

# Connect

**BOLTON**

**Bolton GP Federation News**

September 2022

The second issue of Bolton Connect is here and we're taking a plunge into what's been going on over the busy summer! We caught up with various members of the team, our networks and wider partners in Bolton to bring all the information directly to you.

The best communication is always two-way so please contribute to our newsletter by sending your feedback and updates to [comms@boltongpfed.co.uk](mailto:comms@boltongpfed.co.uk)

## Greater Manchester Training Hub

### What is the GMTH?

The Greater Manchester Training Hub (GMTH) provides lots of opportunities for people working in lots of different roles in primary care, including:



**GREATER  
MANCHESTER  
TRAINING HUB**

- Apprenticeships
- New to Practice (Fellowships)
- Continual Professional Development
- Leadership Development
- Opportunities offered by Health Education England and NHSEI

### Who runs the GMTH?

In April 2022 the hub became the responsibility of the GM Feds Collaborative, and Bolton GP Federation became the lead employer for all of the training hub staff.

This means that the staff who have been working at the GMTH prior to April, have now transferred to working for us.

The GM Feds Collaboration is made up of a group of GP Federations that have a strong track-record of providing Primary Care support and services from across Greater Manchester, and includes Bolton, Bury, Manchester, Oldham, Rochdale, Salford, Stockport, Thameside, Trafford and Wigan.

### What does the GMTH do for us?

The GMTH is here to create accessible education and development opportunities to all staff working within Primary Care by providing one point of contact and expert knowledge around all their training needs.

### The Bolton Locality Steering Group

In Bolton we have set up a new GMTH steering group made up of PCN Clinical Directors, Practice Nurses, workforce leads, primary care leads, the Local Medical Committee and Federation representatives. They will meet regularly to ensure the GMTH offer meets our local needs and that we take full advantage of the support and development available for our Primary Care workforce (and that we meet our targets!) At their first meeting last month, the steering group asked that we prioritise ensuring that our PCNs and practices have access to information that supports this, so they understand what's on offer and how they access it.

For more information on GMTH go to [GMTHhub.co.uk](http://GMTHhub.co.uk) or email: [Kristy.barlow@nhs.net](mailto:Kristy.barlow@nhs.net)

## Our people in the spotlight

In this issue we are turning the spotlight onto some of our senior management team and board members who drive our mission to be the leader in primary care collaboration.



**Dr Bev Matta**  
Board member

Bev has worked as a doctor in Bolton for over 10 years. Having completed her training at Royal Bolton Hospital she became a GP partner in Westhoughton. Bev has been involved in neighbourhood working over a number of years and more recently was appointed as Westhoughton PCN's Clinical Director. This role involves oversight of contractual requirements for 30,000 patients and coordination of the large extended multidisciplinary workforce.

Being a Clinical Director has helped foster improved relationships across primary care in Bolton. Bev has a passion for integration and improved communication across all parts of the health and care systems. She is also an elected member of the Bolton's integrated care partnership boards.

These portfolio roles give her good insight into the challenges faced by adults and children across Bolton as well as an appreciation for the work done by so many of the professionals involved in their care. As a mum of twin girls, she is kept very busy and likes to relax by baking, running and spending time with friends and family.

Bev can be contacted at [beverley.matta@nhs.net](mailto:beverley.matta@nhs.net)



**Kath Arrowsmith,**  
RN, BSc Hons  
Chief Nurse

Kath is the Chief Nurse at the Federation and manages a network of experienced General Practice Nurses who support our Primary Care Networks at times of low staffing through sickness absence, recruitment etc.

She is also the Lead Nurse for the GM Training Hub in Bolton, supports immunisation/vaccination programmes and provides support with training, development and recruitment of Federation staff.

Kath's previous roles have included Specialist Nurse supporting general practice, Practice Nurse, End of Life Care Associate Facilitator, Specialist Nurse, Marie Curie Nurse and Health Care Assistant. She started her career in palliative care in the community, an area which has always remained close to her heart.

