

# Welcome to our Newsletter

## Who are Southend East PCN?

A collaboration of five GP practices serving approximately 37,000 patients from the Southchurch, Thorpe Bay, and Shoeburyness areas.

Dr Irlam & Partner - Central Surgery  
Drs Kumar & Sinha, Shoebury Health Centre  
Dr Palacin, Shoebury Health Centre  
North Shoebury Surgery  
The Thorpe Bay Surgery  
The Shaftesbury Avenue Surgery

Southend East PCN, Norton Place, 162 Ness Road SS39DL  
Tel: 01702 987800 Email: [patientenquiries.sepcn@nhs.net](mailto:patientenquiries.sepcn@nhs.net)  
[www.southendeastpcn.co.uk](http://www.southendeastpcn.co.uk)

Open Monday to Friday 8am to 5pm & Saturday 9am to 5pm



## COVID-19 VACCINES

The Southend East PCN vaccinated over 6000 patients last Autumn.

If you still need a COVID-19 vaccine, we encourage you to contact your local pharmacies to schedule an appointment.



## What is a PCN?

A Primary Care Network (PCN) is a collaborative group of primary care providers working together to deliver comprehensive and coordinated healthcare services to a specific geographic area or community. PCNs are a key component of many healthcare systems, aiming to improve the overall quality of care, enhance patient outcomes, and address the health needs of the population they serve.



### ENHANCED ACCESS

**New Out-of-Hours Service Location:**  
Norton Place 162 Ness Road,  
Shoebury SS3 9DL.

**Booking Information:** To access our out-of-hours service we kindly request that you schedule appointments through your GP surgery.

## The Success Of Identifying Carers

In a dedicated effort, the Southend East PCN aimed to enhance healthcare outcomes by identifying and supporting Carers. Leveraging modern communication, we sent out text messages to over 18+ patients without a recorded Carer status. The results were remarkable, with 572 patients identified as caregivers. Looking ahead, we are excited to further assist these Carers by sending out an informative booklet in the coming months. Packed with valuable insights, this booklet aims to provide Carers with essential information that may not be widely known, contributing to their well-being and enriching their caregiving experience.



We are thrilled to share the incredible success of our recent Health and Well-being Days, which have taken place since April 1st. These events have been a tremendous opportunity for our community to come together and prioritise their health and wellness.

We are excited to announce our next Health and Wellbeing day which will take place on Thursday 7<sup>th</sup> March at Norton Place. This will be targeting Hypertension and Diabetes. It will be a day where you are able to walk in from 9:30am until 4pm to get health checks done. Invitations will be sent out to patients who will benefit from the event.

# STOP SMOKING AND GOOD THINGS HAPPEN



You'll feel healthier  
and soon be taking  
the stairs instead

Make 2024 the year you quit

Stop smoking and good things happen. It's never too late to quit smoking. You will notice immediate improvements to your health when you stop.

Let's take the plunge and make 2024 the year you break free from smoking. It's much easier to quit when you get the right support and there are lots of options to choose from.

To find out how to start your journey visit [www.southendeastpcn.co.uk/stop-smoking](http://www.southendeastpcn.co.uk/stop-smoking)

**Appointments at Norton Place for December was 3152.**

**293 patients did not attend (DNA)**

NHS England urged people who could not attend to cancel appointments. With each appointment slot costing the NHS an average of £30, the cost of the missed GP appointments comes to about £216m a year.

If you need to cancel an appointment at Southend East PCN then please call us on **01702 987800** or email us at [patientenquiries.sepcn@nhs.net](mailto:patientenquiries.sepcn@nhs.net)



**LOAD THEM UP...**



90% of brain growth happens before the age of five.

The Better Health Start for Life campaign aims to educate parents and carers about the importance of brain development in the first five years of a child's life. Every interaction is a chance to build your child's brain. Anytime, anywhere, at home or out and about, it all adds up. Visit [www.nhs.uk/start-for-life/early-learning-development](http://www.nhs.uk/start-for-life/early-learning-development)

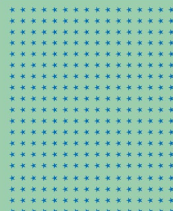
Patients with long-term conditions could save money on their prescriptions.

A Prescription Prepayment Certificate will save people money if they pay for more than three items in three months, or 11 items in 12 months.

Remind patients to check their eligibility at [www.nhsbsa.nhs.uk/ppc](http://www.nhsbsa.nhs.uk/ppc).

## If you live with a long-term condition, you could save money on your prescriptions

Find out if you can get free prescriptions by using the eligibility checker at [www.nhsbsa.nhs.uk/check](http://www.nhsbsa.nhs.uk/check).





The gardening group is starting again on Mon 4<sup>th</sup> March. This is a voluntary group where any patients from one of the surgeries listed below can join the group to help. This encourages patients to socialise, team build and feel benefits from the group's achievements. This will be every Monday from 10:30am until 12pm, feel free to pop in anytime during this.

At the Southend East PCN we provide a range of services for patients from the following surgeries:

- Dr Irlam & Partner - Central Surgery
- North Shoebury Surgery
- The Thorpe Bay Surgery
- Shaftesbury Avenue Surgery
- Drs Kumar & Sinha, Shoebury Health Centre
- Dr Palacin, Shoebury Health Centre



- Blood tests
- Blood pressure check
- ECG/EKG
- Diabetic foot check
- B12 injections
- Joint/Muscle pain/Swelling
- Med reviews/Pill checks
- DEPO (contraceptive)
- COPD/Asthma reviews
- LD reviews

To find out more, please visit our website.



HM Government

NHS

Don't carry the worry of cancer with you

Clear on cancer Help us help you