

14 June 2019

Diabetes Awareness Week

As part of Diabetes Awareness Week, on Tuesday our specialist nurse Anne Beckett ran a drop in service for patients (who are not Diabetic) to check to see if they might be Diabetic or Pre-Diabetic.

24 patients visited Anne of which 1 will be referred for blood tests, 2 have been referred to the National Diabetes Prevention Programme & the rest, we are delighted to report were clear.

Of the 2 people that have been referred to the National Diabetes Prevention Programme, they will be given information and education designed to empower them to make positive changes to their diet and lifestyle thereby allowing them to side step a lifetime living with Diabetes.



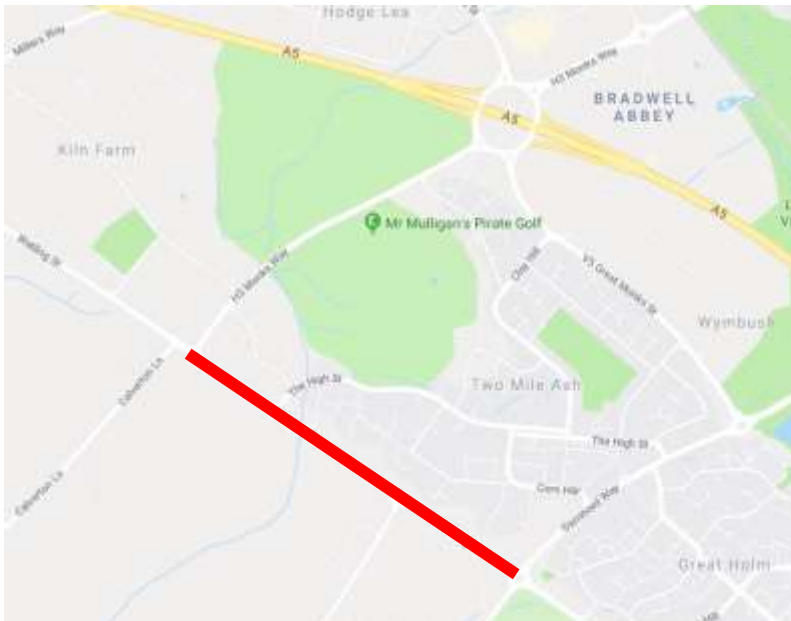
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Watling Street (V4) Road Closure

Ringway, the highways contractor working on behalf of Milton Keynes Council, will be carrying out works to construct a new underpass and install a new Anglian Water supply into Western expansion on the V4 Watling Street from H3 Monks Way to H4 Dansted Way.

The work has now started and should be completed within 10 months. The road and Redway will be closed 24 hours a day with no access at all.

A webpage dedicated to the underpass construction and regular updates will be posted on www.milton-keynes.gov.uk/v4crossings