Kath can be contacted at [kath.arrowsmith@boltongpfed.co.uk](mailto:kath.arrowsmith@boltongpfed.co.uk)



**Kristy Barlow**  
Operational Manager

Kristy has worked for the Federation since 2015. Her current role involves overseeing the daily operations for all services and creating strategies for any new service provision. She is also a Network Manager working alongside the Clinical Director taking responsibility for implementing and monitoring contractual requirements and recruiting and managing the workforce.

Kristy has been very busy over the summer, playing a key role in the GM Training Hub and working closely, for and on behalf of our Primary Care Networks with planning, operational modelling and mobilisation for the new Enhanced Access service which commences on the 1 October.

Kristy can be contacted at [kristy.barlow@boltongpfed.co.uk](mailto:kristy.barlow@boltongpfed.co.uk)

Next month we will be turning the spotlight on Sue Higson our Quality and Governance lead, Abdullah Ashraf our Management Accountant and board member Dr Saveena Ghaie.

# Calling all General Practice staff in Bolton

Are you an experienced GP, Practice Nurse, HCA, Nurse, MSK or Mental Health Practitioner, Pharmacist or Receptionist?

## Do you have some time to spare or looking for additional hours?

Bolton GP Federation is recruiting experienced staff who are currently working in General Practice to join our Enhanced Access Service (evenings and weekends)

If you are interested, please contact **Barry Barlow**  
**01204 546124**  
[barry.barlow@nhs.net](mailto:barry.barlow@nhs.net)



**kooth + Qwell**

## Free, safe and anonymous mental health support

For all ages in **Greater Manchester**.

For ages 10-25: [kooth.com](https://kooth.com)

For ages 26+: [qwell.io](https://qwell.io)



Kooth and Qwell are free, safe, and anonymous sites that offer mental health and wellbeing support to people in Greater Manchester aged 10+. We are staffed by our fully trained and qualified counselling team who are available until 10pm each night, 365 days per year.

Both sites also feature self-help tools including online journaling and mindfulness techniques. We also have a community space on our Kooth and Qwell magazines and discussion boards where any users can give and receive advice and support from others.

## Suicide Awareness

In July, Bolton Council hosted a Hybrid Suicide Prevention Strategy Refresh Workshop. The purpose of the workshop was to get as much input as possible to support the development of a visual strategy for Bolton.

On the day people were asked to think about the following possible priorities:

- Alignment of strategies - Where and who should we focus our efforts on?
- Prevention and early intervention, pathways, who, what, when?
- Safe places to talk
- Opening up conversations about suicide- every contact counts... feeling confident?
- Covid related trauma
- Communities of THRESHOLD – at what point are people able to be accepted or access services? Barriers and facilitators
- Data and intelligence?

There will be another hybrid session to share the draft strategy for thoughts and comments and we will keep you updated through our newsletter.

**Bolton**  
**Council**

One of our Social Prescribing Link Workers shared their feedback, thoughts and experiences of the workshop:

***'The suicide awareness session was extremely interesting. It was good to hear the good work being done in Bolton to reduce the suicide rates in the town. One of the speakers also told her emotional and inspiring story from losing her son to suicide and the work she is now doing to help others. It was also good to be involved in thought provoking conversations on how we can improve collaborative work to support people going forward'***



## Integrated Care District Team Events

Over the summer, integrated care staff held team building events for our District leadership teams in North, South and West-districts.

The events focussed on building relationships between teams and colleagues with the key message being that a shared purpose are the foundations of integrated working.

The events were a great success; lots of insights and ambitions were shared, as well as participation in a fun team building exercise too - what a competitive bunch!

Work to further develop integrated working between health, social and voluntary sector teams is continuing with events have been planned for staff to connect and understand the role different teams play in keeping our Bolton residents safe and well.



## News from our partners

We love to hear about what our partners are up to. If you're a service, organisation or individual with a story to tell, let us share it in our newsletter!

