

Connect

News from your Federation

September 2023

If you have anything you'd like to see included in the next issue, please send it to us at: comms@boltongpfed.co.uk

Health Hive official opening

Bolton Health Hive

Local healthcare on your high street

We held our official VIP launch of Bolton Health Hive, which opened in April this year, on Tuesday, 5 September.

Our federation Chair and Vice Chair, Drs Kamran Khan and Saveena Ghaie, were joined by the Mayor of Bolton, Councillor Mohammed Ayub, to officially cut the ribbon and formally declare the Health Hive open to people living in Bolton.

The Health Hive currently runs a number of services for and on behalf of Bolton GP practices, including, health checks and Covid vaccines.

Since it opened its doors in April, **more than 2,500 people have used the services** - with everyone who has attended being 100% satisfied with staff and the service they received.

We're looking to offer more services in the near future and are working with partners across Bolton to develop new working models – so watch this space!

If you are involved in providing health and wellbeing support to people living in Bolton and are interested in partnering with us, please get in touch at: hello@boltongpfed.co.uk

The Health Hive at Market Place Shopping Centre is open from 10am-4pm Monday to Friday offering:

- Health Check
- Phlebotomy
- Lipid optimisation (via invite only)
- Signposting to other services
- COVID 19 vaccinations

Last month:
220 health checks
90 patients initiated on lipid optimisation therapy



Health Hive - Live!



Dawn and Ireland from our head office were live on Bolton FM on 24 August to talk about the new Health Hive clinic. It was a fantastic opportunity for them to share with listeners about the full range of services we run and to encourage people to call in and say hi to our friendly staff.

Dawn said: **"The Health Hive is open for people to pop in without the need for an appointment for health checks, Covid vaccines and general health and wellbeing advice. It is not, however, a replacement for the previous walk-in centre. If anyone has had an accident or feel they need urgent attention, they should still attend A&E."**



Health Hive Staff health and wellbeing

Our staff health and wellbeing is very important to us. Here are Sue and Shan on the Bolton Health Hive step machine - getting their steps in between seeing patients.



NHS - 75th Birthday

On the 5th of July this year our NHS celebrated 75 years of service delivery, to show our support for the amazing NHS, our staff chose to wear something blue for the day!



NHS 75



Our people in the spotlight



Jack Ayling
Communications Officer

I started working at Bolton GP Federation in November 2022 as a Communications Officer. Having never worked in the NHS before, I thoroughly enjoy working in a fast-paced environment where every day is different. I have developed new skills and it has been interesting to find out about what primary care in Bolton has to offer. Having lived in Bolton for most of my life, I am seeing and making a real difference in the communities that are close to me.

Jack can be contacted at: jack.ayling@boltongpfed.co.uk



Emily Rigby
Medical Secretary

I started working for the Fed in January 2021 helping at the covid vaccination centres. Since then, I have obtained a full-time job as a Volunteer Coordinator and Medical Secretary for the Enhanced Access service. Within my role as Volunteer Coordinator my main duty is liaising with the volunteers and managing the volunteer rotas for our vaccination centres. In addition, I also inform our volunteers of any job opportunities within the fed, monitor and accept volunteer applications and liaise with local colleges to offer students work placements.

In my role as Medical Secretary my duties include completing referrals from our Enhanced Access appointments whether they be routine, urgent, or 2-week rules, communicating with our Primary Care Networks (PCNs) every day so they know what appointments they have available to utilise, dealing with queries quickly and efficiently to ensure patient satisfaction and being the point of contact for NWAS paramedics to refer patients to social prescribers.

Emily can be contacted at: emily.rigby1@nhs.net



Hayley Arthurs
PCN Network Manager

I have worked in primary care for the past 14 years in various roles. My current role is part-time Assistant Practice Manager for Farnworth Family Practice in Bolton and I have recently joined Bolton GP Federation in February 2023 as part-time Network Manager for Farnworth & Kearsley PCN.

I am really enjoying my new role as Primary Care Network (PCN) Manager and working with the Primary Care Network Team; it is rewarding seeing the difference that our input has to the wider networks in Bolton. My main objectives would be to continue to offer my support to the Network team and Clinical Director to ensure they can meet the requirements of the network contracts.

Hayley can be contacted at: hayley.arthurs@boltongpfed.co.uk

Preparing our people for winter

Seasonal influenza (flu) is an unpredictable but recurring virus that impacts people of all ages and puts pressure on the NHS every winter. Vaccination is the best protection and we've been working hard with GP practices and Primary Care Networks over the last couple of months to prepare our clinics and to make sure the federation team is fully trained and ready to deliver this year's vaccines safely and effectively.

You may also have heard in the news lately that the autumn Covid vaccination programme starts in September too. This means if you're eligible for a Covid vaccine, you may be offered a flu vaccine at the same time.

