

Issue 2

Brierley Hill and Amblecote Primary Care Network (BHA PCN)

Date

NEWSLETTER

Welcome to the Brierley Hill and Amblecote Primary Care Network (BHA PCN) newsletter.

You may be one of the 50,000 patients in Brierley Hill and Amblecote registered in one of our 7 GP surgeries. Together we are a collaboration, called the Brierley Hill and Amblecote Primary Care Network (BHA PCN).

These surgeries include:

- AW Surgeries
- Three Villages Surgery
- Waterfront Surgery
- High Oak Surgery
- Thorns Road Surgery
- Quarry Bank Medical Centre
- Quincy Rise Surgery

We work together to help our patients in several ways including getting better access to appointments, working with Brierley Hill and Amblecote community groups and Dudley council to improve your health and wellbeing.

Our Vision Statement is: "Working better together to deliver services that actively improve health outcomes of the local population."

We have also increased the number of allied health staff work in our surgeries. This newsletter hopes to update you on things happening in your PCN. I hope you find it useful!



Katie Arnold
Deputy Operations
Manager of BHA PCN



Ruth Tapparo
Clinical Director of
BHA PCN

Blood Pressure readings in your GP Practice

Are you due a blood pressure reading?

You can use the machines within your GP Practice or local Pharmacist instead of booking an appointment with your GP.



Pharmacy First

Pharmacy First is an NHS service in the UK that allows community pharmacists to assess and treat certain common health conditions, offering patients advice and medication without needing a GP appointment. It builds on the previous Community Pharmacist Consultation Service (CPCS) and incorporates urgent repeat medicine supplies and minor illness management.

Direct Access:

Patients can directly access Pharmacy First services at participating pharmacies, either by walking in or being referred by NHS 111 or a GP practice.

Common Conditions:

- The service focuses on seven common conditions:
- Urinary Tract Infection (UTI) in women (16-64 years).
- Shingles (18 years and over).
- Impetigo (1 year and over).
- Infected insect bites (1 year and over).
- Sinusitis (12 years and over).
- Sore throat (5 years and over).
- Otitis Media (middle ear infection – 1 to 17 years).

Pharmacies in Brierley Hill and Amblecote that provide Pharmacy First:

- Ian McArdle Chemist – 92 High Street, Brierley Hill
- Daynight Pharmacy – 20 Albion Street, Brierley Hill
- ASDA Pharmacy – Pearson Street, Brierley Hill
- Albion Street Pharmacy – Talbot Street, Brierley Hill
- Jhoots Pharmacy – Brierley Hill Health and Social Care Centre
- Boots Pharmacy – Merry Hill Centre
- Murrays Pharmacy – 37-38 High Street, Quarry Bank
- Withymoor Pharmacy – Off Squires Court, Withymoor Village
- Brettell Lane Pharmacy – 108B Brettell Lane, Stourbridge

CONDITION	TYPICAL SYMPTOMS INCLUDE	CONDITION	TYPICAL SYMPTOMS INCLUDE
 Sinusitis	• Pain, swelling, tenderness around your cheeks, eyes or forehead • Sinus headache • Blocked nose	 Infected insect bite	An insect bite or sting: • Pain where you were bitten or stung • A small, swollen lump on the skin If infected: • The area may become more swollen and painful • There's pus, which indicates an infection
 Sore throat	• Painful throat, especially when swallowing • Dry, scratchy throat • Redness in the back of your mouth	 Impetigo	Red sores or blisters, which can quickly burst and leave crusty, golden-brown patches The patches can: • Get bigger • Be itchy • Spread to other parts of your body
 Earache	A young child might have earache if they: • Rub or pull their ear, or do not react to some sounds • Have a temperature of 38C or above • Are irritable or restless, or off their food	 Uncomplicated urinary tract infections (UTIs) in women	• Pain or burning sensation when peeing • Needing to pee more often than usual, during the night or suddenly/more urgent than usual • Pee that looks cloudy or has blood • Lower tummy pain or pain in your back, just under the ribs
 Shingles	• Tingling or painful feeling in an area of skin • Headache or feeling generally unwell • A rash will appear a few days later, as blotches on your skin on one side of your body only		

Reduce your stroke risk

A stroke happens when the blood supply to the brain is interrupted or cut off and brain cells are damaged or die. Keeping a healthy blood pressure and treating an irregular pulse can stop you from having a stroke.

