

LIVE SELF CARE FOR LIFE

Wednesday 18th November
#SelfCareWeek2020

10AM – 1PM

Brought to you by
CommUNITY Barnet
Primary Care Group with
NCL CCG



Barnet Wellbeing Service





WELCOME

**RORY COOPER,
HEALTH AND SOCIAL CARE SENIOR MANAGER
COMMUNITY BARNET**



#SelfCareForLife



CCG UPDATE



**CONAN COWLEY,
SENIOR PRIMARY CARE TRANSFORMATION MANAGER
NCL CCG, BARNET DIRECTORATE**



#SelfCareForLife



North Central London
Clinical Commissioning Group

Opening Remarks & Clinical Commissioning Group (CCG) Update

Conan Cowley, Senior Primary Care Transformation
Manager (Barnet Team)

Staying well over winter

To stay healthy over the winter, it is advised to:

- **Get vaccinated against the flu**
- **Try to stay active** – even when you are indoors – and stay warm in colder weather
- Eat a **healthy diet** with a good helping of fruit and vegetables
- Make sure your home medicine cabinet is well stocked with basic items such as painkillers (paracetamol and ibuprofen), cold and flu remedies and anti-diarrhoeal medicine

If you do need health advice during winter, you can also seek medical advice from:



Appointments

Despite the COVID restrictions that are in place, **the NHS is still open and ready to treat anyone who needs it.**

If you have a routine appointment, please make sure you keep it, unless recommended otherwise by your doctor. If you are told to go to hospital for a routine appointment, then please do go.

The NHS has measures in place to make sure that it safe for you to do so. No staff who have COVID-19 symptoms or come into contact with someone with symptoms are allowed to work in the hospital meaning the NHS can see you in a safe environment.

The **Barnet Primary Care Extended service** operates:

- Monday to Friday between 6.30pm – 9.00pm
- Weekends and Bank Holidays between 8.00am – 8.00pm
- To book an appointment, contact your registered GP practice or call 020 3948 6809

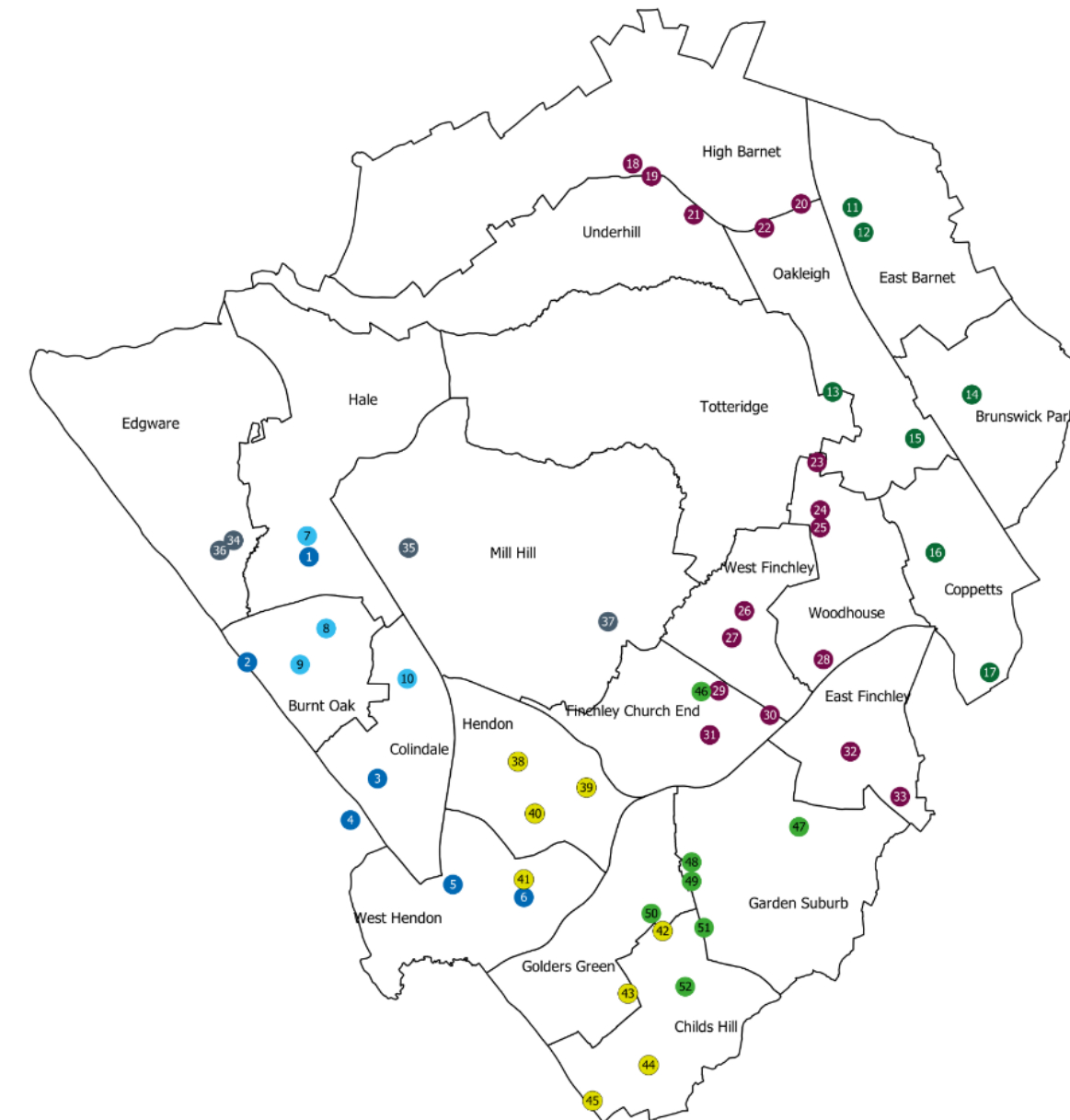
Primary Care Networks

All Barnet practices are part of a Primary Care Network.

Primary Care Networks (PCNs) are a key part of the NHS Long Term Plan, with practices being part of a network, typically covering 30,000-50,000 patients.

The networks will provide the structure and funding for services to be developed locally, in response to the needs of the patients they serve.