Closure 

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Primary Care Networks

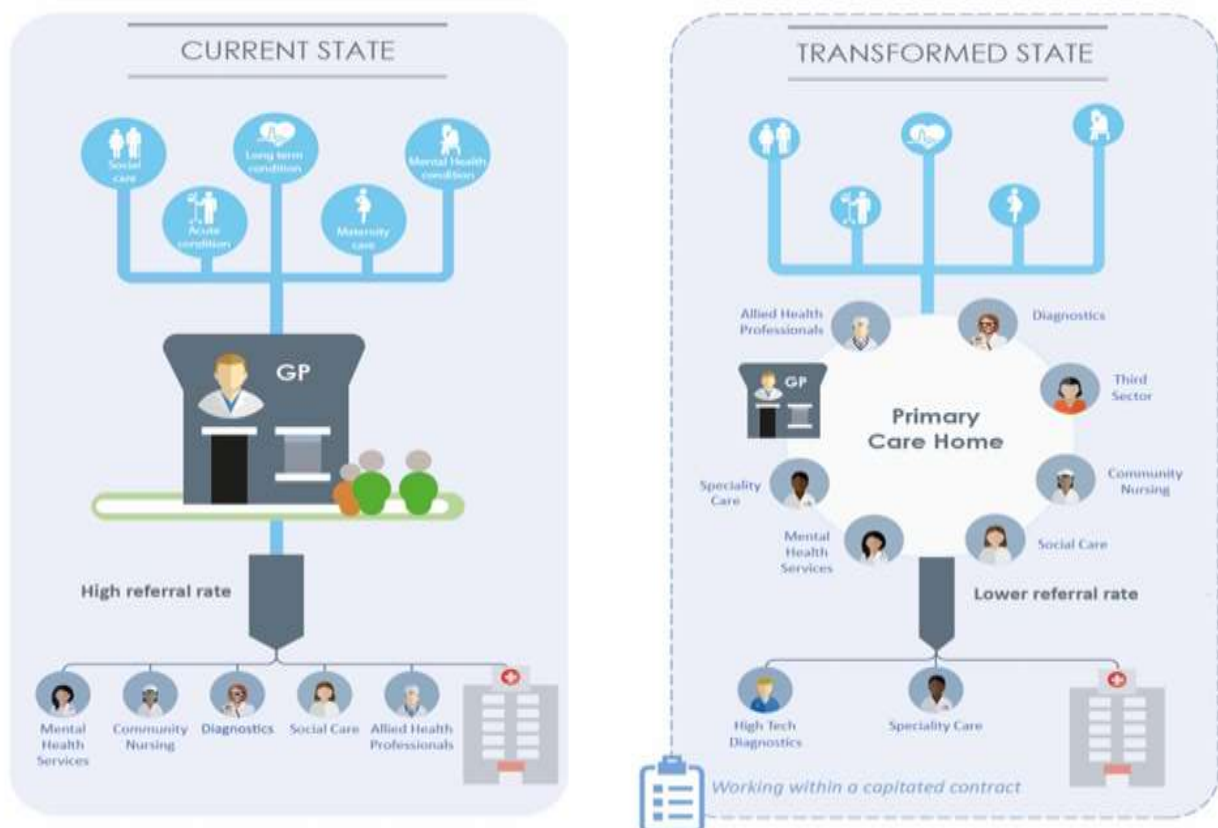
Since the NHS was created in 1948, the population has grown and people are living longer. Many people are living with long term conditions such as diabetes and heart disease, or suffer with mental health issues and may need to access their local health services more often.

To meet these needs, practices have begun working together and with community, mental health, social care, pharmacy, hospital and voluntary services in their local areas in primary care networks.

Primary care networks build on the core of current primary care services and enable greater provision of proactive, personalised, coordinated and more integrated health and social care. Clinicians describe this as a change from reactively providing appointments to proactively care for the people and communities they serve. Where emerging primary care networks are in place in parts of the country, there are clear benefits for patients and clinicians.

Primary Care Networks (PCNs) are a key part of the NHS Long Term Plan, with all general practices being required to be in a network by June 2019, and Clinical Commissioning Groups (CCGs) being required to commit recurrent funding to develop and maintain them.

Source <https://www.england.nhs.uk/gp/gp/v/redesign/primary-care-networks>



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Milton Keynes - Primary Care Networks

In Milton Keynes there are 6 Primary Care Networks (PCN) as follows:



Network	Name	Member Practices
Network One	The Watling Street Network	<ul style="list-style-type: none"> • Stony Medical Centre • Watling Vale Medical Centre • Hilltops Medical Centre
Network Two		<ul style="list-style-type: none"> • Bedford St / Furzton Surgery • Westfield Road Surgery • Water Eaton Surgery • Parkside Medical Centre • Westcroft Health Centre
Network Three		<ul style="list-style-type: none"> • Redhouse Surgery • Whaddon Medical Centre • Cobbs Garden Practice
Network Four		<ul style="list-style-type: none"> • Stonedean Practice • Wolverton Health Centre • Sovereign Medical Centre • Purbeck Health Centre • Neath Hill Health Centre • Oakridge Park Medical Centre
Network Five		<ul style="list-style-type: none"> • Ashfield Health Centre • Gove Surgery • Walnut Tree Health Centre • CMK Medical Practice • MK Village Practice • Fishermead Medical Centre
Network Six	The Bridge	<ul style="list-style-type: none"> • Newport Pagnell Medical Centre • Kingfisher Surgery • Brooklands Health Centre