Watch out for your invitation, which may come from your GP by letter or text. And keep an eye on our social media, where we will be sharing information about our flu and Covid vaccination service and how and where you can access it.



are here for you

You are eligible for an NHS flu and Covid vaccines if you are:

- You are eligible for an NHS flu and Covid vaccines if you are:
- Aged over 65 years by 31 March 2024
- Aged between 6 months and 64 years in a clinical risk group
- All pregnant women
- Household contacts of immunocompromised people
- Live in a long-stay care home
- Carers – in receipt of carers allowance
- Frontline health and social care staff

Bolton Night Run

Three members of our senior management team took part in the Bolton Night Run on the 30 of June.

Bolton Night Run is a fun and friendly run, jog or walk along the town centre with a fabulous finish in front of the town hall down the famous Ironman red carpet.

Participants can choose from either 5K or 10K. Spectators lined the streets and thoroughly enjoyed the atmosphere throughout the streets of Bolton. Well done to Michael, Jenny and Dawn for taking part and completing the challenge!



Fairer health For all

Our stories of change

The federation has been working together with Bolton CVS and eight VCSE organisations to increase vaccination rates throughout Bolton and reduce health inequalities in the borough.

See the impact of working in new ways to make every contact count and improve access.



Family hubs



We're excited to be working with Bolton Council and other partners on the Family Hubs programme! Bolton is one of **75** Local Authorities nationally to receive Government funding to further develop and establish Family Hubs across the borough. Family Hubs will build upon the existing Start Well Offer, bringing together multiple organisations in a **"one stop shop"** making it easier for families to access a range of advice, guidance and direct support for their children and wider family. Families and communities are invited to one of the launch events in September/October. These will include a range of fun, family friendly activities, refreshments and a range of services providing advice and guidance across a whole range of issues.

Launch events will take place across the following dates and all members of the community are welcome

Tonge Family Hub - 260 Starkie Road, Bolton, BL2 2ED

10am-3pm on Saturday 30 September

Great Lever Family Hub - Leonard Street, Bolton, BL3 3AP

12noon-5pm on Wednesday 4 October

Alexandra Family Hub - Blackledge Street, Bolton, BL3 4BL

12noon-5pm on Friday 6 October

Farnworth Family Hub - King Street, Farnworth, BL4 7AP

2noon-5pm on Friday 13 October

Oxford Grove Family Hub - Shephard Cross Street, Bolton, BL1 3BH

10am-3pm on Saturday 14 October



Your Federation, working to tackle health inequalities

Social prescribers out and about in the community

What our social prescribers have been up to:

Our amazing team of social prescribers have been increasing their reach into our communities. Recently they have attended a wide range of events to raise awareness of how they can support and make a real difference for people living in Bolton.

Building bridges at All Souls

Our social prescribers teamed up with the local police and the Deaf Society to improve access to services for those with hearing difficulties. The recent event held at All Souls, focused on the convenience of booking GP appointments online (email or text). The success of this recent team up, has shown the difference we can make for people by working together to improve communication and engagement with our primary care services - **helping us to address inequalities in our communities and make every contact count.**



Talkin' Table

A platform against loneliness and companionship

The launch of Talkin' Table within Westoughton PCN was a fantastic way to show the importance of promoting mental and emotional well-being. Our wonderful social prescribers showed empathy and support, with an open door approach that encouraged meaningful communications and interactions.

This is a great example of how powerful an open dialogue with our communities, can make the world of difference to those living within.



Celebrating milestones

Irwell Valley's 50th celebration

Andrea Hollman and one of her patients were spotted in the community garden at Irwell Valley's 50th Celebration, it truly was a magical moment that captures the patient-prescriber relationship beautifully - a real sense of belonging and togetherness within our communities that go beyond clinical boundaries.



Social prescribers and pharmacists unite for community wellbeing

Our team from Brightment and Little Lever PCN met Bolton pharmacists to highlight and discuss holistic wellbeing, the session was an amazing transfer of ideas and thoughts in a lively Q&A. The aim is for this working relationships to continue developing, shaping and delivering health and wellness initiatives that will have real impact and benefits for local communities.

Training and Development

We have delivered a number of engaging training sessions to help our team with their professional growth and continuing to improve their skills. Conflict resolution, spirometry, and breastfeeding screening are just some of the many sessions.



Conflict Resolution Training

We recently held Conflict Resolution training for our staff at head office. Conflict is a natural part of any workplace, this training has helped the team to realise when conflict is arising, their personal triggers and looking at new responses to these. It was a great session with the whole team coming away feeling like they were equipped to communicate better, work together to find mutually beneficial solutions and with the overall realisation that it can help to reduce stress in the workplace.

Spirometry Training

Bolton GP Federation held a Spirometry training session for GP Assistants from our GP practices across Bolton. This specialised training equipped GP Assistants with the knowledge and skills needed to perform accurate spirometry tests, helping them better support patients with respiratory conditions.

Breastfeeding Screening Training

The GM Breastfeeding Screening Lead ran a training session for staff at Bolton GP Federation. It was a fantastic session that gave all staff the confidence to be able to give informed support to mothers.

Basic life support training

It was all hands on for our PCN teams at our basic life support training. The training was delivered by First Aid, everyone thoroughly enjoyed the session and came away with new and refreshed life saving skills.