In total there are **7 PCNs covering all Barnet practices.**





North Central London
Clinical Commissioning Group

End



PHARMACY SERVICES IN BARNET

**SHOBHNA ROKAD,
MEDICINES MANAGEMENT
NCL CCG**



#SelfCareForLife



North Central London
Clinical Commissioning Group

An abstract graphic on the left side of the slide, composed of several overlapping triangles in various shades of blue, teal, and lime green. The triangles are arranged in a way that creates a sense of depth and movement, with some pointing towards the center and others pointing outwards.

Self Care

Shobhna Rokad

Medicine Management Pharmacist
NCL CCG (Barnet)

Overview

- Qualifications
- Accessibility
- Main Functions
- Myths...
- Future



How qualified are pharmacists?

Medicine Act 1968

- Bachelors Degree
- Now Masters Degree
- 5 year course – including 1 year vocational training and exam
- Annual CPD to retain registration

Upshot

- Highly skilled to provide medical advice on a range of areas
- Up to date knowledge
- Regulated

How accessible are pharmacists?

- On every High Street...
 - Some within GP Practices
- Extended opening hours and Sunday/Bank Holidays
- No appointment needed
- Free at the point of use
- Expert at signposting and Public Health Care



What services are typically offered?

Essential services:

- Dispensing and supply of medicines/appliances
 - NHS/private prescription service
 - Repeat dispensing service
 - Electronic Prescription Service (EPS)
 - Specialist medicines that require monitoring before being dispensed
- Discharge medicines service
- Public Health Promotion/Signposting
- Healthy Living Pharmacies
- SELF-CARE SUPPORT

What services are typically offered?

Advanced services:

- Flu vaccination/future Covid-19 vaccination
- Pandemic delivery services (5/11/20-3/12/20)
- New medicines service (NMS)
- Appliance Usage Review (AUR)
- Stoma appliances customisation (SAC)
- Hepatitis C testing service
- Community pharmacist consultation service (CPCS)

How can you help yourself with support from the community pharmacists?

Medicines cabinet in the home

- Different for seasons-winter and summer
- Eyewash, paracetamol, thermometer, antiseptic cream, sore throat remedies, indigestion preparations, anti-histamine cream/oral preparations, burns cream/spray, bandages/dressings, laxatives, anti-diarrhoeal preparations, sunburn cream
- Aim to have quick access and reduce burden on A&E, walk-in centres and GP practices



How can you help yourself with support from the community pharmacists?

Consultation room

- Try and make an appointment to see the pharmacist for any medical issues – e.g. new medicines/appliances if possible
- One to One consultation on medicines/appliances
- Vaccination service (some provide travel vaccination service)
- Allergy testing/emergency contraceptive service
- Smoking cessation service



- Prescription charges are collected and kept by the pharmacy...
 - Only collected, not kept
- A pharmacy can get drugs quickly...
 - Some drugs need special orders/short of supply/query on any drug interactions/changes in doses which resulting in delays
- Prescriptions are ready as soon as they are prescribed...
 - They need to be checked, verified and scrutinised
 - The final check
 - Last pathway before medicines are dispensed-safety net

What is the future?

- GP Referrals
- Consultation/1-2-1 service
- Working closely with other healthcare professions-hospital discharges
- Decrease GP and A&E workload-more innovative workings of the community pharmacy
- Increase post-graduate training of pharmacists and pharmacy staff
- First and last port of call

