

Hello and welcome to our second PCN Newsletter; to bring you information and updates on the progress of your PCN. During this Coronavirus period your GP surgeries are still open and working hard to support all our patients, whilst protecting our staff and vulnerable patients. Please have a look at page 3 which is some wellbeing advice for everyone during this unprecedented and challenging time.

Social Prescribers for Connexus – Tripti John (left) and Jeannie Morrice (right)



Social Prescribing is about giving you the time and space to focus on “what matters to you” and taking a holistic approach to your health and wellbeing from a non-clinical perspective. In addition to their usual workload, our social prescribers have been doing brilliant work supporting our shielding patients at home via telephone contacts.

There are several local support agencies that might be useful for you or a neighbour who needs extra support during coronavirus. **Here are their contact details.**

We Are Bristol – phone line for everyday task such as shopping, mediation, foodbank and meal delivery. Monday – Friday 8.30am -5pm - 0800 064 0184

NHS volunteer - for help with tasks such as collecting shopping and prescribed medicines or driving patients to medical appointments. 8am-8pm 0808 196 3382.

Bristol acorn – this would be a good choice for any of our patients in the Knowle area.

https://docs.google.com/forms/d/e/1FAIpQLSf_1tEYKhzzdLPR6AjAaoWal8fgMin9IIAnlRtRWSrp5izLYg/viewform

Brislington together – support with shopping, meds collection, and befriending phone calls for anyone in the Brislington area. <https://docs.google.com/forms/d/e/1FAIpQLSeivX-RU7fO18-mJLEg0yX-KO3WcuQztUw-KekH2aYtR2d7A/viewform>

Stockwood community response team, support with shopping, meds collection, befriending phone calls for anyone in the Stockwood area. Ways we can help: Phone (9AM - 5PM, Mon-Fri): 07768 168575 Email: greaterstockwoodalliance@gmail.com

Are you a volunteer looking to do more locally or keen to become a volunteer? We have exciting opportunities for 2 projects we are starting in the near future.

Volunteer transport

We are creating a Volunteer transport service to bring patients to and from appointments at the surgery who are struggling to get to us otherwise. We are looking for people to give their time to help drive our patients to the surgery. If you are interested or would like more information please contact the Social prescribing service at your surgery through reception.

Volunteer with the PPG (Patient participation group)

Would you like to contribute to the Primary Care Network patient participation group? The aim of this group is for our patients to feedback on specific issues within their surgery and the primary care network as a whole. This would help the surgery by understanding what issues our patients are facing and help us come up with solutions. We would love to hear opinions from a wide range of people so we can best support everyone within our community. If you are interested or would like more information please contact the Social prescribing service at your surgery through the reception.

Clinical Pharmacists for Connexus - Simon Strange (left) and Edyta Mis-Teklinska (right)



The PCN Clinical Pharmacists are still seeing patients for medication reviews, mental health, hypertension and cardiovascular health reviews. Simon and Edyta are also supporting the clinical team with medication and prescribing queries. The Clinical Pharmacists are running projects across Connexus to streamline our approach to prescribing and ensure safe and effective prescribing processes across the Network. We are hoping to grow our pharmacy team imminently – watch this space! **Telephone appointments with Simon and Edyta can be directly booked by your reception team.**

What next?

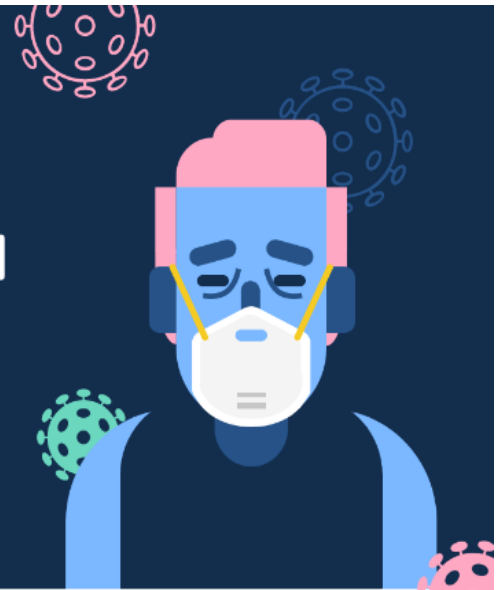
We are excited to announce a new appointment of operations manager for the PCN. We have welcomed Inge Shepherd to this new role in June. She will support recruitment, exciting project work and service improvements across Connexus.



CONNEXUS
Primary Care Network

WELLBEING FOR ALL

During Coronavirus (COVID-19) self isolation



MENTAL HEALTH

- **Meditation** - loads of resources available online for adults and kids too!
- **Mindfulness** - 5 minutes at a time a few times a day.
- **Positive thinking** - When your feeling overwhelmed think of those around you who you can rely on.
- Online tips and tricks for keeping away negative though and manage anxieties.
- **The app store has lots of mental health support apps!**



STAY CONNECTED

- **Staying social** - stay in contact with friends and family - video chats and virtual coffee mornings
- Take advantage of virtual museum tours, sofa choirs, live streams from teachers all over the UK.
- This is a good chance to reconnect with people that you do not see often.



KEEP ACTIVE

- **Exercise is great for Promoting healthy minds and bodies, as well as improving sleep.**
- There is many different options like **Tai Chi, Yoga, Pilates and strengthening exercise** that you can do at home.
- Find something online that works for you and that you enjoy!



MONEY WORRIES

Support is available online for money worries if you have;

- Been made unemployed due to the outbreak
 - Struggling to pay your mortgage and/or bills
 - Applying for benefits i.e. PIP, DLA, ESA, and universal credit.
 - Support for self-employed people
- Citizen advice, Bristol.gov and DWP website are good places to start**



GOOD SLEEP

Sleep Hygiene = Good Routines

- Set a regular time and stick to it even at weekends
- If you cannot sleep up get out of bed and try again after 30 mins
- Try to avoid using your phone or watching TV. Maybe try a blue light filter
- Avoid watching the clock, as it make you more stressed about not sleeping.
- **There is plenty more tips available online**



ENJOY YOUR FOOD

cooking healthy meals is important part of self care, why not try something new!

- Look up a new recipe online, i.e. your favourite takeaway meal made a little more healthy.
- There is plenty of fresh fruit and veg in supermarkets, why not make something big and freeze for later.
- Get the little ones involved, prefect time to teach them how to eat healthily.

CONNEXUS PCN




Nightingale Valley, Birchwood, Wells road,
Priory and Stockwood - Surgeries

HAVE YOUR SAY

Help us improve cancer support in south Bristol by sharing your experience

Take part in our research and help Macmillan Cancer Support as they work with communities in south Bristol to improve support for people affected by cancer.

If you've been affected by cancer while living in South Bristol you can help by:

-  Completing our **online survey**
-  Joining one of our **online focus groups**
-  Speaking to our **researcher**.

Find out more and take part by visiting
[www.thecareforum.org/
cancer-support-south-bristol](http://www.thecareforum.org/cancer-support-south-bristol)
emailing research@thecareforum.org.uk
or calling **0117 965 4444**.



MACMILLAN
CANCER SUPPORT