



Benfleet PCN

Primary Care Network

thekhanpractice.nhs.uk/benfleet-primary-care-network-pcn

December 2024 Newsletter

Benfleet **NHS** Primary Care Network is a collaboration of seven GP practices serving approximately 48,000 patients, from the Benfleet, Hadleigh and Thundersley areas in Essex.

Our PCN also includes:

Pharmacies, Community health services, Mental health services, Adult social care, Voluntary organisations, and our surgeries Patient Participation Group's



Keep your home environment lung friendly.

breathe easier this winter



Mid and South Essex

Use a humidifier
to maintain
moisture in
the air



midandsouthessex.ics.nhs.uk/health/winter/

#BreatheEasy

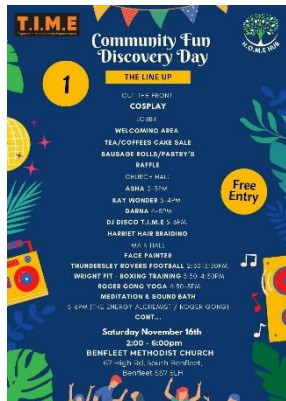


PCN Update



- **The Women's Health Hub** – Benfleet PCN has recruited an additional nurse to manage coils and implants. The sessions started late November with the aim for monthly clinics to be run from December onwards. Waiting list patients will be contacted directly. A second nurse has been recruited to run a clinic from February for pessary fitting and removal.
- **PCN Dietician** – The PCN Dietician has now started and will have responsibility specifically for Care Home and PACT patients. There will be a 6-month study to show the impacts of this service.
- **Weight Management Group**– is being considered for the New Year and will be run by the PCN Wellbeing Coach. The intention is to cover the waitlist period for patients who are due to be referred to 3rd party weight management services.
- **Fibromyalgia Group** – This group was set up earlier in the year and run by the ***PCN Social Prescribers** for a 12-week period. This included patients hearing from guest speakers on subjects such as Mindfulness, Physio and Wellbeing as support tools for them. These sessions have been very successful and has led to the patients forming their own independent support group. Due to its success the PCN will be setting up a second group of patients who will be invited to attend in the New Year. Referral to these sessions is made by the Social Prescriber and the Wellbeing Coach, as well as being advertised on the PCN and PPG's Facebook pages.
 - ***PCN Social Prescribers** provides a person-centred approach to helping patients with practical, social, or emotional needs. Rather than turning to medical treatment, Social Prescribing allows exploration of non-clinical support specific to each individual patient's needs. It also allows patients to take greater control over their health and has been referred to as a 'more than medicine' approach due to the evidence that some long-term health conditions can be prevented by a lifestyle change.
- **PCN GP funding** – There has been an increase in hours for the PCN GP who started in October 2024 which means they are able to offer more appointments across our Benfleet surgeries.
- **PCN Winter Access funding** – An additional £20,000 funding from the ICB has been provided to the PCN to support the winter appointment capacity for the Benfleet Surgeries
- **GetUBetter App** – is intended to enable patients to self-help with MSK (musculoskeletal) problems, provides requires greater awareness and will advise if GP/Hospital visit is required. It also has follow up support to ensure the patient is following any advice or exercises given. This is an excellent tool of support particularly with such long waiting lists for physio care. To help promote this App, the PCN ordered a number of leaflets and posters which should be displayed in your local surgery. If you want to find out more, visit www.getubetter.com
- **NHS App** – gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the [Google play](https://play.google.com/store/apps/details?id=nhs.uk) or [App store](https://apps.apple.com/gb/app/nhs-app/id1482855238). Order repeat prescriptions and nominate a pharmacy where you would like to collect them, view your GP health record to see information like your allergies and medicines, book and manage COVID-19 vaccinations and register your organ donation decision. Visit [NHS App and your NHS account - NHS \(www.nhs.uk\)](https://www.nhs.uk)