Thank you



CANCER SCREENING



**FANTA BOJANG & DR CLARE STEPHENS,
NORTH CENTRAL LONDON CANCER ALLIANCE**



#SelfCareForLife

Taking part in cancer screening

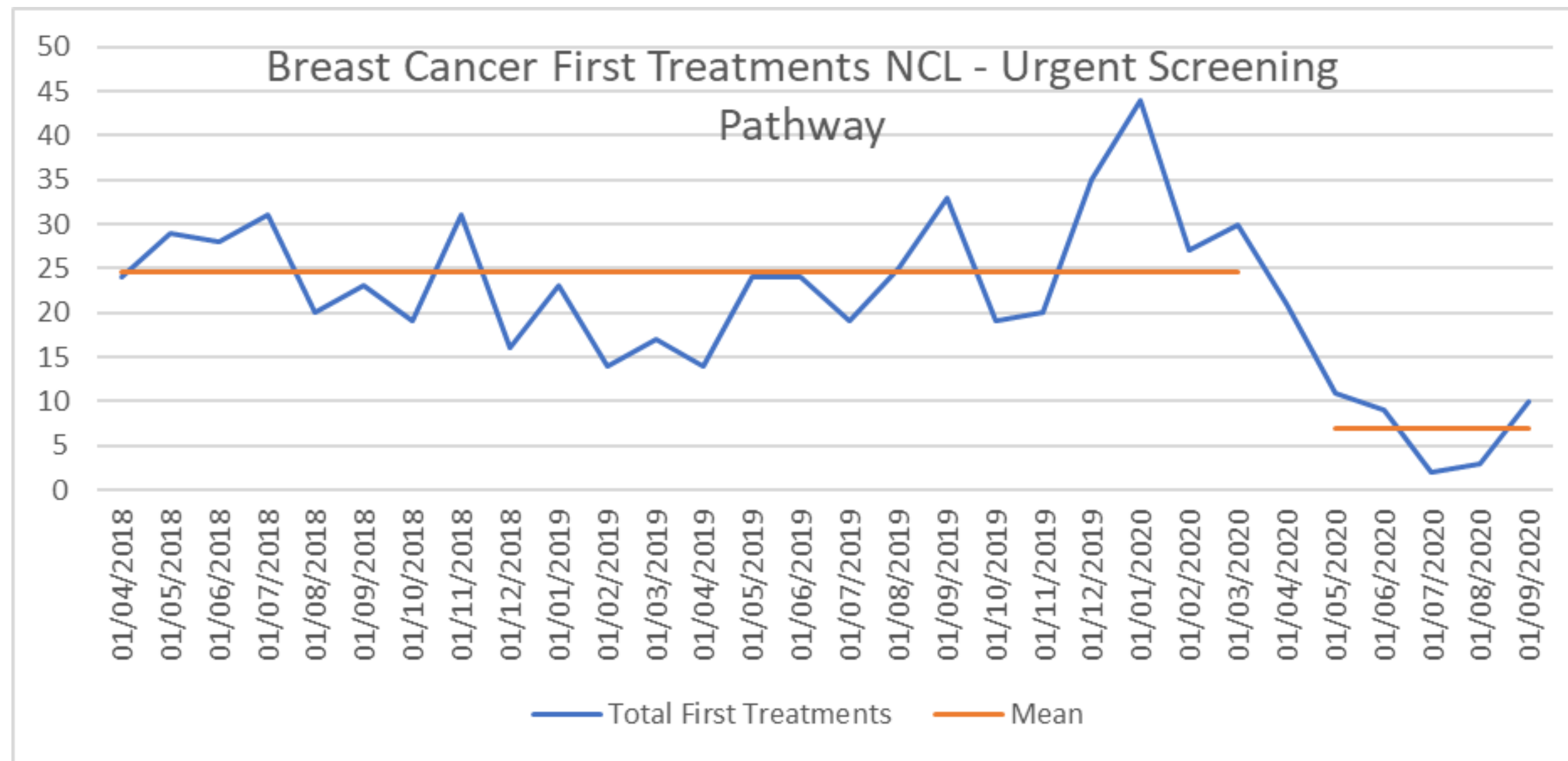
Barnet Self-care Event

Breast screening – women aged 50-70



- ❖ Women are invited every 3 years
- ❖ When invited for screening, do attend
- ❖ Services have taken safety measures – wearing a mask; designated entrance and exits; social distancing in waiting areas; hand sanitisers
- ❖ Open invitations being sent to offer more flexibility and convenience
- ❖ Women over 71 can also request a mammogram
- ❖ Helpline available to answer queries – 020 3758 2024

Breast Cancer – First Treatments



There was a significant drop in treatment numbers due to COVID-19 as the screening programme was paused.

Bowel screening – men and women aged 60-74



- ❖ Men and women are invited every 2 years
- ❖ FIT kits are posted to people invited to take part
- ❖ UCLH has taken safety measures for patients attending for further investigations – virtual nurse clinic appointments; designated entrance and exits; social distancing in waiting areas; hand sanitisers
- ❖ Helpline available to answer queries – 0800 707 6060

Cervical screening – women aged 25-64


**Cervical screening
saves lives.**

All women over 25, are invited
to have regular smear tests.

It's important to attend when
invited.



- ❖ Women aged between 25 and 49, are invited every 3 years
- ❖ Women aged between 50 and 64, are invited every 5 years
- ❖ If 65 or older and have never been for cervical screening, or not had a test since the age of 50, you can ask your GP for a test
- ❖ GP practices are offering appointments to women due their screen
- ❖ Specialist clinic appointments at 56 Dean Street for trans and non-binary people with a cervix
- ❖ All hospitals have taken safety measures for women attending follow-up

Help Us, Help You – Cancer campaign



JUST SPEAK TO YOUR GP

An unexplained pain that lasts three weeks or more could be a sign of cancer. It's probably nothing serious, but finding cancer early makes it more treatable.

Your NHS is here to see you, safely.

Clear on
cancer help us
help you



JUST SPEAK TO YOUR GP

An unexplained lump could be a sign of cancer. It's probably nothing serious, but finding cancer early makes it more treatable.

Your NHS is here to see you, safely.

Clear on
cancer help us
help you



JUST SPEAK TO YOUR GP

Unexpected bleeding, like blood in your poo or pee, could be a sign of cancer. It's probably nothing serious, but finding cancer early makes it more treatable.

Your NHS is here to see you, safely.

Clear on
cancer help us
help you

- Patients that see any concerning changes to their general health are advised to contact their GP. You should not wait for a screening invitation.
- Visit www.smallc.org.uk for more information about cancer signs and symptoms, and screening.

Key take home messages

All cancer screening programmes are running. Take part when invited.

If you have any worrying signs to your general health, consult your GP.



NUTRITION AND DIETETICS

**DR BEVERLY COYLE,
CLINICAL LEAD DIETICIAN
CLCH**



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Role of the Dietitian

Dietitians are qualified and regulated health professionals that assess, diagnose and treat dietary and nutritional problems.

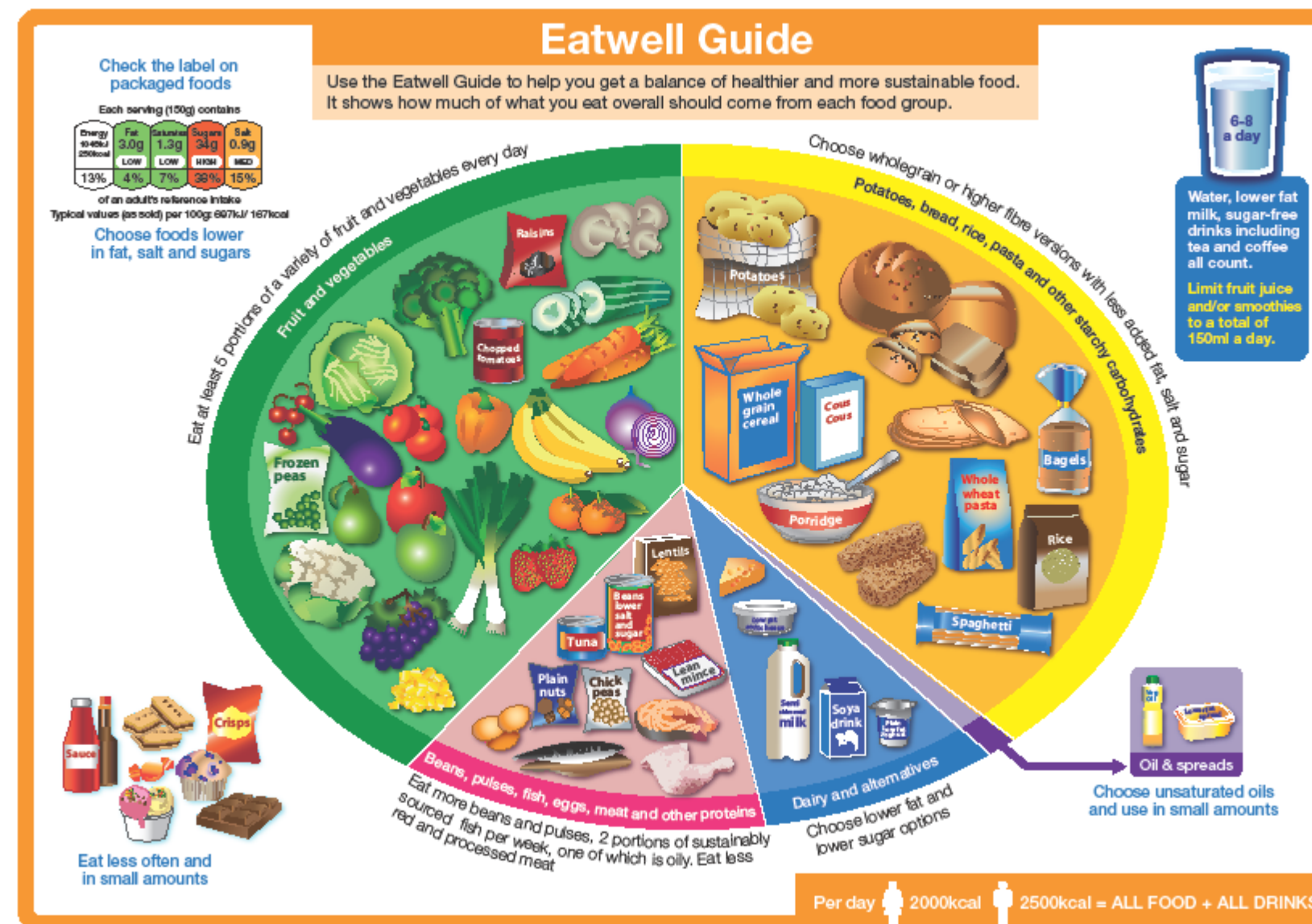
They use the most up-to-date research on food, health and disease which they translate into practical guidance to enable people to make appropriate lifestyle and food choices.

