

We welcome your feedback! Please contact a member of the East Locality Leadership Team.

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Locality Update

OneTeam! What is this you may ask? It's a new project that the East Locality are working on. They are multi-disciplinary teams based in the East of Southampton to deliver a positive experience of care, by aiming to support and empower people to maintain independence, and manage their multiple health and care conditions by providing personalised holistic care for people in, or close to, their own homes.

It aims to provide more proactive, co-ordinated care with improved outcome for patients by facilitating networking opportunities between health, voluntary and community sectors. One of the objectives is to dissolve the divide between primary and community care. Although this is in its infancy, we have the backing of all 3 PCNs, plus stakeholders from both statutory and non-statutory services. Watch this space for more information on its development.

Our other 2 projects are continuing to thrive!

We will provide an update on ONPOS and the Wound care project in the next newsletter. The social prescribing network is going from strength to strength. We are seeing the development of positive working relationships amongst the social prescribers, local communities and larger organisations. We are excited to see a group of people who are utilising their existing skills and expertise, and who are exploring future learning opportunities.

PCN Update

Bitterne PCN has recruited 2 Paramedics and another Pharmacist to add to its continually expanding workforce.

Sundee Benning and Taljeet Bhakar are the new education environmental leads; they look forward to creating a supportive and learning rich environment for the additional roles staff.

Our new mental health practitioner is also starting this month.

This is a busy time for general practice, but Bitterne PCN is confident about delivering a high-quality service offering greater patient access and a range of appointments.

Did you know...? PCN Clinical Pharmacists

Many PCNs in Southampton are now employing pharmacists and pharmacy technicians to work as part of the PCN team. In Southampton these roles are working alongside the already existing medicines manager roles and the CCG medicines optimisation team. There is a national specification for the role of pharmacy PCN team, one of the main roles includes prioritising patients for structured medication reviews. This includes patients in care homes, patients on 10 or more medicines, patients with severe frailty or those using potentially addictive pain medicines. The pharmacy team locally also help answer medication queries from patients via eConsults or phone calls, they can be also be contacted by local healthcare professionals to resolve prescription queries and answer medication related questions. The pharmacy team also complete medicines reconciliation processes post hospital discharge or from clinic letters, liaising with both secondary care and community pharmacies. Overall, the pharmacy team hope to improve the safe use of medicines in primary care.

Public Health Update

The Delta variant of Covid-19 has now become the dominant variant and now causes 99% of cases in Southampton similar to the whole of the country. Although estimated to be 40-80% more transmissible, the good news is that latest data from Public Health England (PHE) suggests two doses of either the Pfizer or AstraZenica vaccine are 79% effective at reducing risk of symptomatic infection and 96% effective at reducing risk of hospitalisation. This is why the Government are supporting the NHS to get as many vaccinations completed as possible before 19th July. Progress in Southampton is good with 69% of the adult resident population having received their first dose and 48% having two doses. This is lower than in some areas of Hampshire but for good reasons – we have a younger, more diverse, and more deprived population and these factors can all affect uptake. Public Health (PH) works closely with NHS partners across the city to support innovative uptake models including pop-up clinics in places of worship and community centres, confidence building webinars, and large scale walk-in events like the Grab a Jab Southampton at the Guildhall. We continue to use communication across all channels to target messages to different cohorts and use community engagement to understand more about the communities that we are trying to support and the things that will help increase confidence and convenience of vaccination. Case rates are increasing nationally, including in Southampton, due to the recent easing of restrictions but to date there is some disconnect between case rates and hospitalisation, largely due to the vaccination programme. We will be monitoring the case rate and hospitalisations closely and continue all efforts to vaccinate the population as fully as possible.



Spotlight On: Mayfield Park

Mayfield nurseries is now back to supporting participants, in-person, with their wellbeing, through therapeutic horticulture. We have a variety of activities planned for the next 3 months both at Mayfield and also via zoom. We aim to resume our 'Forget me nots' project supporting those with dementia through gardening, once all restrictions have been lifted.

Enquiries for referrals can be made via email enquiries@mayfieldnurseries.org.uk

Or telephone 02380 447743 and speak to a member of the wellbeing team.

Local Solutions Groups Update

SESSH – Local Solutions Cluster 6 • Astrid Vawani reports

The first Recovery Rooms took place in June and July which were really appreciated. Our next is at Thornhill Baptist Church on Wednesday 25th August <https://www.thornhillbc.org.uk/card/recovery-room/> to book but walk in's are fine. Two Living Well Partnership Social Prescribers came along to the Well-Being Café at Thornhill Baptist Church on 26th July and we hope to make this a monthly occurrence. This is an exciting addition to our existing partners covering Mental Well Being [Solent Mind], Housing [Home Group] and Employment/Job Search support through one of our volunteers. Our next SESSH project is to work on some easy print thematic information cards to aid in the communication of local support services.

Itchen to Bridge the Gap - Cluster 5 • Paul Lewzey reports

Southampton Mental Health Network (<https://communicareinsouthampton.org.uk/wp-content/uploads/2019/08/Southampton-Mental-Health-Network-MOU.pdf>) is aiming to help make Southampton a mental health friendly city. A group from Itchen to Bridge the Gap is working to develop ideas to promote mental health for the SO19 patch. Sally-Ann Jones from Southern Health shared the Trust's plans to expand the Lighthouse project in the east of Southampton. <https://www.carersinsouthampton.co.uk/crisis-lounge-at-the-lighthouse>

Claudia Murg from 'We make Southampton' will be taking her bus to 30 venues in the City in 30 different neighbourhoods to highlight local issues. Claudia will be in touch with people in each area before she arrives.

Fun Fact!

In 1920, the combined population of Sholing and Bitterne was just under 10,000. Sholing remains one of the smallest wards in the city with just 5.5% of the population, but their combined populations, as of 2018, now stands at 26,601!