Employee assistance programme

If you are struggling with your mental health, we have an Employee Assistance Programme that anyone working in primary care in Greater Manchester can access from the first day of their employment.



The service, run by Health Assured, provides confidential support **24 hours a day, 7 days a week, 365 days** a year. The FREE 24-hour telephone counselling and information services can be accessed at any time of the day and night by calling 0800 783 2808, or online.

[Click here for details on how to access online](#)

The service can provide advice and support from a qualified adviser on a variety of issues, including:

- Legal
- Financial
- Medical
- Family
- Stress
- Work
- Consumer

The Health Assured portal also provides access to wellbeing fact sheets, videos, self-help programmes, interactive tools and educational resources to help on a range of topics.

News from across Greater Manchester

Greater Manchester Training Hub (GMTH)



Case study: year one placement, adult nursing

In this issue we caught up with Leah Grant-Savage who shared her experiences of her final first year placement on our adult nursing programme.

My goal was to get a full understanding of how primary care works and gain insight into the different roles.

This placement required me to work with different health care professionals and understand how important their role within primary care is to patients. I worked alongside the full range of primary care professionals.

When I first started, it took some time for me to adjust to how many different professionals I would be working with each day and the different working areas. Everyone I worked with made me feel welcome which made it very easy to adjust.

Whilst on this placement, the plan was for me to go into different GP practices and work within the Health Hive to understand primary care and be exposed to many different aspects as I could. I had lots of support, not only from my practice assessor, but from the different health care practitioners that I came across each day of my placement.

I engaged and interacted with a wide range of health care professions ranging from paramedics to health improvement practitioners. I have had a wider range of learning than any other placement. I was also given the opportunity to take part in a women's health event about menopause and sexual health, I found this both interesting and very informative.

Key take-aways from learning

As a result, I now understand how to do a health check, how medication is distributed and stored, and how to carry out an age well check.

I have a much better understanding of the roles in the wider primary care workforce and the multi-disciplinary team approach involved in providing patient care.

'We had an interesting morning referring patients to hospital, calling an ambulance for a poorly child and dealt with a patient that fainted. Leah was great she got involved assisted me when needed and was happy to take some observations.'

Key feedback

Practices have been hesitant in allowing learners to attend their practice, I think it would be of benefit to attend the Practice Managers forum. This would enable us to answer any queries, address any concerns and explain the importance of having learners exposed to primary care to help grow our wider workforce.

'Leah was lovely and arrived on time, she picked up on a lot of information, in particular medicine management.'

For more information on GMTH and the programmes they run, visit: www.gmthub.co.uk

GM Feds

GM Feds is delighted to announce that they have formally transformed into a Community Interest Company (CIC), placing people before profit.

A CIC is a business with primarily social objectives whose surpluses are reinvested in the business or the community, rather than being driven by the need to maximize profit for shareholders and owners. In other words, a not-for-profit company with a clear focus on the community which it serves.

GM FEDS
CIC

Greater
Manchester

GM Feds CIC - a collaborative of GP Federations working at-scale to deliver primary care support and services across GM

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Her Spirit

HER SPIRIT

Approximately **43%** of all women in Bolton are not active enough for their good health; that figure is higher for women from Black, Asian, and other ethnically diverse communities, and even higher still for women with disabilities.

Her Spirit wants to change that, by reducing the inequalities in physical activity for women nationally. That's why we at Bolton GP Federation are delighted to be partnering with Her Spirit and Bolton Wanderers in the Community to help women in Bolton to get active; improve access to the social, psychological, and physical benefits of being active; in a way that is comfortable, and in a place that is accessible for women of all ages.

The UK's Chief Medical Officer recommends 150 minutes of exercise per week. Our partnership goal is to help more women reach that heart healthy target of 150 minutes per week in their community, and for every minute of activity logged, those minutes will be matched into a sports fund that will be used to support Bolton women on low or no income, access swimming and gym facilities, connect with other women, and if they want to, enter sports events.



In future editions, we'll share more information about this campaign, it's start date, and how women can get involved

Good news in our communities



Manchester Pride

This years Manchester Pride festival parade took place on Saturday 26 August.

Jenny and Sue looked absolutely fabulous with their pink hair! They joined the parade to show their support for our partner at George House Trust.

The Manchester Pride Parade is the city's biggest parade and has been running every year since 1988. With tens of thousands of LGBTQ+ people and allies gathering to march through the city for equality, grinding the city to a halt with thousands of people lining the streets to take in the spectacular sea of colours. If there is ever an opportunity to shout loud and proud about who we are and what our values are, it is at the Parade!



Dr George Ogden sets sail for UNICEF

Good luck to our former Chair, Dr. George Ogden, who set sail on his round the world Clipper Race for UNICEF on Sunday 3 September.

You can use the button below to donate to Georges just giving page.

We look forward to hearing all about his adventure!



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Are you a local voluntary or community group with a health-related good news story you'd like to share? Please send to

comms@boltongpfed.co.uk

If you would like any of your messages elevating or stories sharing please send them through to
comms@boltongpfed.co.uk



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