The British Dietetic Association

- Food Fact Sheets written by Dietitians on a variety of different topics including key nutrients and medical conditions <https://www.bda.uk.com/food-health/food-facts.html>
- This Food Factsheet is a public service of The British Dietetic Association (BDA) intended for information only. It is not a substitute for proper medical diagnosis or dietary advice given by a dietitian. If you need to see a dietitian, visit your GP for a referral
- Private Dietitians www.freelancedietitians.org
- Check your dietitian is registered www.hpc-uk.org

NHS Eat Well page- healthy eating advice aimed for the healthy general public- <https://www.nhs.uk/live-well/eat-well/>

You can use this guidance to fit in with your preferences and beliefs – from Mediterranean, vegetarian or vegan to a more traditional diet. It's about balancing the food groups and finding the portion sizes that are right for you.



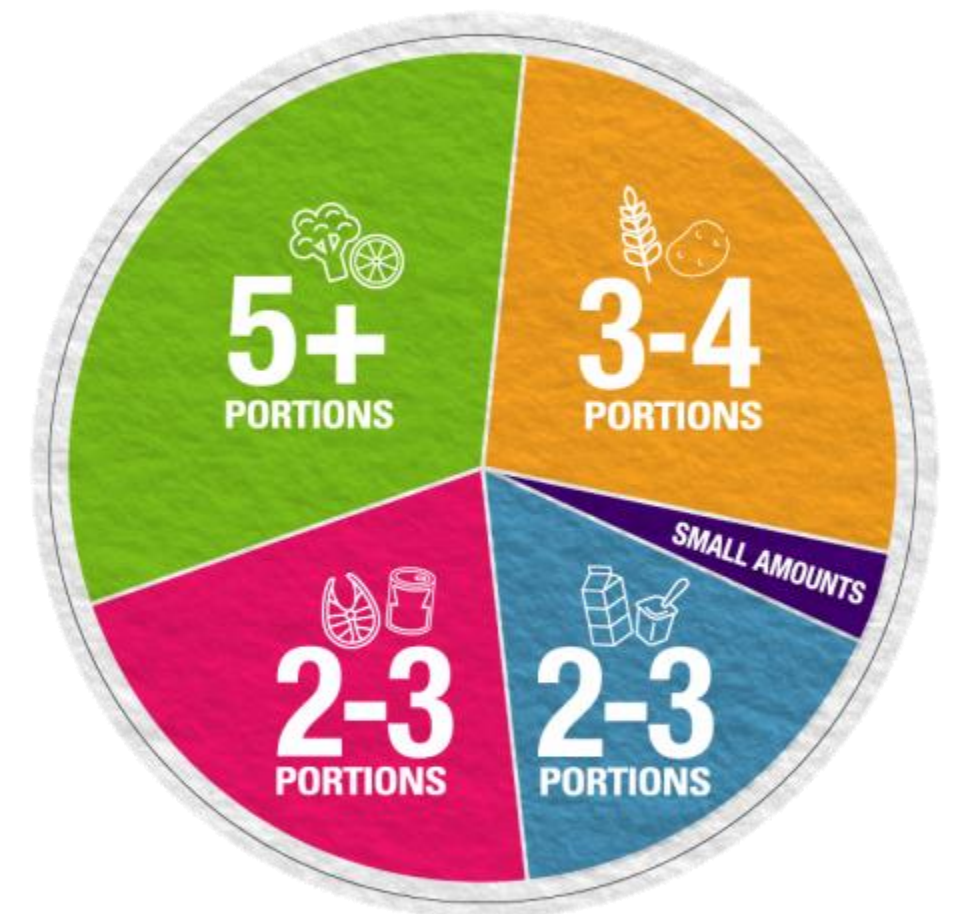
Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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British Nutrition Foundation- information on diet and nutrition
through the
lifespan <https://www.nutrition.org.uk/healthyliving.html>

Getting portion size right.

The amount of food we need varies from person to person.
The portion sizes given here are averages for healthy adults,
based on a daily calorie allowance of around 2000kcal.
If you are tall or very active you may need more and could
have larger portions. If you are a small person or are trying
to lose weight, you may need smaller portions.



CLCH Barnet Nutrition & Dietetic Services

Rehabilitation Units / Parkinson's Unit / Care Homes / Learning Disability Centres & Schools / Patients Homes / Clinics / Virtual

Malnutrition – referrals from hospitals, GP's, care homes, other community HCP's and Teams

Advice on food first, food fortification, nutritious drinks and if required appropriate prescribing of nutritional supplements.

Tube Feeding – referrals from hospitals across NCL and beyond This is an MDT which includes specialist dietitians, nutrition nurse and speech & language therapist to enable a smooth transfer from hospital to home for patients requiring tube feeding.

CLCH Barnet Nutrition & Dietetic Services

Specialist Weight Management – referrals from GP's / HCP's. 1:1 Specialist Dietetic advice and support for patients with complex and severe obesity.

- **Healthwise** - healthwise.barnet@gll.org

Barnet Community Diabetes Team - team consists of Specialist Diabetes Consultant, Dietitians, Nurses and Podiatrist.

