

Welcome to our Newsletter

Who are Southend East PCN?

A collaboration of six 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



COVID-19 VACCINES

The Southend East PCN has vaccinated over 6000 patients this 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.

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, and we're excited to announce that the response has been nothing short of amazing!



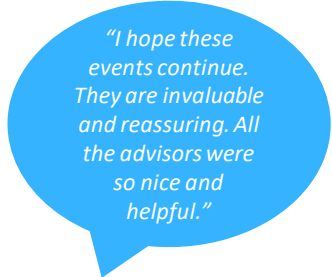
Our Health and Well-being Days wouldn't have been as impactful without the valuable participation of renowned organisations and professionals dedicated to improving health outcomes. We are grateful to have had representatives from Diabetes UK, Everyone Health, Breast Cancer Now, Brook Sexual Health, Essex Coast Physio, Southend Carers, Carers Southend Therapy for You, Yoga 4 All, and our dedicated clinical staff.

The diverse range of services and expertise offered by these organisations has made our events truly comprehensive, addressing various aspects of health, from physical well-being to mental and emotional support. The positive feedback we have received speaks volumes about the impact of these collaborative efforts on our community's overall health.

We want to express our sincere gratitude to all the participants, volunteers, and organizations that have contributed to making these events a success. Your commitment to promoting health and well-being in our community is truly commendable.

Patients had contact with a variety of services, and the ones mentioned here represent just a glimpse of the many offerings available.

- Blood Pressures Taken: 381
- Foot Checks: 201
- Blood Test: 38
- Stop Smoking: 20
- Diabetes UK: 123
- Every One Health: 80
- Ryan Health Coach: 123
- Breast Cancer Now: 31
- Woman Health: 30



"I hope these events continue. They are invaluable and reassuring. All the advisors were so nice and helpful."

Reviewing all the patients who attended our clinic during the three health and well-being days would have required 62 days. This efficiency not only saves time but also contributes to cost savings for the NHS.

Stay well this winter

If you're worried about your health, don't delay, your NHS wants to see you – help us help you get the care you need this winter. Winter conditions can be bad for our health, especially for people with long-term conditions such as COPD (including emphysema and chronic bronchitis), and asthma.

The cold and damp weather, ice, snow and high winds can all aggravate any existing health problems and make us more vulnerable to respiratory winter illnesses. But there are lots of things you can do to stay well this winter.

Appointments at Norton Place for November was 3853

326 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



GET VACCINATED. GET WINTER STRONG.

Flu vaccines top up your protection even if you've been vaccinated before



If you're eligible, book your flu vaccine via your GP Surgery, to increase protection over Christmas.

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

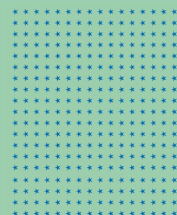
A Prescription Prepayment Certificate will save people money if they pay for more than three items in three months, or 11 items in 12 months.

Remind patients to check their eligibility at www.nhsbsa.nhs.uk/ppc.



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.



Our next PPG is 10 am on Tuesday 23rd Jan 2024

The PPG aims to:

- Develop a partnership with patients
- Discover what our patients think about the services we provide and establish their priorities
- Provide a platform to test and modify future ideas and plans
- Improve patient care, quality, experience and safety
- Promote patient empowerment

It provides evidence-based feedback to the practice about the services the practice offers and works with the surgery to improve Practice services.

Membership

The membership is open to any patients registered at one of our 5 GP practices.

Sign up at www.southendeastpcn.co.uk/ppg



This Christmas 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. Call, go online or use the NHS App www.nhs.uk/111



Urgent Treatment Centre

Get to the help you need