- Check your blood pressure at your GP or participating pharmacy -
- recommended at least every five years for people aged 45+.
- Check your pulse and get treatment if it is irregular
- If you are invited for an NHS Health Check by your GP practice, attend the appointment.

For more details on strokes go to www.nhs.uk/conditions/stroke/ and www.stroke.org.uk

Free blood pressure checks/ Silent killer

Often referred to as “The Silent Killer” because it may show no symptoms, high blood pressure puts you at increased risk of heart disease, heart failure and stroke. If you are over forty, have no record of high blood pressure and have not had a reading completed in the last six months you can find your nearest pharmacy online at:

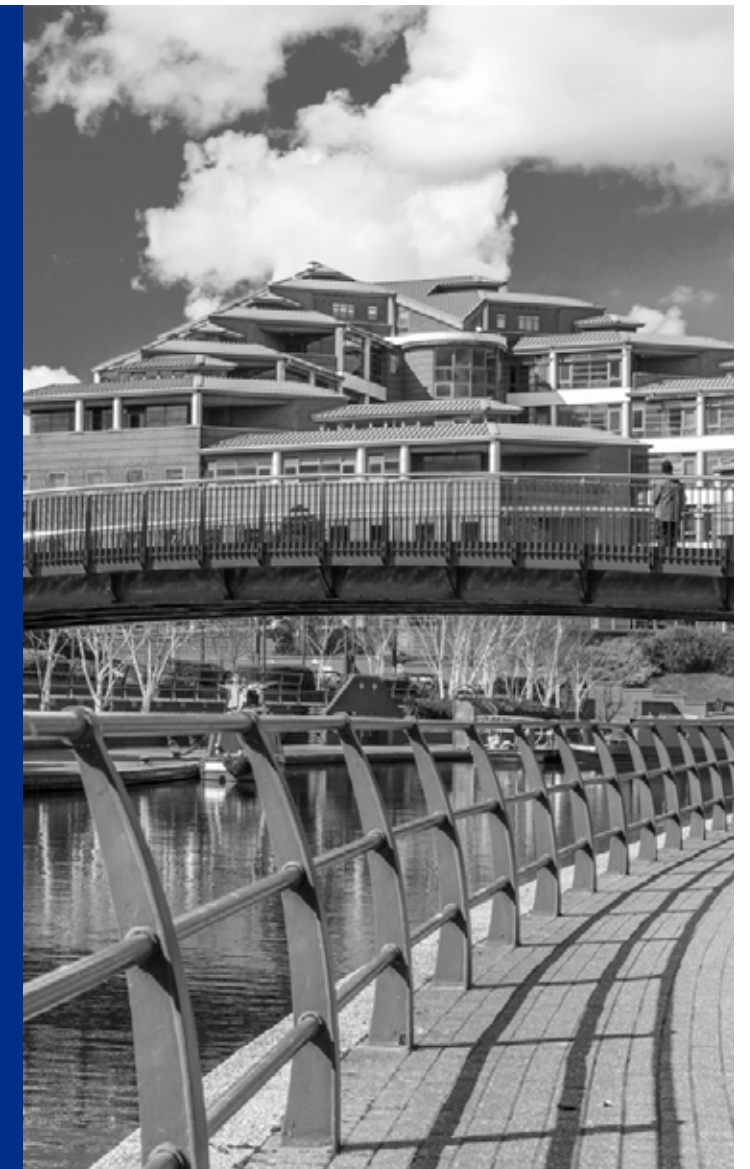
www.nhs.uk/service-search/pharmacy/find-a-pharmacy

PCN Housebound team

The PCN Housebound Team will support GP Practices across Brierley Hill and Amblecote PCN and Dudley and Netherton PCN by completing an annual visit to housebound patients. The team will see housebound patients to co-ordinate care of Long-Term Conditions (LTCs), vaccinations and other care needs relating to the following conditions:

- Cancer
- Atrial Fibrillation (AF)
- Chronic Kidney Disease (CKD)
- Dementia
- Heart Failure
- Hypertension
- Learning Disabilities
- Mental Health
- Flu Vaccines
- Respiratory
- Diabetes

The team will consist of 3 Nursing Associates and a Care Coordinator who will visit you at home once a year to complete your long term condition review.



