

What happened at the PCN in the last few months?

1. Health and Wellbeing Day .

On July 10th, we hosted a Health & Wellness Day that was well-attended by both external services and our own staff at Nortons Place. Participants included Everyone Health, Therapy For You, Southend Cares, Citizens Advice Southend, the Stop Smoking team, Diabetes UK, and the COPD Connector. We welcomed 306 patients, with 185 of them receiving blood pressure checks. All services saw a strong turnout. One attendee shared, *"The day was a great way of seeing all the services together and knowing they are there for you if needed A heartfelt thank you to everyone who contributed to this wonderful community event"*



4. PPG Group

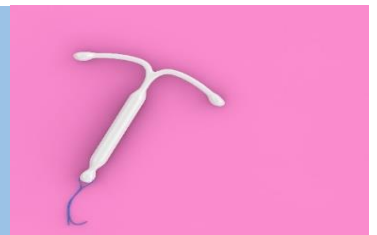
The PPG is a group of people who are patients of the surgery and want to help it work as well as it can for patients, doctors and staff. The NHS requires every practice to have a PPG. Patients that are registered at one of the 6 practices are welcome to join.

[To find out more information or to become a member visit www.southendeastpcn.co.uk/ppg](http://www.southendeastpcn.co.uk/ppg)



2. LARC Service

Norton Place offer a service to provide women with contraception, menopause treatment and HRT. Each method of contraception has its own effectiveness, advantages, and potential side effects, and the choice of method can depend on individual health, lifestyle, and personal preferences. If you would like to find out more information about the service or be added to the waiting list please visit www.southendeastpcn.co.uk/womanshealth.



3. Food Donation

Norton Place maintains a Pantry box outside the building, to the left of the conservatory. This resource allows patients to take what they need at their convenience. The Pantry is running low, and we are kindly requesting donations of in-date food items. We will be hosting a drop-in event for donations on Wednesday 4th September, from 9:30AM to 12:30PM. If you are unable to attend during this time, donations can be made anytime during our regular opening hours, simply hand them to our reception.



5. Book Donation

Norton Place has a book library located outside the building, to the left of the conservatory. Patients are welcome to donate books they no longer read and take any that interest them. If you would like to contribute, please drop the books off at our reception during our regular opening hours. All book donations are welcome.

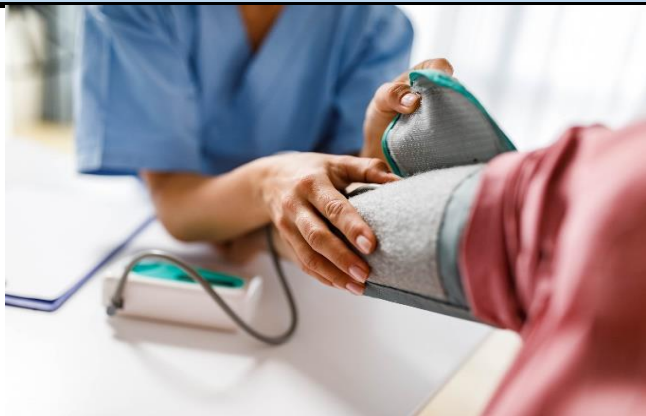


6. Gardening Group

A gardening group is held at Norton Place. This is a voluntary group where any patients from one of the surgeries within the PCN can attend. This encourages patients to socialise, team build and feel benefits from the group's achievements. This is every Friday from 10:30am until 12pm at Norton Place, feel free to pop in anytime during this. A social prescriber attends every few weeks from the PCN.



Awareness Campaigns



Around one in three adults in the UK has high blood pressure. In England, 31% of men and 26% of women have high blood pressure. To get your blood pressure checked visit your GP Surgery or Norton Place. You can check your blood pressure yourself with a home blood pressure monitor.

www.southendeastpcn.co.uk/bp



If something in your body doesn't feel right, don't carry the worry of cancer with you. Tests could put your mind at rest. Until you find out, you can't rule it out. Contact your GP practice.

www.macmillan.org.uk/



When you quit smoking, good things start to happen, you can begin to see almost immediate improvements to your health. It's much easier to quit when you get the right support and there are lots of options to choose from. Let's do this and make 2024 the year you quit.



If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you.

NHS HEALTH CHECK

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

Carers Intensive Support Team

The Carers Intensive Support Team will be available at Norton Place every first Wednesday of the month. The next date will be Wednesday 4th September. The service covers all areas of health and wellbeing, the team can be the link between the community and healthcare. They can offer support and assistance to carers that meet their criteria. The following criteria is: The cared for must have suspected or confirmed dementia (any age), frailty or mental health (over 65). The Carer is over 65 unless caring for someone with dementia then the Carer can be any age. The referral must come from a colleague with eyes on the situation (no self-referral).

