



Vale of Evesham Primary Care Network



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

These newsletters are released quarterly to keep practice staff and patients up to date on the progress and events in the Vale of Evesham Primary Care Network (PCN). The

Vale of Evesham PCN covers a population of approximately 62,000 patients, geographically covering Evesham, Bredon, Broadway, Inkberrow and its local rural areas.

The PCN management team includes our two Clinical Directors – Dr Neill Bramble, Dr Chethan Reddy, our PCN Operations Manager—Kirsty-Anne Taylor and Administrator – Nikki Porter.

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.

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Meet the staff



Sam Empson – Paramedic practitioner – Merstow Green Medical Practice.

In the role of the practice paramedic I provide general medical care, assessments, evaluation, referral and treatment for patients in the practice and in the community, under the supervision of the GP. I am primarily based at Merstow Green Medical Practice and I had a ten-year career with West Midlands Ambulance Service prior to joining the PCN and took a direction into Primary Care where I am also currently studying for my Advanced Clinical Practitioner Masters (MSc) degree at The University of Worcester. I qualified as a Paramedic in July 2014 and as an Emergency Care Practitioner in Minor Injuries in 2018.

Staff member personal achievements

Charlene Mason—First Contact Physiotherapist

Charlene is one of our First Contact Physiotherapists who works across various practices across the Primary Care Network.

First Contact Physiotherapists are highly skilled and experienced NHS Chartered Physiotherapists. They can complete a thorough physical assessment, prescribe exercise, suggest lifestyle changes and access medical investigations such as x-ray or MRI scans, or refer to routine physiotherapy and specialities such as orthopaedics or rheumatology, if deemed necessary.

We have chosen Charlene for this edition as she has been picked to represent England in a sport she has been doing from a young age. Here is what Charlene has to say:

I have always loved playing sport since childhood, and I picked up my first hockey stick when I was 11 years old, inspired by my middle school PE teacher. From then on in I fell in love with the sport. Hockey offers a nurturing and encouraging environment and it can truly be a sport for all. It is a fantastic way to keep fit whilst having fun with your mates.

Throughout my hockey career I have represented at both national and international level and more recently have been selected to represent England at the World Cup in the over 35's age category, which is being held in Cape Town, South Africa (October 2024).

We are hoping to build on and retain the World Cup Trophy that we won back in 2022 (Nottingham, England). That same middle school PE teacher who introduced me to the sport back in the 1990's came to support us to victory in 2022 which was a special moment.

Success is often measured on achievements and is defined by winning or losing but in my experience that's just the tip of the iceberg. A lot of hard work, time, dedication and commitment is put in by the whole team including the coaching staff behind the scenes. There has been a lot of blood, sweat and tears along the journey to get to this point! Having said all that, standing side by side with your teammates, singing the national anthem at a major tournament, for me there is no prouder moment which makes it all worth it.



The Vale of Evesham Living Well event

On 27 June 2024 we held our third Living Well event at Evesham Leisure Centre. We worked collaboratively with Onside Advocacy and The Wychavon District Collaborative to bring together local organisations for the public to have access to useful and relevant information to enable them to live well for longer. This year we expanded the event to include people of all ages as living well for longer begins from childhood. The event was opened by the Mayor of Evesham, Robert Raphael and one of our Clinical Directors, Dr Neill Bramble.

Some of the organisations available on the day were Autism West Midlands, Active H&W, Caring hands in the vale, Diabetes UK, Evesham & District Meeting Centre, Evesham Volunteer Centre and many more. We also had the Yourhealth bus parked at the entrance of the leisure centre, carrying out basic health checks and assisting people to register with a GP practice.

We are currently in the process of putting together a directory of services for those organisations that were available on the day . Once complete this will be accessible on the PCN website.



Winter vaccinations

Our GP practices will soon be inviting their patients for their Flu, Covid and RSV vaccinations, if they haven't done so already. We will be looking to give patients the Covid and flu vaccines at the same visit and we assure you that it is perfectly safe to do this.

We will be vaccinating patients that are 65 and over, residents in a care home for older adults, aged 6 months to 65 years in a clinical risk group and health and so-

Which medical service best suits my needs?

It is important that patients are aware of who to contact for what treatments, please find below the information that you need. Knowing who to contact allows you to get the best level of care for your ailments or injuries as quickly as possible and also frees up services such as A&E, Minor Injuries and GP practices if they are not required.

Feeling unwell? Choose the right service					
					
Self-care	NHS 111	Pharmacist	GP (Doctor)	NHS Walk-in Services	A&E or 999
Hangover. Grazed knee. Sore throat. Cough.	Unsure? Confused? Need help?	Diarrhoea. Runny Nose. Painful cough. Headache.	Unwell. Vomiting. Ear pain. Back ache.	If you cannot get to the GP and it is not getting any better.	Choking. Severe bleeding. Chest pain. Blacking out.

Awareness days 2024

September 2024

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

October 2024

- ◆ Liver Cancer Awareness Month
- ◆ Breast Cancer Awareness Month

November 2024

- ◆ Lung Cancer Awareness Month
- ◆ Mouth Cancer Awareness Month
- ◆ Pancreatic Cancer Awareness Month