Information Sheet

Stony | Medical
Centre

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The Watling Street Network



Our network, The Watling Street Network is made up of Stony Medical Centre, Watling Vale Medical Centre (Shenley Church End) and Hilltops Medical Centre (Great Holm).

We have been working together in the background now for nearly 18 months in anticipation of this change in direction for general practice.

We are pleased to be considered one of the leading networks and are ready to commence some changes and improvements as soon as the new Network Contract goes live on 1 July 2019.

In summary we have the following ready to start:

Community Nurse Team

The team will be visiting patients in the community in an effort to improve their well-being that is to say their physical, mental and social health.



By improving wellbeing we may be able to support patients live longer at home, care for and safe and avoid unnecessary and unwanted stays in hospital.

Link Workers

(sometimes called Social Prescribers)

We will soon have 2 Link Workers working in our network. Their remit will be all about working to support the mental and social health of our network's population. This is a really exciting development and we believe the Watling Street Network is the first PCN in MK to have its own dedicated resource.

Mental Health Support for Young People

All being well, from early September our network will have resource dedicated to supporting our young people by providing counselling services in our practices.

The resource will be limited, largely because it is being funded directly by the 3 practices and so we will continue to refer our young people to CAHMS where the need arises. Likewise if any of our young people can access support via their school we would encourage that (e.g.: Shenley Brook End has an in house counselling service) however for those that cannot access anything directly we will, at last, have something available to us to support them.

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Patient Education



We have created a 12 month patient education programme for our network population. We will be covering a variety of subjects including men's health, women's health and in the Spring of 2020 allergies.

The practices will be inviting patients who might be interested in the event however our events will be invitation only and ticketed on a first come first serve. We hope that, if used well, these learning sessions may empower our patients to have faith in themselves.

CNWL Services

Additionally we have (some) access to a specialist Dementia Nurse who is running memory clinics within our network.

We also have a Mental Health Worker providing support to our adult patients with mild to moderate mental health concerns.

Both of these services are provided by CNWL, a trust based in London and commissioned locally by MK CCG. While we are delighted to have these skilled clinicians working with and for our patients resource is limited and we don't have control over capacity or workload. Nevertheless we had neither of these services 6 months ago so we are thrilled to have whatever they can give us.

Over the coming months

Over the coming months the network team will also grow to include a Physio, a Paramedic, a Pharmacist and Social Work Assistants.

We also hope to work together as a network to deliver on the care demand in an innovative and shared way.

When General Practice was set up all those years ago it was never meant to deal with acute (on the day / urgent) type needs. However over the years more and more requests are made to practices to deal with immediate needs. In Stony we have found that while the numbers of requests for routine care have not significantly changed, acute (on the day) requests has spiralled (almost) to unmanageable levels.

As a practice we have to do something. Waiting 6 weeks for a routine appointment is not what we aim for. However we cannot provide the amount of acute care that patients demand and provide safe, accessible routine care.

Our network colleagues are faced with exactly the same dilemma and so we are working together to come up with a shared model, that is sustainable and safe.



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For many patients this will mean a change of approach. Time and time again evidence shows that a GP is not the only person qualified to deal with all on the day demand, however practices have been set up with GPs at the front line and so as patients, that is what we have become used to. As a network we are working to model a service where patients are seen at the **right time by the right health care professional**.

Within our network we have a Core Management Team made up of a Patient from each practice, a GP from each practice and the Practice Manager from each practice. We draw expertise from others including the nursing and admin teams as required. This team will be working to develop a better, future proof model of on the day care over the coming months so please watch this space and please be open to new ideas and new ways to receiving support from us.

