



Welcome to the Summer edition of the Vale Of Evesham PCN Newsletter

The PCNs Mission Statement

The Vale of Evesham PCN is committed to the development and delivery of coordinated healthcare, working with partner organisations to support patients in making informed decisions about their personal care—promoting health and wellbeing and ensuring equality of access for all.

What does that mean? It means providing innovative services that are designed around the needs of our community—such as social prescribing and first contact physiotherapy.

How do you do it? We work collaboratively with local organisations in the healthcare and voluntary sectors, as well as in partnership across GP practices. This helps us to ensure we're providing a comprehensive, joined-up service.

Why? Because together, we're stronger. Working collaboratively means we're supported by our colleagues across our network—so our patients can be better supported by us.

Information included in this edition of the newsletter includes:

- ⇒ Wychavon District Health Collaborative (p2-4)
- ⇒ Living Well event (p5-6)
- ⇒ Awareness days (p7)
- ⇒ Cervical Screening information (p7)
- ⇒ Op Courage (p8)



Wychavon District Health Collaborative

District Collaboratives are people and organisations collaborating across sectors to meet the needs of the communities they serve, by helping people stay well for longer.

They include but are not limited to: Primary Care Networks (groups of GP practices). District Councils, County Council, VCSE, Education, NHS trusts, Police and Fire Service.

District Collaboratives are tailored to the needs of each district within Worcestershire and are in varying stages of development.

The common principles of these collaboratives are:

- Organisations across sectors collaborating, on a place basis, to meet the needs of the communities they serve.
- Informed and shaped by data and intelligence at a local level, each collaborative is unique to their district.
- Early intervention and prevention of escalating need; Collaboratives aim to ensure that the right help is available at the right time, as close to home as possible.

Wychavon District Health Collaborative aims to help our communities become resilient and thriving by using local strengths and assets to empower individuals with their own health and wellbeing.

In Wychavon, we have our work cut out for us, as the largest district in the county we have:



Three Primary Care Trusts mean seventeen GP practices covering 150,000 people—making Wychavon District Health Collaborative the largest of Worcestershire’s Collaboratives.

Due to the size of our District, the Wychavon District Health Collaborative works across many differing communities over a large geographic area. With the need to remain locally informed and to affect change at a local level, we have also established three Place-based Working Groups. These groups are made up of local organisations and PCN’s, who really understand their communities.



Wychavon District Health Collaborative

Wychavon District Health Collaborative’s Place-based Working Groups:

- ⇒ Droitwich & surrounds
- ⇒ Pershore & surrounds
- ⇒ Evesham & surrounds.

Our Collaborative ratified five core priorities to focus upon. These priorities were shaped by the data and reflect the needs of our population:

WYCHAVON DISTRICT HEALTH COLLABORATIVE	
Our Priorities:	with focus on:
1. Tackling loneliness and social isolation	– with key benefits of preventing type 2 Diabetes and early -onset Dementia.
2. Providing the best start in life during maternity and children’s health	– with an emphasis on mental health & improving health outcomes which tackle childhood obesity
3. Targeted engagement where inequality and /or deprivation is linked to health outcomes	- with key benefits of improved access to health checks & screening for prevention & early diagnosis of illness
4. Promoting healthy lifestyles	- with a focus on frailty prevention, enabling independence & the cost of living.
5. Improve mental health & Wellbeing	– with a key focus on access to services & digital inclusion

In the Evesham and Surrounds Place-based Working Group, partners have been working on Priority 1.

Our group consists of G.P’s, Primary Care Managers, Evesham Dementia Action Alliance, EDHMSS Meeting centre and Memory Café, Age UK Herefordshire and Worcestershire, Onside Advocacy, Caring Hands at the Lighthouse, Wychavon District Council and more.



Wychavon District Health Collaborative

Our GP's do a brilliant job of treating or referring patients to Specialists when a health issue is presented to them. For instance, Wychavon is above England's average for diagnosing cancer at an early stage- however, GP's can only treat individuals who come through their doors. Sometimes people are reluctant to act upon their health concerns and unfortunately Wychavon has the lowest dementia diagnosis rate in the West Midlands, compared with England's average. This diagnosis rate compares the number of people estimated to have dementia, based on an average of prevalence and population, compared with the number of people officially diagnosed, aged 65 and over. The aim is for at least two thirds of people who live with dementia, to be officially diagnosed by a health professional. It is important for people to receive a formal diagnosis so they can be advised and supported accordingly. A person living with dementia who has been diagnosed, and their carer, will generally do better on their dementia journey than a person who has not received support or found their community within the local dementia support network.