The Specialist Diabetes Dietitians - provide advice regarding diet to improve diabetes control.

The specialist team provides online education sessions on Type 2 Diabetes.

- **Diabetes UK** www.diabetes.org.uk
- **Barnet Voluntary Group Email** : info@diabetes-barnet.org.uk

Let's talk IAPT Barnet www.lets-talk-iapt.nhs.uk

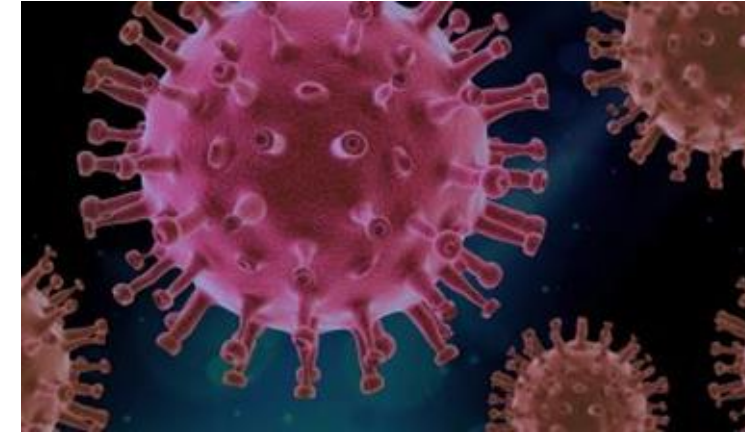
New online tools for people living with diabetes are now available on the NHS to help people manage their condition during the coronavirus pandemic.

- People living with Type 1 diabetes can access the following technology:
- **Digibete:** Children and young people with Type 1 diabetes and their families will be able to use the [DigiBete App and website](#) for a wide range of awareness, education, training and support resources.
- **MyType1Diabetes:** Adults with Type 1 diabetes can access the service directly by visiting myType1diabetes.nhs.uk, it includes videos and eLearning courses, to help people understand more about their Type 1 diabetes and increase their confidence in how to manage it.

Paediatrics

- Referrals from hospitals and GP's
- Tube feeding / Infants with Allergy – appropriate prescribing .
- **Xplore - Healthy weight nursing team provide 1:1 support for 4-12 yr olds**
- <https://www.barnet.gov.uk/health-and-wellbeing/pregnancy-and-childrens-health/healthy-weight-children>
- **Unitas Barnet Health Zone – youth club centre for all children in Barnet from 8 – 19yrs**
- <https://www.unitasyouthzone.org/2020/07/29/introducing-unitas-2-0/>
- **Barnet local offer – really useful webpage for parents of children with special educational needs**
- <https://www.barnetlocaloffer.org.uk/>

COVID-19 Nutrition



- **Reduced Appetite / Malnutrition** - food first , snacks , food fortification, nutritious drinks.
- **Food Availability** - signpost to local foodbanks in Barnet, meals on wheels services, Wiltshire Farm foods, charities such as helping hands.
- **Weight Gain** - healthy snacks / mindful eating if lockdown has altered eating habits.
- **Meal Planning / Shopping / Simple Recipes**
- **Immunity** – wide range of nutrients
- **Vitamin D** – prevent deficiency due to lockdown and lack of sunlight

HEALTHY HYDRATION

For older adults with poor appetites

Keeping well hydrated is important for everyone's health but if you have a poor appetite, you might also want to choose some drinks that provide energy and nutrients.

We should aim to drink about 6-8 glasses of fluid each day. This can be from a variety of drinks, hot or cold, but alcoholic drinks don't count.

Water

Water is a good choice for hydration throughout the day. You could try adding mint or lemon for extra flavour.

Drink plenty

Tea, coffee and other hot drinks

Many of us enjoy these drinks and they count towards our fluid intake. Drink with plenty of milk if you want to add extra calories and proteins.

Drink to suit

Milk and milky drinks

Milk is a good source of calcium, iodine, B vitamins and protein. Whole milk can be a better choice for adults with poor appetites. To increase calorie and protein intake, why not try to include milky drinks like hot chocolate or milkshakes with added fruit and yogurt?

Have regularly

Did you know? Older adults may be more at risk of dehydration as they have a reduced sense of thirst.

If you want to add extra protein, fortify your milk by blending 2-4 heaped tablespoons of dried skimmed milk powder into a pint of whole milk. Use on cereals, in porridge, sauces, soups and milky drinks.

Fruit and vegetable juices

Unsweetened 100% fruit or vegetable juices provide you with vitamins and minerals. A 150ml glass counts as 1 of your 5 A DAY.

Drink to suit

Soups and smoothies

High fluid foods, like soups, will contribute to hydration! Also why not try smoothies as they can provide a range of vitamins and minerals.

Drink to suit

Soft drinks

Soft drinks count towards your intake but they may provide limited nutrients. Diet options are not a good choice if you are trying to prevent weight loss.

Drink if enjoyed

Why is hydration so important?

- Good hydration can help prevent constipation, urine infections, confusion and falls.
- Don't let the fear of incontinence or needing to go to the toilet frequently restrict your overall fluid intake. This is not the best solution and may make things worse.
- If you are caring for someone, make sure drinks are readily available at all times and provide help with drinking if needed.

If you're worried about weight loss and have a small appetite, or have difficulty swallowing food, talk to your GP or Practice Nurse.



MEDICINES MANAGEMENT

**NIKETA DASS,
COMMUNITY HEALTH PHARMACIST
CLCH**



#SelfCareForLife



An overview of pharmacists

Niketa Dass

Community Health Services Pharmacist
Central London Community Healthcare (CLCH)

Who are pharmacists? And what do they do?



Qualifications

- School
- College and higher
educations
- University
- Registration





My Background



- Undergraduate pharmacy degree
- Pre-registration (Hospital)
- Junior/Senior rotational pharmacist (Northwick Park Hospital)
- GP practice pharmacist post in Cemden
- Community Health Services Pharmacist at CLCH

Pharmacists at CLCH

- Community Health Services Pharmacists
- Community Hospital Pharmacists
- Medicines Optimisations Pharmacists
- Care Homes Pharmacists
- Complex Care Pharmacists
- Antimicrobial Stewardship Pharmacist
- Medicines Management Technicians



DENTAL AND ORAL HEALTH

**SALLY MCGREGOR,
ORAL HEALTH PROMOTER
WHITTINGTON HEALTH TRUST**



#SelfCareForLife



Whittington Health
NHS Trust



Sally McGregor
Oral Health Promoter
Hillingdon Community Dental Service

Oral Health Education Information Session





Whittington Health
NHS Trust

Oral Health Session Information

- Our vision
- Tooth decay in Barnet
- Tips on preventing tooth decay
- Tooth brushing tips for children and adults
- NHS dentist information



Whittington Health
NHS Trust

Our Vision

Working in partnership towards achieving a generation that is free from dental disease with improved quality of life linked to oral health





Whittington Health
NHS Trust

Barnet – Public Health England Report

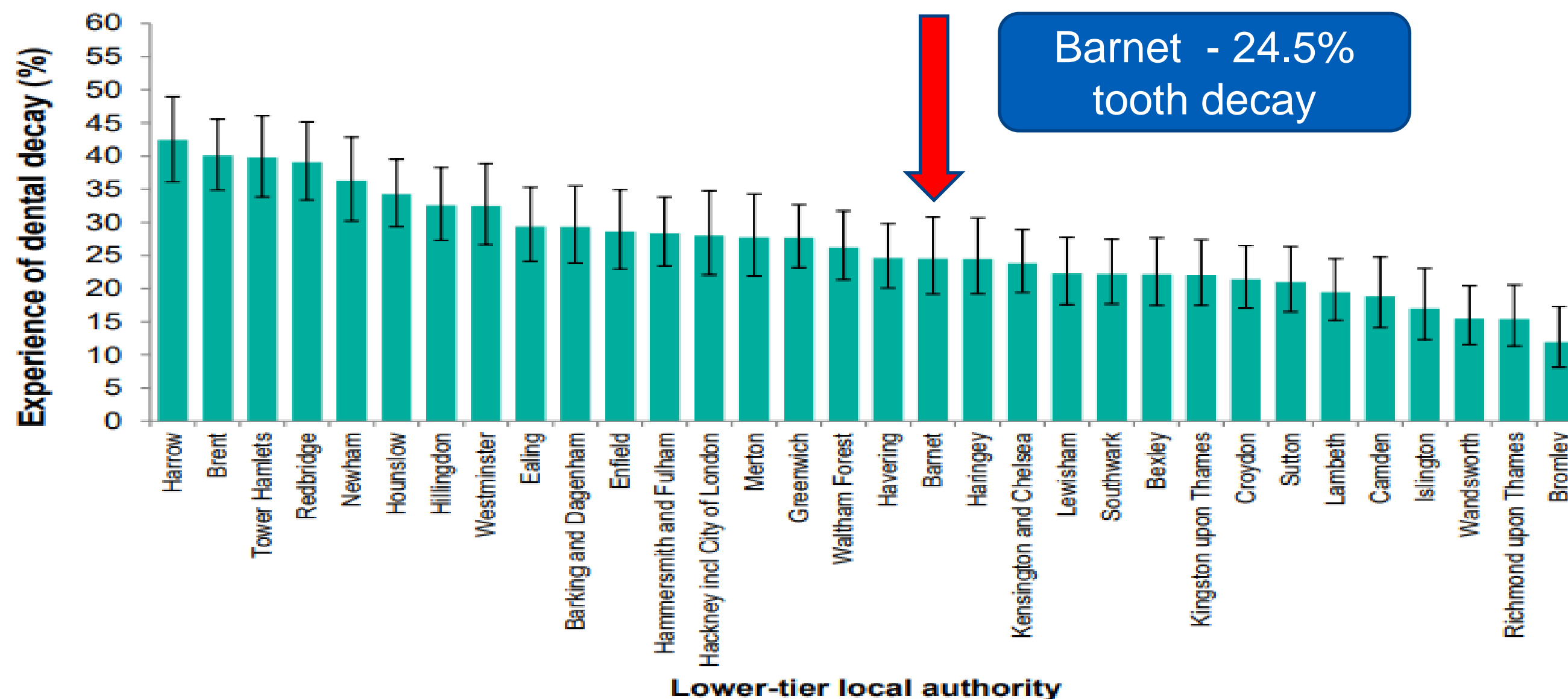
Public Health England – National Dental Epidemiology Programme for England: Oral health survey of five-year-old children 2019

A report on the prevalence and severity of dental decay found that Barnet had :

- 24.5% of 5 year old children had decay/missing/filled teeth
- Higher than the England average which was 23.4%



Figure 8: Prevalence of experience of dental decay in 5-year-olds in London by lower tier local authority area, 2019.





Whittington Health
NHS Trust

Prevention is the Key



Poor oral health affects a persons ability to sleep, eat, speak, socialise with other's and can affect our mental health.

Tooth decay can be prevented by practicing:

- ✓ An effective oral hygiene routine
- ✓ A well balanced diet, keeping sugary food and drink to a minimum, and only at mealtimes
- ✓ Regular visits to the Dentist



Tooth brushing tips for children

- Brush teeth as soon as they appear in the mouth
- Brush twice a day, last thing at night is the most important time
- Use a fluoride tooth paste
- Encourage to spit tooth paste out, but don't rinse
- Supervise tooth brushing at least until the age of 7 years





Tooth brushing tips for adults

- Brush twice a day, last thing at night is the most important time
- Use a fluoride toothpaste
- Spit tooth paste out, but do not rinse
- Clean in between teeth on a daily basis





Tooth paste advice

0-3 Years:

Use a smear of tooth paste
containing 1,000 parts per million fluoride

3-6 Years:

A pea sized amount of tooth paste
containing more than 1,000 parts per million fluoride

7 years – Adults

Use a fluoride tooth paste containing
1,350 – 1,500 parts per million fluoride

Always keep tooth paste out of reach to children



Whittington Health
NHS Trust

When should I change my tooth brush?

- Change your tooth brush every 3 months or sooner if the bristles become frayed
- Change your tooth brush after any illness





Tooth brushing

Apply correct amount of tooth paste

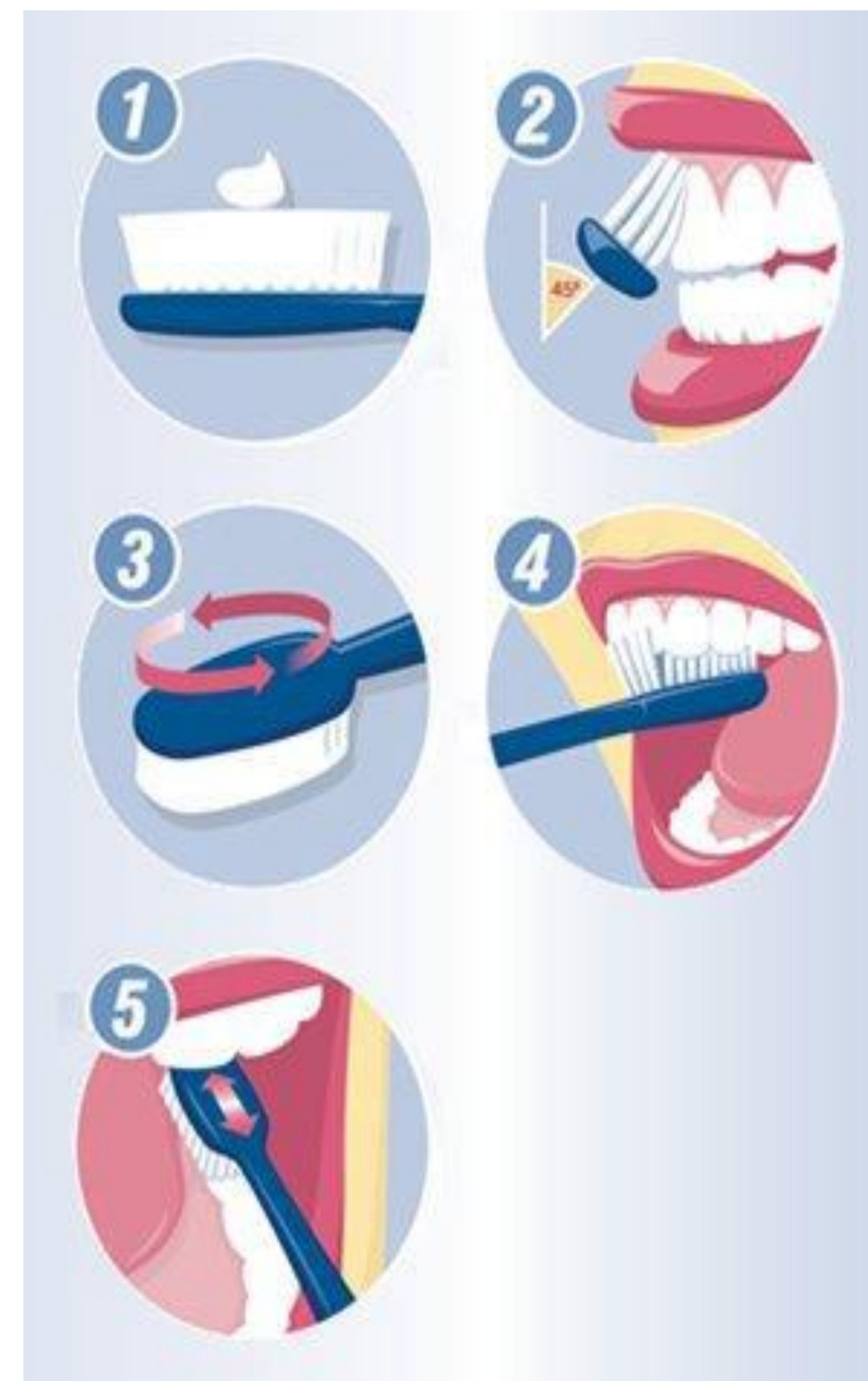
Ensure the bristles of your brush point towards the edge of your gums and also cover your teeth. Gently brush the edges that face outwards of 2 or 3 teeth at a time.

Move your brush in backwards and forward or circular motion.

Gently brush the edges facing inwards. Again brush 2 or 3 teeth at a time touching the gum. Brush the insides of your bottom and front teeth by tilting the brush upwards or downwards.

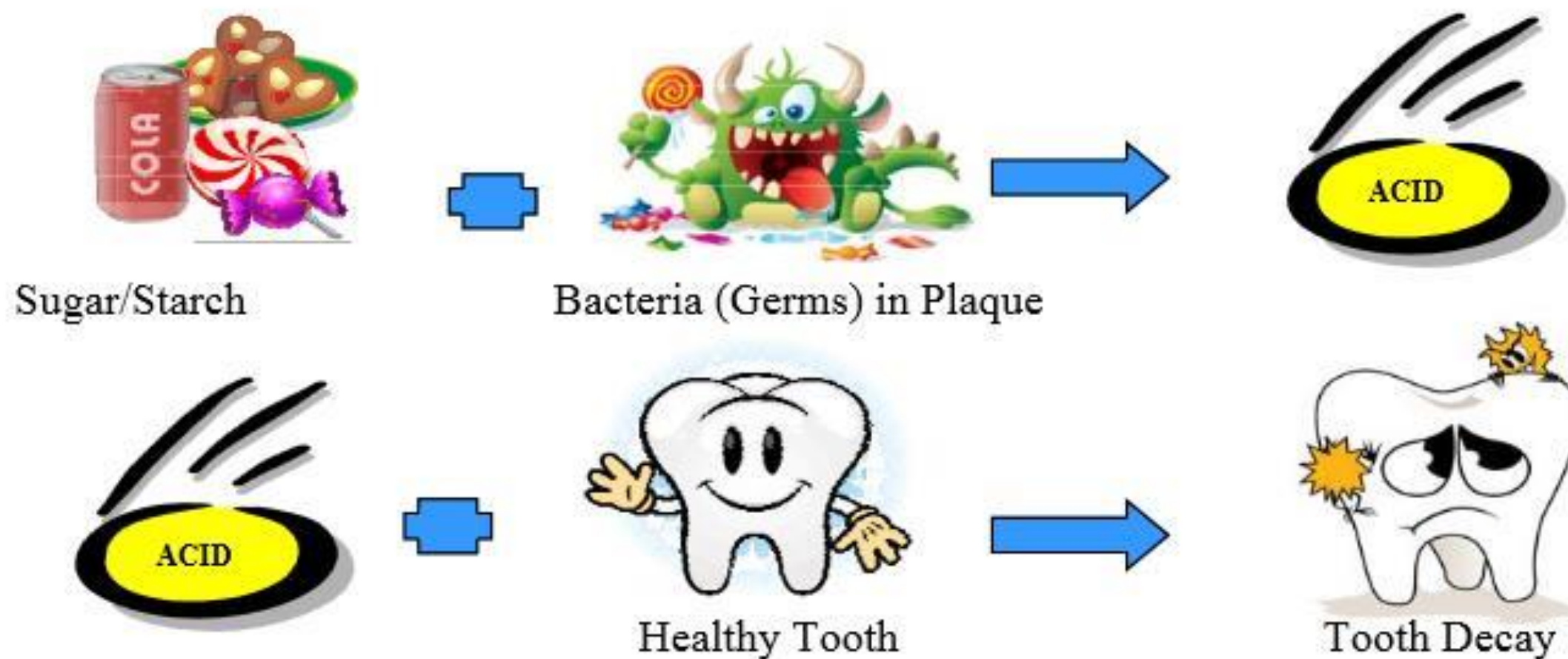
Gently brush the biting surface of your teeth.

