

# Newsletter



**NWL GP Federation**  
Working together for our patients

July 2024

## What is a Federation, and how are they different to a Primary Care Network? (PCN)

North West Leicestershire GP Federation has been responsible for the running and management of the North West Leicestershire Primary Care Network (PCN) since 2014 - but what is a Primary Care Network?



It is a group of practices (in NWL there are 12!) who work together at scale in a local area to focus on high quality patient care. They have been around since 2019 and 99% of practices across England now work as part of one.

With increased demand, and shortage of clinical staff, practices can effectively offer a wider choice of services and treatments where when they can work together to improve patient care

Check out our **BRAND NEW** website...

[www.nwleicestershiregpfed.nhs.uk](http://www.nwleicestershiregpfed.nhs.uk)



We're making healthcare even more accessible! Feel free to **pre-book** a phone consultation between 6:30pm-8pm, Monday to Friday. Choose from a GP, Advanced Nurse Practitioner, or Clinical Pharmacist and get the help you need.

But wait, there's more! Every Saturday, from 9am-5pm (alternating between Long Lane Surgery (Coalville) and Castle Medical Group (Ashby De La Zouch) we're offering in-person **pre-booked** appointments for routine consultations. Whether its a minor illness, a menopause consultation, medication review, or cervical smears , we've got you covered.

We know life can get in the way of taking care of yourself, so these options are here for those who need a little flexibility.

**To book into one of these appointments, please contact your GP practice.**

## This months focus.....

### Our Women's Health Hub Clinic!

The Women's Health Hub Clinic is an additional service to GP practice's clinics, offering patients the chance to consult with a British Menopause Society accredited specialist.

This clinic provides comprehensive care for diagnosing, commencing treatment, reviewing, and monitoring the outcomes of menopause and HRT.

Our service, established approximately 11 months ago, has treated over 500 patients to date. These patients have been able to book appointments through their GP surgery, avoiding unnecessary delays in commencing treatment and without the need to seek private healthcare. Importantly, they received treatment at no additional cost.

Initially, the clinic operates on Saturdays, but we are soon planning to expand our hours to include weekdays and evenings.

Since it started, we have also organised group consultations through Patient Participation Groups (PPGs). For example, Alan (a PPG member) organised a successful menopause group consultation for Markfield patients last year, and we have conducted similar sessions in Castle Donington and Coalville.

Looking ahead, we aim to offer approximately 70 menopause appointments per month for the next 12 months. These will be in addition to the appointments available at patients' GP practices and through enhanced access services. This highly bespoke service is not yet available in any other Primary Care Network (PCN) in the United Kingdom.

We are collaborating with other providers, Integrated Care Boards (ICBs), and PCNs to support them in setting up similar services.

Our clinic has recently been honoured with the Primary Care Excellence Award for its achievements in establishing the menopause clinic and successfully treating patients.



# Case study from our Social Prescribing Link worker team, maybe they could help you?

## Why was the patient referred into the service?

Patient was increasingly isolated due to medical conditions and declined mental health as a result, would benefit from establishing some support groups or peer support and reducing social isolation.

## What were the patient's goals for the Social Prescribing Service?

To build social relationships, Weight loss through increased physical activity, and to feel more confident.

## What was the impact of the Social Prescribing Service?

Patient is now engaging in a variety of community based groups for example:

Seated exercises

Mindfulness sessions

Neighbourhood Mental health Café

Complimentary therapies

## What was the patient feedback?

Whilst the patient feels that their medical conditions will limit their abilities, they are now aware of the groups and services that they can engage with and has since attended various social functions that they couldnt have done without the help of the Social Prescribing team!

**You can get support to treat many minor ailments yourself.**

Get in the know how the NHS app, NHS 111 online or your local pharmacy can help you get the right care as quickly as possible.



GetInTheKnow.co.uk



Psst! Want to know all the hip and happening events in the local area? Then join our social media squad! Keep tabs on our Facebook page at [North West Leicestershire GP Federation](#) and our X page (formerly known as Twitter) at [@nwlgpfed](#).

