



Newsletter | June - September 2023

| Growing as a PCN

We are proud to welcome two new practices into our Primary Care Network:
[Cheylesmore Surgery](#) and [Edgwick Medical Centre](#).

As of April 2023,
we are now a network of

 11 Practices

 84,000 Patients

| New PCN Roles

We have introduced a few new roles into our primary care network such as Health and Wellbeing coaches, social prescribers, clinical pharmacists & Paramedics. This enables us to deliver enhanced care as we can provide patients with more suitable appointments with clinicians that specialize in that area, further improving the patient's access.

| Enhanced Access



The PCN has been able to consistently offer **80 hours a week of appointments** to patients in our out-of-hours service.

These clinics run at: [Clay Lane Health Centre](#) and [COCHC](#), from Monday - Friday (18.30 - 20.00) and Saturday (09:00 and 17:00).

Additional appointments are provided for different services by allowing patients to consult, via telephone or face-to-face with GPs, physician associates, ANPs, HCAs and nurses.

| Covid Clinic

We are currently running our Autumn Booster programme successfully. As a network, we have also vaccinated the housebound and the patients in care homes.



Community Event

On 22nd of March, at Broad Street Community Hall.

The event was organized to create awareness & highlight how our PCN supports its patients in a holistic & person centered way.

Social prescribing uses an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

NHS Social Prescribing Link Service

Do you have social, emotional or practical concerns and need support?
Your GP Practice is more than your GP

Coventry Navigation 1 Primary Care Network – Open Day

Come and meet us at

Broad Street Community Hall
124 Broad Street
Foleshill
CV6 6BG
Wednesday 22nd March – 1pm to 6pm

Social Prescribing can help and support you with

- Housing concerns
- Finances + Employment
- Mental Health
- Social activities + Groups
- Healthy Lifestyle
- Caring for someone
- Volunteering + Education
- Bereavement
- Living with Health Conditions

This event was to showcase the different services that the social prescribing team can link patients into. The patients who attended the event were able to meet GPs from the different surgeries and some of the other practice staff who work across the different sites. Patients were also able to meet our health and wellbeing coach and the care coordinators who work for the PCN.

Thrive to work event spoke about how they can support patients with getting back into employment and finding roles that are right for them.

Men’s Mental Health Clinic

Awareness day comprising of **200 + Attendees | Knowledge Tranfers | Healthy Lifestyle Coach** at Coventry Transport Museum



Overall, a great day demonstrating professionals working together to achieve a holistic approach for patients.

A large number of services attended and provided information, advice and testing. The Healthy Lifestyle Coach demonstrated chair-based exercises which were designed to demonstrate how any exercise and activity can be adapted and modified to be performed sitting in a chair, and still get you out of breath resulting in health-related benefits.



| Thrive to Work



We have partnership that will provide help and support to patients who are looking for any sort of advice regarding employment.

Get help in

- > CV building
- > Skill upgrading
- > Interview walkthroughs
- > Re-enlighten patient's confidence and spirit and lot more

| Lifestyle Group Clinics



Lifestyle Group Clinics have been successfully launched across the PCN. The sessions enabled patients to make permanent & positive lifestyle changes for a happier and healthier life.

The clinics are held monthly at Godiva Group Practice, Stoney Stanton Road, and consist of weekly 3 sessions.

The sessions cover

- > Healthy Lifestyle
- > Nutrition & Activity
- > Barriers & Support.

| Parkrun



PCN parkrun events are now well underway!

The PCN parkrun event is held on the second Saturday of every month at the War Memorial Park, starting at 9am.

It involves either walking, jogging, or running twice around the park (total 5km, or 3 miles). Parkrun is a fun event for both patients and practice staff.

It is a great way to meet people, promote a community event, build a 'together' spirit, get outdoors into the fresh air, and get healthier and fitter. Walk, jog, or run... it's always fun.

For details please visit:
www.parkrun.org.uk/coventry/

| Patient Participation Group (PPG) Meeting

Navigation 1 PCN and GP Connect held a the PPG event on 27.07.23 from 1pm – 5pm at the Hope centre.

The patient group panel was invited to attend and meet the Additional roles and given the opportunity to ask questions and feedback to our clinical Director - Dr Ali.

The additional roles are a mix of clinical and non-clinical roles that provide support and clinical expertise to support patients health and wellbeing.

Attendees and experts included:

- Dr. Ali (Clinical Director)**
- Saddam (non-Clinical Director)**
- Nishma (Clinical Pharmacist)**
- Heather & Theresa (Care Coordinators)**
- Carron (Healthy Lifestyle Coach)**
- Mental health lifestyle coach**
- Lisa (Guest Speakers Act on energy)**
- Shaheen (Thriving to work)**
- Emma (Law Society)**



| Cricket for a Cause

An Integrated cricket match between the GP WARRIORS and Consultant Connect proved to be a fun filled occasion to network and bridge good connections. The donations collected from the match went to Coventry Cyrenaica , a charity to support the homeless.

[Donate Now](#)

