

# HIGH STREET MEDICAL PRACTICE

## SPRING/SUMMER NEWSLETTER 2020

### CORONAVIRUS

**DO NOT ATTEMPT TO COME TO THE PRACTICE.**

**CONTACT 111 FOR ADVICE.**

**PLEASE** think about the following options before calling the surgery:

**A&E or 999:-** Keep A&E for accidents and emergencies. Dial 999 for life threatening emergencies.

**NHS 111:** The NHS 111 telephone service is a **FREE** call number that provides confidential health guidance and advice, 24 hours a day, 365 days a year. Dial 111 from landline or mobile—it is fast easy and free.

**PHARMACY:** Your local pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment. Pharmacists are qualified to give advice on a range of conditions, are experts on medicines and can advise people on whether they need to call or visit another NHS service.

**Minor Injury Unit:** Minor Injury Units at Victoria Infirmary, Northwich is open daily from 9am-10pm and offers access to a range of treatments for minor injuries including fractures, cuts requiring medical attention and burns.  
Tel: 01606 564000

### CORONAVIRUS

If you feel unwell and...

- . you think you might have coronavirus
- . in the last 14 days you've been to a country or area with a high risk of coronavirus
- you've been in close contact with someone with coronavirus

**DO NOT GO TO A GP SURGERY, PHARMACY or HOSPITAL.**

**Call 111 and speak to someone.**

**NHS 111 has an online coronavirus service that can tell you if you need medical help and will advise you what to do.**

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

#### E-Consults:

**You may have noticed that when you are requesting a sick-note you will be provided with information on how to contact us using e-consult.. This is a much simpler and quicker way to contact the practice. Contact us on-line using our website: [www.highstreetmedicalpractice.co.uk](http://www.highstreetmedicalpractice.co.uk)**

**You can ask about common problems, request sick notes or ask about recent tests.**

#### AccuRx:

**High Street have recently introduced this new service as an additional way of contacting our patients by sending you a text message.**

**PLEASE MAKE SURE YOU UPDATE THE PRACTICE WHEN YOU CHANGE YOUR MOBILE NUMBER.!**

---

## **Primary Care Networks (PCN) : What does this mean for me?**

The five Winsford GP practices have begun working together as a Primary Care Network (PCN) with community services, mental health, social care, pharmacy, hospital and voluntary services in our local areas. Combined we have a local population of just over 35,000 patients. A community of this size is small enough to provide the personal care valued by both patients and the GPs, but large enough to have impact and economies of scale through better collaboration between practices and other health care and social care providers.

Benefits for patients — Many patients who live with long term conditions, such as diabetes and heart disease, or who have mental health issues, need to access local health and care services more often. Having Primary Care Networks enables health and social care professionals to offer more pro-active, personalised, co-ordinated and joined up health and social care for patients.

Key benefits include:-

Having joined-up primary, community and social care services will lead to better sharing of information, the PCN will work more closely with the whole team.

Services can be offered across a network of practices that could not reasonably be offered via an individual practice. Examples of such services include embedding new care models for frailty, long term conditions such as diabetes and access to new healthcare professionals such as clinical pharmacists and social prescribers.

Jackie Brown has recently joined Winsford PCN as our designated social prescriber. Many of you may know Jackie from her previous involvement with Bright life. Jackie has a wealth of knowledge and will provide help and support to patients registered at any of the 5 Winsford Practices.

Patients will be able to access a wider variety of health and social care services through PCNs and have options to access these services through more than one GP or health service. For example, we have recently carried out work on respiratory emergency admissions, utilising the Physician Associate Role. We have worked collaboratively with the End of Life Partnership to improve advanced care planning for cancer and dementia patients. We have piloted teledermatology in Winsford, which is now rolled out across Vale Royal and South Cheshire practices.

Working as a PCN will help smaller GP practices be more sustainable as we begin to share resources across the town for example extended hours (late evening appointments/weekend hubs via 111/OOH) Winsford Patient Participation Cluster Group—representatives from each of the Patient Panel members in each practice meet as a cluster group, to discuss local population and town needs rather than individual practice needs. If you would like to know more, please get in touch with reception and we will forward your details .

As the Network develops, we will endeavour to bring you more information on how Winsford is working as a community, to deliver local population needs to you, our patients.