Our Place-based working group in Evesham has been working to overcome this challenge by encouraging people living with symptoms of dementia to see their GP and local dementia services to talk about their concerns. We are strengthening the local dementia services network, which GP's now work closely with, so that communities are familiar with the local support available, helping individuals to continue with their lives, even with a dementia diagnosis. Knowledge and understanding will help individuals to retain their autonomy and plan their dementia journey with their loved one.

We will be in Evesham's Market square this month on the 11th June, 11pm – 2pm to showcase some of the Dementia support services and our brand-new hyperlocal dementia leaflet.

Other great things achieved in Evesham, due to the Wychavon District Health Collaborative include funding given to support the 'Wellbeing room' at the Lighthouse, which is ran by the charity 'Caring Hands'. The Wellbeing room currently houses regular clinics from the Teen Pregnancy Clinic, through to Wychavon Housing Advice and Family counselling sessions.

Our funding also helped to establish the new 'Wellbeing Hub' in the Riverside Shopping Centre, ran by Onside Advocacy. The hub is a space where members of local communities are able to visit to get support with their wellness, mental health, and lifestyle, feel listened to, and supported.



THURSDAY
27TH JUNE

EVESHAM

LIVING WELL EVENT

Join us from
10:00am - 4:30pm

Evesham Leisure Centre
Abbey Road, Evesham
WR11 4SU

Living Well event 2024

Following on from the success of last year's Living Well event, we are working with Onside and Wychavon District Health Collaborative to bring the event to Evesham again.

The event will be held on **Thursday 27th June 2024 10:00-16:30** at **Evesham Leisure Centre, Abbey Road, Evesham, WR11 4SU.**

Come along to find out more from a range of local services to enable you, your family and friends to live well!

- ◇ Taster sessions.
- ◇ Advice, support and information.
 - ◇ Wellbeing services.
 - ◇ Volunteering opportunities.

Come and talk to organisations offering a wealth of knowledge on health and well-being, including:

- * Wychavon District Council—Health and communities.
 - * Worcestershire Mobile Health Van
 - * Sensory Matters
- * Social prescribers and wellbeing coaches.
 - * Fire and rescue service.
 - * Autism West Midlands.
 - * Diabetes UK.
 - * 'Live well for Longer'.
 - * 'Healthy Worcestershire'.
 - * Starting Well Partnership

There will be parking at the leisure centre all day!!

Please find below some pictures from last year's event.



Awareness days 2024

June 2024

- ◆ 04.06.2024—National cancer survivors day
- ◆ 10.06.2024—16.06.2024—National Carers Week
- ◆ 17th-23rd June 2024—Cervical Screening Awareness Week.

July 2024

- ◆ Sarcoma Awareness Month

September 2024

- ◆ Gynaecological Cancer Awareness Month
- ◆ Urological Cancer Awareness Month
- ◆ Childhood Cancer Awareness Month
- ◆ Blood Cancer Awareness Month
- ◆

Cervical Screening Awareness Month

Below is some useful information about cervical screening.

One in four people do not attend their cervical screening test.

Cervical screening is also known as smear tests.

A cervical smear test should not hurt, but can sometimes feel uncomfortable.

A cervical smear test checks for abnormal cell changes in the cervix. Cervical cell changes are common, and often improve naturally. But sometimes these changes need treatment because there is a risk they may develop into cancer.

Abnormal cell changes in the cervix cause no symptoms. You will not know if you have them unless you have cervical screening. Screening finds abnormal cell changes, including the ones that are most likely to become cancer. These cells can then be treated. This is an effective way of preventing cervical cancer.

If you have a cervix and you're between the ages of 25 and 64, you should be offered a regular cervical smear test. If you are registered as a female with a GP, the NHS will contact you when it is time for your test. If you are registered as male and have a cervix, you may not be sent an invitation. Tell your GP if you want to have cervical screening, so they can arrange regular tests.


Cervical screening is for anyone who has a cervix, regardless of sexual orientation or gender identity.

Op Courage

Mental health matters, which is why we're working with OpCourage, the NHS's service for veterans suffering with poor mental health. We hope that with this service, we can help reach veterans across our PCN who have struggled with their Mental Health as well as helping families of veterans to support their family better.

To get in touch, please call 0300 323 0137 or email mevs.mhm@nhs.net. Referrals can come from professionals or self referrals.

When this service is used, the patient will be spoken to by a healthcare professional and then either referred for a full assessment or referred to other services, depending on what the patient needs.



NHS
The Veterans Mental Health
and Wellbeing Service

**The first call for
help takes courage**
**Op COURAGE: The Veterans
Mental Health and Wellbeing
Service**
Specialist care and support for Service leavers,
reservists, veterans and their families

Visit the NHS website at www.nhs.uk/opcourage

OpCOURAGE

For more information about the Vale of Evesham PCN please visit our website:
www.valeofeveshampcn.co.uk or access via the QR code:

