



Portsmouth North PCN Newsletter

Welcome to our second edition of our Portsmouth North PCN newsletter. Our aim is to engage regularly with our patients, sharing the latest news and updates about our services and detail any upcoming events we have planned in the months ahead.

Meet the Clinical Director

We caught up with our Clinical Director, Dr Mark Swindells, to find out about his role in the PCN and the aims of 2024.



What is a Primary Care Network (PCN)?

A PCN is a group of GP Practices (The Drayton Surgery and Kirklands Surgery) with a shared population of around 33,000 patients. We work together to share the delivery of certain services and employ new staff members in the

Additional Roles Reimbursement Scheme (ARRS). In Portsmouth North PCN we now employ Social Prescribers, Care Coordinators, a Cancer Care Coordinator, an Administrative Care Coordinator, a Health & Wellbeing Coach, Pharmacists, Pharmacy Technicians, Physiotherapists, a Mental Health Practitioner and a PCN Manager. These staff are all new in the last 5 years and deliver a multi-disciplinary and specialist approach to caring for the local population.

What is your role in the PCN?

As the Clinical Director for the PCN, I coordinate the approach to delivering services required by the contract, with various targets that change from year to year. I lead the PCN staff team, providing mentorship and clinical direction. Additionally I attend meetings across Hampshire to share information and best practice, as well as addressing a range of issues.

What should a PCN deliver?

A PCN delivers an improved level of healthcare to the local population, through the use of a multi-disciplinary team of staff that can provide more skills than solely a GP. As well as specialist abilities, these members of staff will usually have more time than a GP to provide patient-facing care.

Meet the Clinical Director continued

What is your vision for 2024?

We have had some changes to the team recently, particularly with the Pharmacy Technician team. We aim to develop the Pharmacy Technicians to be able to provide additional appointments for patients to discuss certain aspects of their medications, such as managing cholesterol and hypertension. Throughout 2024 our aim is to embed newer members of staff to work together to provide the best level of patient care.

And finally, somewhat of a favourite question asked in the PCN, if you were a drug, what kind of drug would you be and why?

I would say I am Omeprazole, a commonly used drug that reduces acid in the stomach with infrequent side effects, because I feel like I am versatile and like to calmly settle issues and situations when they arise, to enhance the lives of my colleagues.

Thank you to Dr Mark Swindells for sharing his visions for 2024 and insight into the PCN.

Meet The Team



In this edition of 'Meet The Team', we'll introduce you to more of our non-clinical roles in the Portsmouth North PCN. This includes our PCN Admin Coordinator, Social Prescribers and Health and Wellbeing Coach.

Clementine

Clementine is our go-to person for anything admin related. Clementine works hard to keep the team running as smoothly and efficiently as possible. You may receive a call from her on behalf of other team members to arrange appointments and access to our services.



Meet The Team

Social Prescribers

Many things that affect our health can't be treated by doctors or medicine alone, like loneliness, debt, carers stress and bereavement. Social prescribing provides non-medical support by connecting people to services to address these challenges and other unmet needs. You can self-refer to Social Prescribing, just ask at reception.



Matt



Katie

Did you know?

Matt and Katie run a variety of events throughout the year. Follow our PCN Facebook Page @PortsmouthNorthPCN for updates, news and events.

Health and Wellbeing Coach

Health coaching is a service offered to help create a lasting change in improving a person's overall wellbeing and general health.

What areas can we support?

- Weight management
- Managing health conditions
- Reducing stress and low mood

Health coaching aims to help to increase motivation, introduce healthy behaviours, and develop ways of living a healthier life in a way that works for you. We aim to empower you to enable you to take control of your own wellbeing. You can self-refer the Health and Wellbeing Coach, just ask at reception.



Sarah

Events

Lung Condition Event

Over 60 people joined us for our lung condition event. The main topics of the day were focused on living with a lung condition, emotional wellbeing along with informal carers support and general financial advice.

To target these areas we were joined by Lung Cancer Nurse Specialists, a student Dietitian, Pharmacists, the Carers Service, Advice Portsmouth along with BH Live who provided a taster of their pulmonary rehabilitation class which is targeted at those with COPD as a way to help self-manage the condition.

We took lots of feedback from the day from those who attended and will use this to shape our next events.



Festive Cuppa and Catch Up

This was our last coffee morning of 2023. We had a variety of activities of offer. Our ongoing aim for our coffee mornings is to tackle the issue of loneliness in our community and offer a safe space to meet new people and make connections.

What's On 2024

March

4

Social Prescribing Drop-in

Visit the Alderman Lacey Library in Copnor between 10:30 - 11:30 on 4th March 2024 to find out more about how Social Prescribing can support you.

6

Social Prescribing Drop-in

Visit Spark Community Space in Fratton on Wednesday 6th March 2024. Check out the poster on the following pages for more details.

14

Social Prescribing Day

Kirklands Surgery and The Drayton Surgery

Check out the poster on the following pages for more details.

April

18

Adult Social Care Information Session

At Highbury Community Centre on 18th April 2024, we will be running an information session on Adult Social Care. Booking is essential. Check out the poster on the following pages for more details.

May

21

Health and Wellbeing Event

A variety of services will be providing talks on some of the many factors that contribute to our overall health and wellbeing including diet, exercise, finance and mental health.

If you are registered with The Drayton Surgery or Kirklands Surgery, ask reception at your registered surgery to refer you to the Health and Wellbeing Coach or Social Prescriber to find out more on this event.

The event is free however booking is essential.

Upcoming Events

New monthly coffee morning

The Portsmouth North PCN will be running a monthly coffee morning and drop-in on the 2nd Wednesday of the month, starting on 13th March 2024. Venue TBC.



The aim of the coffee morning is to reduce loneliness in our community. We will also be offering this as a drop-in to anyone who would like to know more about the PCN and find out if we can support you. Ask reception to refer you to Social Prescribing for more details including location and time.

Social Prescribing Drop-in



11am - 2pm



6th March
2024



Spark
Community
Space

Many things that affect our health can't be treated by doctors or medicine alone. Social prescribing connects people to non-medical support.

Come and speak to the Social Prescribers from Portsmouth North PCN to find out more.



Healthy
Lifestyle



Finances &
Employment



Housing



Care Needs



Social
Connection



Hobbies



Mental
Wellbeing



Social Prescribing Day

14TH MARCH '24

Meet your Social Prescribers, Matt and Katie, on Thursday 14th March 2024:

9am - 10:30am
Kirklands Surgery

11:30am - 1pm
The Drayton Surgery



Follow our Facebook page for information, news and events:

@PortsmouthNorthPCN

What is Social Prescribing?

Many things that affect our health can't be treated by doctors or medicine alone. Like loneliness, debt, or stress due to financial pressures.

Social prescribing connects people to non-medical support to address these issues and other unmet needs.



ADULT SOCIAL CARE

INFORMATION SESSION

18th April 2024
1:15pm - 3pm
**Highbury Community
Centre**

Navigating Adult Social Care can be challenging. The Portsmouth North PCN are running an information session for people who are registered with **The Drayton Surgery and Kirklands Surgery**.

The information session aims to inform you of support that can be put in place and how to access this.

Is it right for me?

This session is aimed towards people who are...

- new to an informal caring role
- struggling to support a loved one
- interested in finding out what support is available
- preparing for the future

This session is free to attend however booking is essential.

Ask reception to refer you to Social Prescribing to attend, or alternatively email Katie.Stevens19@nhs.net

