

Mid Devon Healthcare Primary Care Network

Supporting wellbeing in the heart of Devon

FEBRUARY 2024

An eventful and prosperous quarter for the Mid Devon Healthcare PCN...

Support, healthcare and medication has been delivered to the community of our PCN...

We would like to share with you what has been happening within our PCN team...

45 patients in
December 2023
alone were referred
to our Social
Prescribing Team

153 Vaccinations
for patients in care
homes have been
undertaken by our
PCN Pharmacist

❖ Meditation
❖ Relaxation
❖ Mindfulness
courses have all been taking
place with great success

Good Grief Café
Patients have
been attending
from all 4
practices

46 patients have already
gained benefit and
support from the Fuel
Poverty Project leading
them to receive
increased support from
Exeter Energy Company

135½ Extended Access
hours were delivered for
patients to visit GP's and
Nurses across all 4
practices

Courses and events being delivered for our patients within our PCN during this quarter:

- ❖ Cancer Care Listening Event
- ❖ Persistent Pain Café
- ❖ 'At Risk Diabetes' Group Consultation

An up-to-date timetable of our ongoing courses are available on:
www.middevonhealthcare.co.uk

PCN Team Member Focus...

Our PCN Occupational Therapist, Nikki Toomer covers a variety of tasks within our PCN Team Community. This is an invaluable service provided within the team.



Nikki covers:

Advanced Care Planning including end of life and palliative care and advice around Lasting Power of Attorney.

- Dementia reviews and carer support and advice
- Return to work advice
- Supporting and promoting enhanced health in care homes
- Aging well clinics and holistic MOTs for patients with increasing frailty
- Assessment of activities of daily living that are important to you e.g. work, leisure, personal care, mobility, cognition, falls
- Tailored goal setting and treatment around what matters to you and your loved ones
- Provision of simple aids and equipment
- Advice and training around mobility, transfers, falls risk reduction and moving and handling
- Onward referrals to appropriate services

The OT will also liaise very closely with the GP and the rest of the practice team.

Courses already in planning for our next quarter:

- ❖ Getting Unstuck
- ❖ Mindful May

Welcome to our new FCP...




We would like to welcome our new First Contact Physio to our team... Aditi. Aditi will support our physio services within our PCN and will no doubt be an asset to each practice.

Aditi is based at Redlands Monday - Friday However, is available to see all patients within the PCN.

Meet our team...

Members of the PCN Board


Jo Harris
(Clinical Director)




Michelle Freeburn
(Finance Lead)




Vicki Cole
(HR Lead)




Lucy Harris
(Compliance Lead)




Richard Ward
(Digital & Transformation Lead)



April Tregale
(Operations Manager)




Lisa Avery
(Administration Assistant)



Aditi Shah
(First Contact Physio)



Nikki Toomer
(Occupational Therapist)



Jo Hicks
(Pharmacist)



Hannah Baker
(Pharmacist Technician)



Jess Spry
(Frailty Co-ordinator)



Paula Martin
(Lead Health & Wellbeing Coach)



Simon Bloomfield
(Health & Wellbeing Coach)




Jess Bannister
(Health & Wellbeing Coach)



Rachael Ridley-Lamb
(Children & Young Persons Social Prescriber)



Emma Fuell
(Growing Well Garden Worker)



Tessa Mitchell
(Social Prescribing Link Worker)