[comms@boltongpfd.co.uk](mailto:comms@boltongpfd.co.uk)



## In our networks

### Social Prescribing success story

We caught up with Jayne Spotswood, Social Prescribing Link Worker (SPLW) for Farnworth and Kearsley PCN who shared the success of working with one of her patients. She helped this person on their journey to get from a place of worry and issues, to a place of positivity and opportunity to be settled.

Patient at Stonehill Surgery  
Female 40 years old

21/4/22

Patient referred for support with a housing issue, she received an eviction notice, with 4 young children and relationship breakdown.

The patient was living in private property rented to her by ex-partners friend. He issued an increase in rent from £500 to £750 per month. Advised her to go to Citizens Advice Bureau (CAB) Bolton drop-in clinic.

She asked about the benefits that might be available to her. Advised to call into the New Bury Ucan.

She shared she was not getting paid properly. Connected her with 'Starts with you' for advice and support.

Housing  
Advice

Benefits  
Advice

Employment  
Advice

citizens  
advice

NEW  
BURY  
UCAN  
CENTRE

Starts with you

25/4/22

Welfare check call. All ok and going to the CAB drop-in later in the week.

3/5/22

Welfare check call. Landlord now going through an estate agent pressuring her to sign new rental agreement. Advised she shows it to CAB before signing anything.

Had the advice about work payments and felt better about that. Patient's mother getting worse with her dementia and is having to go into a home and was very upset. Listened and gave her the time she needed.

19/5/22

23/5/22

6/7/22

Welfare check-ins.

25/7/22

Patient moved home into a 4 bedroom Bolton at Home property, housing benefit covers the rent. Had the keys for 3 weeks. With help from her father, the property was cleaned and fitted with new carpets. Shared she can try Bolton Guild of Help if she needs anything else once settled. Her mum settled in the care home and is now eating again. Old house cleaned and keys handed back. Thanked me for listening over the months has found it helpful and really appreciated all the support from CAB and Starts with you.

31/5/22

CAB sorted new agreement and she feels much better about it all. CAB also helped apply for a benefit for her son and did her a 'better-off' calculation. Her mum is declining. Asked for a further call as she finds them helpful.



## Work experience opportunities for young people in Farnworth & Kearsley PCN

Local GPs, other primary care, voluntary and community organisations within the Farnworth and Kearsley PCN are looking to create work experience opportunities for young people aged 15 to 19 who live within the area and who are currently struggling to engage in education, employment and training.

This aim is to support and provide opportunities for local young people, helping them to build their confidence and employability through experience in and exposure to the day-to-day running of primary care, including admin, engaging with patients and shadowing health care professionals such as doctors, nurses, physiotherapists and social prescribers.

Before implementing this new scheme to tackle health inequalities, the PCN is seeking views on how this could work in partnership with schools, local groups and any services that currently have contact with young people.

If you're interested contact  
[victoria.westwood@boltongpfed.co.uk](mailto:victoria.westwood@boltongpfed.co.uk)



## Work placements



Jonathan Long joined us here at the Federation in October 2021 on placement whilst he studied for a master's degree in counselling and psychotherapy.

We've been following Jonathan's journey with us through a short series of blogs in which he has shared how his placement has gone and some of his experiences.

Click to read Jonathan's second and final blog, where he tells us how his placements has gone, and what's next on the cards for him.

[jonathan's blog](#)



Next issue we'll be catching up with more of our counselling students in placements; Sally Goodband and Phillipa Hinds based at Bolton Central PCN and Holly Jardine based at HWL PCN.

**If you would like any of your messages elevating or stories sharing please send them through to [comms@boltongpfed.co.uk](mailto:comms@boltongpfed.co.uk)**



Twitter  
[@boltongpfed](https://twitter.com/boltongpfed)



Facebook  
[@boltongpfederation](https://www.facebook.com/boltongpfederation)



LinkedIn  
[@boltongpfed](https://www.linkedin.com/company/boltongpfed)