

The logo for Shrewsbury Primary Care Network is a green brushstroke with the text 'SHREWSBURY' in a large, white, serif font and 'PRIMARY CARE NETWORK' in a smaller, white, sans-serif font below it.

# SHREWSBURY

## PRIMARY CARE NETWORK

# July Newsletter

### Healthy Lives Advisors

Our Healthy Lives Advisors will contribute to tackling healthy lifestyle issues in Shrewsbury and the surrounding area, predominantly via the delivery of the NHS Health Check programme. The team will also work with seldom heard communities who experience inequalities in health, such as asylum seekers, homeless people, ethnic minority groups and those living in areas of high deprivation.

### Kate Lindley

Hi, I'm Kate! I come from an exercise referral background, so I would work with anyone who's health condition could be improved with exercise and weight management. I loved meeting people and supporting them to make positive lifestyle changes.

I have two gorgeous little dogs and a cat who I adore. I play rounders in the Shrewsbury league, and I am originally from Lancashire, so I spend a lot of time up north with family and friends.

### Jo Gilbert

Hello, I'm Jo! Prior to this role I have worked as a HCA in General Practice for just over 19 years. I started as a Phlebotomist and then gained my HCA award at Staffordshire University whilst working in Practice.

In my spare time I am a keen gym enthusiast, I love lifting weights! I also love

live music events, socialising with friends and taking my elderly dog on a slow walk.

### Britney Barnett

Hi I'm Britney! Before this role I worked as the Team Administrator for the Shropshire Telford and Wrekin Staff Psychological Wellbeing Hub. The Hub offers mental health and wellbeing support for NHS and Social care staff.

In my spare time I enjoy going to the gym (sometimes), spending time with my family and friends and cuddling my fur baby Luna!



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### Cancer Care Coordinators

Meet our Cancer Care Coordinators! The Cancer Care Coordinators primary role will be to support and develop coordination of the Early Detection and Prevention of Cancer across the PCN and ensure that the early part of a patient's cancer journey is as seamless as possible. The team will be beginning with a pilot practice first to gain an understanding on how many patients they will be reviewing. There will also be PCN wide appointments available soon for Practices to book their patients in to.

### Hannah O'Donoghue



Hello, I'm Hannah and I am one of the new Cancer Care Coordinators working for the PCN. I worked for 12 years in Residential Childcare, managing my own home and team for children who had experienced exploitation and abuse during their childhood. I discovered a passion for understanding trauma and the positive impact that a therapeutic approach can provide.

In 2021 I decided it was time for a new challenge and started with the NHS helping to improve the quality and quantity of Cancer Care Reviews within primary care as part of the MacMillan Pilot. When I saw the Cancer Care Coordinator role advertised, I knew I wanted to apply and am excited to see how the role will develop.

In my free time I love to go to festivals and gigs; my most recent was Glastonbury – finishing the weekend watching Elton John was pretty special. I am currently attempting to master the art of DJ'ing with my friend, and we recently played a small festival (badly!). I have a Springador called Betty who I enjoy walking and taking to the beach.

**Alice Allsop**



Hi, I'm Alice and I'm excited to join the team! After Uni, I worked through the pandemic as a reablement support worker, where I would support people recently discharged home from hospital with daily living tasks to promote their independence. Following that, I was a countywide care coordinator for the same service. Currently, I am studying an MSc in genetic counselling as well.

In my free time I like going out for food with family and friends, paddleboarding on the Severn, and keeping up with running so that I don't suffer too much at the Cardiff half marathon this year, which I am doing to raise money for Nerve Tumours UK.

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### **Cancer Champion Training**

Cancer Champions is a local initiative in Shropshire, Telford & Wrekin, and Powys. Lingen Davies Cancer Fund has joined with Qube in Oswestry to deliver the Cancer Champions campaign. Cancer Champions are volunteers who will be trained by the Cancer Champion Team to incorporate discussions around cancer in to their everyday life, whether that be with friends, at home or in the workplace. A Cancer Champion will:

- Have conversations about spotting the signs and symptoms of cancer and understanding the screening process
- Encourage people to take up screening invitations, know their body and report any concerns to health professionals
- Listen and feedback their experienced and concerns
- Help reduce stigma around cancer
- Talk with care and sensitivity and in a way that is meaningful

We have hosted two bespoke Cancer Champion training sessions within the PCN and have had a mixture of practice members of staff and PCN members of staff in attendance. All attendees have given such positive feedback and have been recommending friends and family members to attend a session.

There will be another training session held towards the end of the year for any Practice members of staff to attend. This will be emailed out to all the Practice Managers.

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### **Pre-registered Pharmacists**

We have four Pre-registration Pharmacists, who will be joining our Pharmacy Team and will be working on a rotation with SATH. This means that we will have two pre-registered Pharmacists at any one time working within the PCN supporting the Pharmacy team.

Within the Pharmacy Team we also have a new Pre-registration Pharmacy Technician, Shannon working within the team.