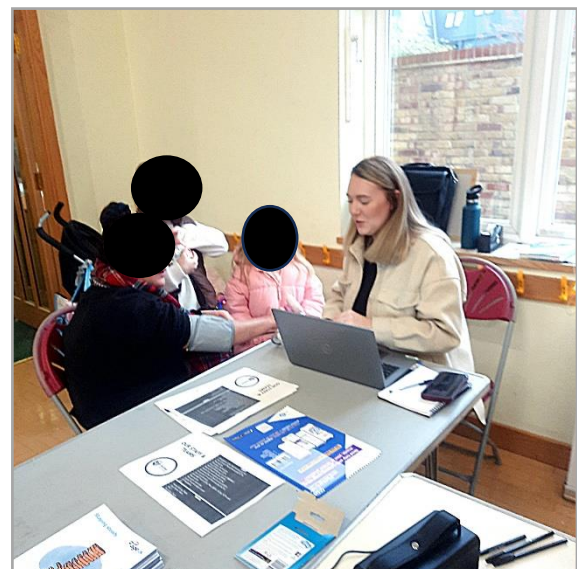
Community Fun Discovery Event



This event was on 16th November and organised by T.I.M.E and H.O.M.E Hub to find out how the proposed Benfleet community hub can cater to residents. Three of our PCN PPG members were there on the day, promoting both the PCN and the individual surgeries PPG's.

The Community Fun Discovery Event was well attended and was a useful event, allowing us to show the local residents who we are and what we can do for them. We were offering to check peoples blood pressure while they were there, and we carried out 19 blood pressure checks.

The MP for Castle Point, Dame Rebecca Harris was also there in support.



Think “Pharmacy First” for help with:

- Aches and pains, including earache, headache, migraine, back pain and toothache
- Mild skin conditions, such as acne, eczema, psoriasis, impetigo, athlete’s foot
- Coughs and colds, including blocked nose (nasal congestion), and sore throats
- Bruises, sunburn, and minor burns and scalds
- Constipation and piles (haemorrhoids)
- Conjunctivitis, cold sores and mouth ulcers
- Hay fever, dry eyes and allergies (including rashes, bites and stings)
- Vomiting, heartburn, indigestion, diarrhoea and threadworms
- Period pain, thrush and cystitis head lice (nits)
- Warts and verrucas
- Nappy rash and teething



The Pharmacy First scheme means that you can visit your pharmacy for free advice and prescription treatments

Local Chemist’s

BENFLEET

Cross Chemist, 133 London Rd, Tarpots, Benfleet SS7 5SQ · 01268 793153

Benfleet Pharmacy, 299 High Rd, South Benfleet, SS7 5HA · 01268 792310

Elora Pharmacy, 115 High Rd, South Benfleet, SS7 5LN · 01268 792506

Allied Pharmacy, 96 Arundel Road, Benfleet, SS7 4EF · 01268 794449

THUNDERSLEY

Rishi Pharmacy Ltd, 84 Hart Rd, Thundersley, Benfleet SS7 3PF · 01268 793297

HADLEIGH

Asif’s New Pharmacy 249/251 London Road, Hadleigh, Benfleet, SS7 2RF · 01702 558432

Boots Pharmacy, 241-243 London Rd, Hadleigh, Benfleet SS7 2RF · 01702 559665

Hadleigh Pharmacy, 298 Kiln Road, Hadleigh, Benfleet, SS7 1QT · 01702 558071

Morrisons Pharmacy, 175 London Rd, Hadleigh, Benfleet SS7 2RB · 01702 555321

Cartwrightes Pharmacy, 298 Kiln Road, Hadleigh, Benfleet SS7 1QT · 01702 558071

Daynite Pharmacy, 261 London Rd, Hadleigh, SS7 2BN · 01702 559173 (open until 22.00 hrs)



What is a Defibrillator

A defibrillator is a device that gives a jolt of energy to the heart. It helps get the heart beating again when someone is in cardiac arrest and their heart has stopped.

You might also hear it being called a defib, a PAD (public access defibrillator) or an AED (automated external defibrillator).


