

June 2024

# A31 Group PCN NEWSLETTER



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## PRIMARY CARE NETWORK NEWS

# Training Day

**Thursday 13th June 2024**

**All three surgeries will be closed on Thursday 13th  
June 2024 from 12:30pm - 18:30pm**

**This is to enable the Practice and Primary Care  
Network teams to attend important training  
updates.**

**If you are unwell during this time and need medical  
advice you can call 111. In an emergency call 999.**

**The Practice will reopen on Friday 14th June 2024 at  
07:00**



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## **Introducing Sophia, Mental Health Lead**

**Hello!**

**My name is Sophia Cobb and I am the new Adult Mental Health Team Lead for the A31 PCN GP surgeries.**

**I qualified as an Occupational Therapist in 2013 and have worked in Mental Health for over 11 years.**

**I like to support patients to make their own choices and set themselves recovery goals. I try to equip people with coping skills and mechanisms, which can empower people to work through their mental health difficulties, with support and signposting where needed.**

**I will be working alongside the GP Mental Health Lead, Dr Barber, where we will be looking at developing a new mental health team and identifying what support this team can provide. How to get help and support from this service will follow in due course.**

**I look forward to meeting some of you in the future for an introduction.**

**Sophia**



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# Introducing Sam Afari, Psychological Therapist

**Introducing Sam Afari, Psychological Therapist at Mid & North Primary Care Network (PCN)**

**As an accredited CBT Therapist with the British Association for Behavioural and Cognitive Psychotherapies (BABCP), I specialize in delivering CBT for individuals with Severe Mental Illness (SMI), as well as Anxiety and Depression Disorders. My training enables me to adopt an integrative approach to therapy, incorporating Compassionate Focused Therapy (CFT), Acceptance and Commitment Therapy (ACT), and DBT skills to maximize patient recovery and outcomes.**

**Broadly, my role involves assessment, formulation, and treatment for patients who do not meet the criteria for secondary mental health services, Talking Therapies, or existing referral routes. Additionally, I will support Wellbeing Practitioners and Social Prescribers in their roles through consultations, bitesize training sessions, and facilitating Reflective Practices. Referrals to psychology are expected to stem from MDT discussions.**



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# Roving Health Hub



**The Roving Health Hub is still travelling around Hampshire. We are now offering more from the hub than just Covid Vaccines. We can now offer BMI and Blood Pressure Checks and Health & Wellbeing advice.**

**For the remainder of June, the Roving Health Hub can be found at:**

Date	Event
<b>Thursday 13th June</b>	<b>Four Marks Village Hall 09.00 - 15.00</b>
<b>Tuesday 25th June</b>	<b>Bentley Village Hall 09.00 - 15.00</b>
<b>Friday 28th June</b>	<b>Alton Assembly Rooms 09.30 - 15.00</b>



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# News from the Surgeries

Each month we will bring you updates from the PCN Surgeries to keep you informed.

## The Wilson Practice



### THE WILSON PRACTICE

**Following patient feedback and internal review, our eConsult times will be changing from Monday 17th June.**

**New times 7.30 – 18:30 pm – We will be operating a number cap based on our daily capacity and triaging each eConsult by urgency and most appropriate clinician.**

**When you submit your eConsult please provide as much information as possible, to help us to triage accurately, and remember to specify if you prefer a particular clinician, or mode of contact, i.e. telephone or face to face. We will do our best to accommodate preferences but will allocate appointments based on clinical need.**

**New phone messages will also be live from Monday 17th June with an appointment cancellation feature. There will be an option to leave a voice note to cancel your appointment which means no queuing on the phone line for patient convenience and fewer wasted appointments.**

**We are delighted to announce that we have 2 New Advanced Paramedic Practitioners, Martin Pullin and Aniko Balogh. Both Martin and Ani have joined our team on 3rd June 2024 bringing with them a wealth of varied experience both in primary care and the community. We have another Paramedic, Hannah, joining the Triage team in August.**

**We have a new Phlebotomist- Shahina who has joined our team also this month enabling us to provide more blood tests for our patients. Shahina brings with her a background in Biochemistry.**



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## THE WILSON PRACTICE

**Please be patient with your pharmacy:**

**Repeat prescription requests take a full 72 hours to process, as a guide please see the schedule below**

<b>Day Repeat request submitted</b>	<b>Day Repeat will be ready for collection</b>
<b>Monday before 12pm</b>	<b>Thursday</b>
<b>Tuesday before 12pm</b>	<b>Friday</b>
<b>Wednesday before 12pm</b>	<b>Monday</b>
<b>Thursday before 12pm</b>	<b>Tuesday</b>
<b>Friday before 12pm</b>	<b>Wednesday</b>



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# Chawton Park Surgery



**Welcome back to Dr Catherine Standing, we are very happy to have Dr Standing returning to the Practice after her maternity leave. We would like to take this opportunity to Dr Stephen Chapman who has kindly been supporting the practice whilst Dr Standing has been away.**

**Health check appointments - If you are aged 40 to 74 and do not have a pre-existing health condition, and not had a health check in the last 5 years, please do contact the Practice to book in for an NHS Health Check. Appointments are also available for the NHS app and online accounts. The Health Check will be completed by a healthcare professional and will take between 20 and 30 minutes. The check will include measuring your height and weight, measuring your waist, taking your blood pressure, and a blood test. You will also be asked about smoking, physical activity and if you drink.**

**If you move house, change telephone number or email address, please make sure you inform the surgery, otherwise we might not be able to get hold of you. You can do this via the NHS app, the Practice website or visiting the Practice.**