In the short term, if you book an extended hours appointment (that is, one outside our core hours) you may be offered an appointment at Watling Vale or Hilltops. Please take that appointment, we are all part of the same network and this is the first step towards a shared approach.

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Your Data Matters to the NHS

Information about your health and care helps us to improve your individual care, speed up diagnosis, plan your local services and research new treatments.

In May 2018, the strict rules about how this data can and cannot be used were strengthened. The NHS is committed to keeping patient information safe and always being clear about how it is used.

You can choose whether your confidential patient information is used for research and planning.

To find out more visit: nhs.uk/your-nhs-data-matters



For more information about your data rights please visit the Your Data Matters campaign at ico.org.uk

V1 S/18

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GDPR – How we use your data

Why we collect information about you

In the Practice we aim to provide you with the highest quality of health care. To do this we must keep records about you, your health and the care we have provided or plan to provide to you.



These records may include:

- Basic details about you, such as address, date of birth, next of kin
- Contact we have had with you such as clinical visits
- Details and records about your treatment and care
- Results of x-rays, laboratory test etc.,
- Relevant information from people who care for you and know you well, such as health professionals and relatives

For more information please visit our website and review our Privacy Statement or pick up a copy from reception.



All People Active

Weekly Sessions: May – Sept'19

Day	Project	Session	Venue	Time	Who for	Price	Delivered by	In Partnership with
Monday	MK Girls Can APA Ladies	Dance Fitness	Trinity Centre, Fishermead Blvd, Fishermead, MK6 2LA	5:30pm - 7pm	13 - 19 Females	Free	Amy Richardson	MK Community Foundation
Monday	APA Youth	Football Mash Up	The Meeting Place, Farnborough, Netherfield, MK6 4HS	6pm - 8pm	13-19 Mixed	Free	Troy Perry (TAP)	TAP Coaching
Tuesday	APA Youth	Football Mash Up	Sport Central MK, Elder Gate, MK9 1EN	5pm - 6pm	13-19 Mixed	Free	Tommy & James	LEAP Active Partnership
Tuesday	MK Girls Can APA Ladies	Fun Fitness 4 Women	Diasychain Family Centre, Melrose Ave, Blotchley, MK3 6PS	12:30pm - 2:30pm	16+ Women	£2	Grid City Fitness	Milton Keynes Council
Wednesday	APA Youth	Boxing Fitness	The Meeting Place, Farnborough, Netherfield, MK6 4HS	6:30pm - 8pm	13 - 19 Mixed	Free	Troy Perry (TAP)	LEAP Active Partnership
Thursday	MK Girls Can APA Ladies	Fun Fitness 4 Women	Hedgerows Family Centre, Langland Road, Netherfield,	9:30am - 11:30am	16+ Women	£2	Grid City Fitness	Milton Keynes Council
Thursday	MK Girls Can APA Ladies	Fun Fitness 4 Women	Rowans Childrens Centre, 13a Moorfoot, Fullers Slade, MK11 2BD	1:30pm - 2:30pm	16+ Women	£2	Grid City Fitness	Milton Keynes Council
Thursday	MK Girls Can APA Ladies	Female Football Mash Up	Leon Leisure Centre, Fern Grove, Blotchley, MK2 3HQ	9pm - 10pm	16+ Women	£2	Troy Perry (TAP)	MK Community Foundation
Friday	APA Youth	Football Mash Up	Sport Central MK, Elder Gate, MK9 1EN	7pm - 8pm	13 - 19 Mixed	Free	Tommy & James	LEAP Active Partnership
Saturday	APA Families	ParkLives	Alphabet Park, Forthing Grove, Netherfield, MK6 4JH	12pm - 2pm	8+ & Families	Free	Troy Perry (TAP)	StreetGames / MK Council



INFO: 07739 840 717



@AllPeopleActive