If someone is in cardiac arrest, call 999 and start CPR. If you're on your own, do not interrupt CPR to find a defibrillator. If it's possible, send someone else to find one. When you call 999, the operator can tell you if there's a public access defibrillator nearby.

How to use a Defibrillator

Anyone can use a defibrillator. You do not need training. Once you turn it on, it will give clear step-by-step voice instructions.

Many defibrillators also have visual prompts and images showing how to use it.

The device checks the person's heart rhythm and will only tell you to give them a shock if it's needed. You cannot shock yourself or someone else accidentally.

Take a look at the  **British Heart Foundation** site for more information; - <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators/understanding-defibrillators-what-they-are-and-how-to-use-them>

Local Publicly Available Defibrillator's

Tesco Express, 92 London road, (Tarpots) Benfleet, SS7 5TJ Available;- 6.00-23.00 M-Sun

ABC Taxi Office 191 Church Rd, South Benfleet, Benfleet SS7 4PN Available;- 24/7

Appleton School, Croft Road, South Benfleet, Benfleet, SS7 5RN Available;- 24/7

Kents Hill Junior School, Kents Hill Road, Benfleet, SS7 5PS Available;- 8.00 – 18.00 M-F

Kents Hill Service Station (Shell), High Road, South Benfleet, SS7 5HB Available;- All Day M-Sun

Spar Convenience Store 22 High Road, Benfleet, SS7 5LH Available;- All Day M-Sun

Congregational Church, Kenneth Road, Thundersley, Benfleet, SS7 3AL Available;- 24/7

The White Hart Public House, Hart Road, Benfleet, SS7 3PF Available;- All Day M-Sun

Castle Point Borough Council, Kiln Road, Thundersley, Benfleet, SS7 1TF Available;- 8 All Day M-Sun

Hadleigh Methodist Church, Chapel Lane, Benfleet, SS7 2PQ Available;- All Day M-Sun

Castle House, Castle Avenue, Benfleet, SS7 2AP Available;- 8.00 – 17.00 M-F & 9.00 –16.30 S-Sun

Morrisons, 175 London Rd, Hadleigh, Benfleet SS7 2RB Available;- 7.00 – 22.00 M-S & 10.00 –16.00 -Sun

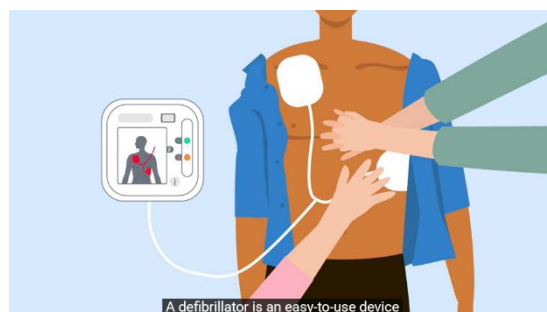


Here is a link to the



video on how to use a defibrillator: -

<https://www.youtube.com/watch?v=8A0kljQU48U>



Seasonal Affective Disorder

Seasonal affective disorder (often referred to as '**SAD**') is a type of depression that occurs during particular seasons. It's more common in winter – many of us feel lower in mood and energy as we adjust to the change in seasons.

Typical symptoms of seasonal affective disorder include:

- low mood
- lacking energy
- losing interest in things or not enjoying things you usually do
- having difficulty with concentration and memory
- feeling less able to talk to people, or needing to be quiet
- preferring to be alone more than usual
- feeling pessimistic, hopeless, or guilty
- changes in appetite
- not wanting to get out of bed
- crying more than usual, or over things that wouldn't normally make you upset
- having difficulty getting restful sleep – whether this means waking up early and not being able to fall back asleep or insomnia



SEASONAL
AFFECTIVE DISORDER

www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/seasonal-affective-disorder-sad/



Merry Christmas



and a Happy, Healthy New Year

from all at

Benfleet Primary Care Network



TOGETHER



Your surgery needs YOU!

Join your surgery's **Patient Participation Group**

With both staff and patients pulling together,
we can create a health care that works for us all

You too can be a part of this

Just email your name and surgery name to: - BenfleetPCN@nhs.net