What are NHS Talking Therapies?

Dudley Talking Therapies for anxiety and depression offers brief psychological therapy for people experiencing common mental health problems such as low mood, depression, anxiety and stress.

If you are 16 or over and registered with a GP in Dudley, we can help.



Or you can also self-refer to us by calling 0800 953 0404, 9am - 5pm, Monday to Friday (excluding bank holidays).

We are not an emergency service. If you are in crisis and need urgent help with your mental health you can call the 24/7 Black Country Mental Health Helpline on 0800 008 6516 or Samaritans 116 123 (24 hour helpline).



Mental health crisis

If you are experiencing a Mental Health crisis; call 111 and press option 2 to access specially trained Mental Health staff who will assess your needs and connect you with the right services.

Prefer to text?

Contact 07860 025281 for support

Dudley Sanctuary Hub

Dudley Sanctuary Hub is a safe place where you can access support outside of usual mental health service hours.

Open evenings and weekends: no referral required.

6PM – 11PM weekday,
12pm – 11pm weekends

DY1 Community Centre, Stafford Street,
Dudley DY1 1SA

Get to know our Additional Role Rebursement Scheme (ARRS) roles:

First Contact Practitioner (FCP) Podiatrist

What is this service?

The FCP Podiatrist is the initial point of contact for conditions of the lower leg (below knee) and foot.

How does it operate?

The FCP role is largely an assessment role where the podiatrist will utilise their clinical skill to diagnose and manage problems affecting the lower limb and foot.

What it offers?

The initial FCP appointment does not replace community podiatry services, does NOT offer maintenance or nail care, but aims to triage and expedite treatment, and patient management to support onward referral to other services.

How to access the service?

Surgeries within Brierley Hill and Amblecote PCN can book appointments at 1 of 4 GP Surgery sites.

Quote from Jenny, FCP Podiatrist;

'I lead on medicine management for conditions primarily affecting the foot and ankle, saving GP time and resources.'

Patient feedback;

'I would like to take this opportunity to thank the kind and skilled First Contact Practitioner Podiatrist at my mothers doctors surgery, she took the time to listen to mom's problems, treated and arranged help and support from other services.'

Day in the life of a First Contact Practitioner Lower Limb Specialist

Jenny Ford-Barnett
First Contact
Practitioner Podiatrist

A typical day in the life of a First Contact Practitioner Podiatrist starts by seeing patients from 7 different GP surgeries within Brierley Hill and Amblecote primary care Network and working from four of these GP surgery sites.

I see a diverse population of patients with lower limb and foot conditions without them having seen the GP first. As a First Contact Podiatrist I have specialist knowledge of lower limb health across a broad range of clinical presentations spanning musculoskeletal, cardiovascular, neurological, dermatological, paediatrics or age-related conditions.

I provide personalised self-management advice, formulate initial treatment plans, facilitate shared decision-making, initiate appropriate tests and investigations, and referral to other services when required, allowing for early identification and management of a range of conditions.

I do not offer routine footcare service. However, as a FCP Podiatrist I have the necessary clinical expertise and skill, that mean in some instances I may initiate treatment to relieve pain, prevent unnecessary delay and expedite that patient's journey.

NHS App

1. **Download and Install:** Find the NHS App in your device's app store and install it.
2. **Register for NHS Login:** If you don't already have one, you'll need to create an NHS login. This involves providing your email address, setting a password, and verifying your phone number.
3. **Log In:** Once you have an NHS login, you can use it to log in to the NHS App.
4. **Access Services:** The app provides access to various NHS services, such as viewing your GP health record, ordering repeat prescriptions, and booking appointments.



The National Gambling Helpline

0808 802 0133

Confidential information support and advice for anyone affected by gambling problems.

