATE WITH WHATS GOING ON IN YOUR AREA BY FOLLOWING OUR SOCAIL MEDIA

YOU CAN ALSO READ OUR NEWSLETTER TO SEE WHATS GOING INSIDE OUR PCN











## OUR VALUES, VISION AND AIMS ARE:

#### **Our Core Values**

#### **Our Vision**

- To bring better health care to residents in Leek & Biddulph.
  To improve the quality of life for patients.

#### **Our Aims**

- To develop the GP practice teams and make them fit to take the NHS into the future.

  To use data, technology, and local knowledge to find the best health care solutions.

  To work together to ensure that we provide good care for both patients and staff whilst continuing to maintain the independence and individuality.







# **WHO ARE WE?** Leek and Biddulph PCN are a group of Five GP practices which include: Biddulph Doctors Biddulph Valley Leek Health Centre, Moorland Medical Centre Park Medical Centre,

#### WHAT IS A PCN?

Since the NHS was created in 1948, the population has grown, and people are living longer. Many people are living with long term conditions such as diabetes and heart disease or suffer with mental health issues and may need to access their local health services more often. To meet these needs, GP practices are

working together with community, mental working together with community, mental health, social care, pharmacy, hospital, and voluntary services in their local areas in groups of practices known as primary care networks (PCNs).

Primary care networks (PCNs) build on the

Primary care networks (PCNs) build on the core work of current primary care services and enable greater provision of proactive, personalised, coordinated and more integrated health and social care for our communities. They are crucial to the development of integrated care systems (ICSs) and in meeting the ambitions in the NHS Long Term Plan



#### **SERVICES WE PROVIDE**

Social Prescribing Team



Mental Health Practitioners

Occupational Therapist

#### **ABOUT US**



Leek and Biddulph PCN are led by our Clinical Director and a supportive management team. We provide services such as Clinical Pharmacists, Pharmacy Technicians, Occupational Therapists, Physiotherapists, Social Prescribers, Care Coordinators, and a Mental Health Team.
Patients can access these service by contacting their GP Practices. These are accessible to and responsible for just under 50,000 patients across Leek and Biddulph. We are a very forward thinking and innovative PCN who also became the first PCN in North Staffordshire to convert to a Limited Company

## Follow us on Social Media





2 - <u>Facebook</u>



3 - <u>LinkedIn</u>