**Please be aware that the team will only be able to discuss information with the patient, unless there is signed written consent from the patient detailing who the Practice team can talk to.**

**Prescription email has changed to [hiowicb-hsi.prescriptions.chawtonpark@nhs.net](mailto:hiowicb-hsi.prescriptions.chawtonpark@nhs.net). It is much easier to request your prescription via the NHS app, as the request goes straight to the Doctor for signing. The App will also show you when the Doctor has signed the prescription, so you know when to approach the Pharmacy. Please be aware that the Practice takes up to 48 working hours to process a prescription request, please check with your Pharmacy about timings for picking up your medication.**



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**The Practice team would like to thank Ian Saunders, our previous Patient Participation Group chair who has recently stepped down from the role. We are extremely grateful for all the support and guidance he has given the Practice over his time as chair. We welcome Cathy Smith as our new chair and wish her well in her new role. We also welcome two new members in to the Group.**

**If you would like more information on the Patient Participation Group or to contact the chair, please do via their email address [PPG.chawtonparksurgery@nhs.net](mailto:PPG.chawtonparksurgery@nhs.net) or by writing the practice: The chair of the Patient participation Group, Chawton Park Surgery, Chawton Park Road, Alton, GU34 1RJ**



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# Boundaries Surgery



**A thank you to the Roving Hub team for coming to Four Marks to offer their valuable service to the village and supporting the Surgery. The Hub will be visiting again this month.**

**We had a very successful Patient Participation Group meeting in May and welcomed two new members into the fold. We are always keen to welcome new members, so if you would like to know more then please contact the surgery.**

**The pressures that pharmacies across our area feel are also felt within our practice dispensary. Please remember that we ask patients to give us 72 working hours from submitting a repeat to collecting. This will be the same across the area in the local pharmacies, so please consider this when requesting your repeat medication.**



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# June Events



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## WALKING FOOTBALL

At Alton Sports Centre

For Men's Mental Health Week  
In conjunction with the A31 PCN

Tuesday 11th June  
10.30am - 11.30am & 6pm - 7pm

Alton Sports Centre Astro Pitch

Drop in event  
No booking required

SPORT AND FITNESS FOR EVERYONE

Alton Sports Centre  
Chawton Park Road, Alton, GU34 1ST  
T | 01420 540 040

East Hampshire District Council | everyone ACTIVE

www.everyoneactive.com | @everyoneactive

## Men's Healthweek

10th - 16th June 2024

Break The Stigma - Free Webinars for Men



TUESDAY 11th JUNE - 7pm  
<https://meet.google.com/yda-gbiw-kmu>

or THURSDAY 13th JUNE - 7pm  
<https://meet.google.com/rdt-qfvm-qeet>

KEY SPEAKER  
KELVIN STOREY, Founder of BENESTAR and NHS Health & Wellbeing Coach

Join us for a powerful and inspiring webinar as we hear from Kelvin, a local man who will share his personal journey with mental health.

Through his raw and honest storytelling, Kelvin will discuss the struggles he faced, the barriers he overcame, and the importance of seeking help and support.

Take this opportunity to gain valuable insights from someone who has walked the path and wants to help others.



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Are you looking after someone?

ASSEMBLY ROOMS AT ALTON

Carers Week

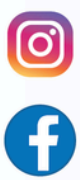
10-16 June 2024

In addition to the regular events at Dementia-friendly Alton during the week to support people caring for persons living with dementia - we have an EXTENDED CARERS EVENT on Wednesday 12<sup>th</sup> June

- Wednesday 12<sup>th</sup> June 2024 - 1000 - 1600 - Carers Event**
- 1000 - 1100 - **Tea and Chat** - arrive early for a cuppa and a chat. Meet staff and volunteers at Dementia-friendly Alton and find out more about the full range of services on offer to support you
  - 1100 - 1230 - **Craft activity** for all to participate in (Lower Room) - Great therapy for 'Carers' and the 'Cared for'
  - 1200 - 1300 - **Advanced Care Planning** - Interactive Workshop for Carers led by Sylwia Tickle, Social Prescriber (Upper Studio)
  - 1230 - 1300 - **Tai Chi for All** - with Sue Kelly (Lower Room) 
  - 1300 - 1400 - **Friendship Lunch** - join our members for lunch and a chat - Cakes and snacks provided.
  - Networking over lunch with Dementia Support - Hampshire and IOW 
  - 1400 - 1500 - **SCAM Awareness Session** - led by Mike Colvin of (Lower Room) 
  - 1400 - 1530 - **Tea Dance** for Carers and the Cared for in the Main Hall
  - 1530 - 1600 - **Question and Answer session** - Main Hall

For more information visit [carersweek.org](http://carersweek.org)

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# Social Prescriber Events 2024



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Date	Event
June 10-16	<b>Men's Health Week. "Men don't talk", we're told. So for Men's Health Week 2024 we're encouraging men to share their stories</b>
July 1-7	<b>Alcohol Awareness Week. "kick the habit"</b>
August 7	<b>Women's Health Day. We have created this day to help support mums and women during the busy holidays with breast cancer advice, postnatal depression info, mental health support and more</b>
September 10	<b>Suicide Prevention. "Improve your mental health"</b>
Sept 9-15	<b>Savings Week</b>
October	<b>Stoptober. Encouraging people to stop smoking</b>
October 10	<b>Mental Health Day. We will be going to the 3 surgeries within the PCN. Join us or catch up on a pre recorded Webinar</b>
November 6	<b>Stress Awareness Day. "Improve your mental health"</b>
November 23	<b>Self-Care Fair. Join us for this year's self-care fair. More information coming soon.</b>



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