Sexual Health & Family Planning Clinic

Please contact Brook Dudley for free confidential sexual health services, STD testing and contraceptive advice at www.brook.org.uk/dudley.

If you require contraceptive implant or coil fitting and removal for contraception or heavy periods they can also be done at Withymoor surgery by contacting your own GP surgery for an appointment.

Dudley Victims of domestic and sexual abuse

01384 455411

Including forced marriage and 'honour-based' abuse Ask MARC www.askmarc.org.uk

Offers men living in the Black Country specialist support around rape, sexual violence, childhood violence, grooming and exploitation, forced marriage.

Struggling to sleep? We know why

With Sleepstation's uniquely effective model, using cutting-edge cognitive science, you can retrain your mind and body to embrace sleep. In as little as 10 minutes a day and without any medication, you can restore those crucial connections and finally achieve the restful sleep you deserve. Find out more by visiting www.sleepstation.org.uk/

Integrated Plus Social Prescribing

Integrated Plus identifies opportunities for people aged 16 or above to become more involved and active in their community. Our team also help to ensure people are accessing services and activities appropriate to their needs.

Their aims:

- Improving health and wellbeing
- To develop and provide new creative activities with people
- Help achieve longer term recovery once people have been helped to resolve crisis situations such as housing, financial issues and others
- Unlock passions, gifts and talent
- Nurture connections between people and increase social connections.



Wanting to lose weight?

Struggling and not sure what is available to help?

Click the link below to see what Your health Dudley has to offer.

You can self-refer yourself by completing the forms on the website.

<https://yourhealthdudley.co.uk/your-weight-loss-journey/>

The NHS have created a Digital Weight Management Programme aimed at supporting diabetic/hypertensive patients who may like support to improve their health by losing weight.

More information about this programme can be found at www.england.nhs.uk/digital-weight-management/

Weight loss Injections: only for BMI > 40 and with 4 or more specific cohorts: see ICB website for more details [Weight Management Black Country ICB](#)

What's your risk of getting diabetes?

Did you know that people in Brierley Hill and Amblecote have a higher risk of getting diabetes than the national average risk?

Find out your risk and prevent type 2 diabetes on Healthier You | Diabetes Prevention Programme (preventing-diabetes.co.uk)

Symptoms of type 2 diabetes

- Feeling very thirsty
- Urinating more often than usual, particularly at night
- Blurred vision - caused by the lens of the eye becoming dry
- Unexplained weight loss
- Feeling very tired
- Cuts or wounds that heal slowly
- Itchiness around the genital area, or regular bouts of thrush

How is diabetes diagnosed?

Diabetes is diagnosed from a blood test. If there are no obvious symptoms it can go undiagnosed.

Early diagnosis helps prevent diabetes complications.

What should I do next?

Visit your GP practice, who can arrange a blood test to check your blood sugar levels. If these levels are raised, contact your GP practice.



GET INVOLVED!

NEW Brierley Hill and Amblecote Primary Care Network (PCN)

Social Media

Calling all Brierley Hill and Amblecote patients - we need you! Follow our new Brierley Hill and Amblecote Primary Care Network (PCN) Twitter and Facebook accounts - it shares NHS content and Brierley Hill and Amblecote-specific events! It offers health advice & information about services locally.

Facebook:

<https://www.facebook.com/BHAPCN>

Twitter:

[@BHAPCN](https://twitter.com/BHAPCN)

If you have any events, social clubs or activities going on in Brierley Hill and Amblecote add @BHAPCN to your post.

Update your Details

To reduce paper waste and to be able to contact you quickly or digitally, it would really help if we had your most up-to-date contact details including your telephone number and email address. Thanks!

Patient Participation Group (PPG)

Want to make a difference to your GP practices?

Contact your practice manager about participating in your Primary Care Network (PCN) Patient Participation Group (PPG).



Let Us Know

- How could we make improvements to our Primary Care Network?
- What sort of services should we offer?
- How can we support you further in Brierley Hill and Amblecote?

Contact us at bhapcn.dudley@nhs.net to have your say.

Contact us



Contact bhapcn.dudley@nhs.net to request this document in another language including; Romanian, Punjabi, Polish, Urdu and more or in a different format.