Spit out any remaining toothpaste to finish and do not rinse with water.



How do we get tooth decay?

The Process of Tooth Decay Formation



Diet and sugar advice



- Advise to limit daily sugar intake
- Advise to keep all sugary food and drink to mealtimes only
- Advise water to drink especially in between meals
- Watch out for hidden sugars especially in snack foods as they have the potential to decay teeth



Whittington Health
NHS Trust

Diet Advice – Minimise the Risk of Tooth Decay



Sugar
Soft drinks with sugar
Chocolate



Biscuits & cakes

Pastries, buns fruit pies

Sponge cake/sponge puddings

Cereals (snacking during the day)

Honey & syrup

Jam & preserves

Ice-creams

Sorbets

Fresh fruit juice

Milkshakes

Dried fruits

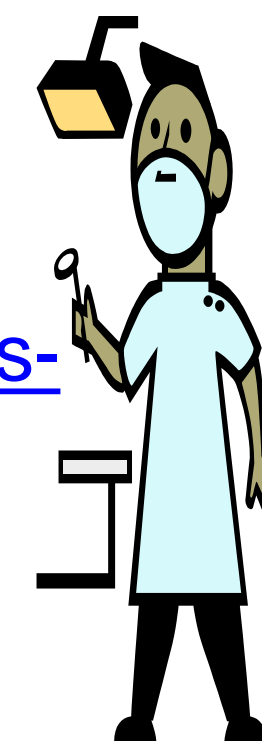




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NHS Trust

Finding a Dentist

- For help finding an NHS Dentist in Hillingdon visit the website <https://www.nhs.uk/Service-Search/find-a-dentist> and type in your postcode.
- Dental charges: <https://www.nhs.uk/using-the-nhs/nhs-services/dentists/understanding-nhs-dental-charges>
- Who is entitled to free dental treatment?
<https://www.nhs.uk/common-health-questions/dental-health/who-is-entitled-to-free-nhs-dental-treatment-in-england/>





Whittington Health
NHS Trust

Contact details

Sally McGregor – Oral Health Promoter

Whittington Health NHS Trust

Community Dental Service - Hillingdon

Email: sallymcgregor1@nhs.net

Mobile: 07393 796064

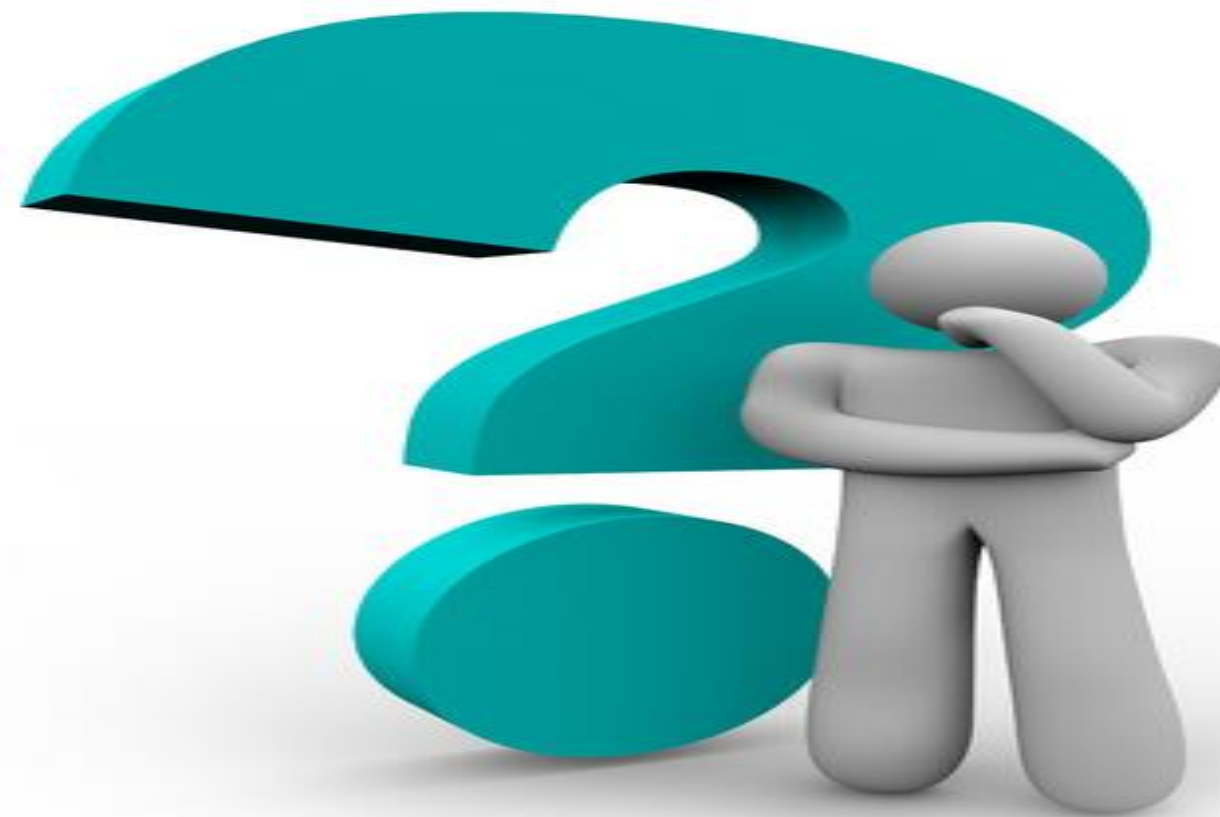
For more information about the Community Dental Services, please visit:

<https://www.whittington.nhs.uk>



Whittington Health
NHS Trust

Thank you





SOCIAL PRESCRIBING LINK WORKER SERVICE



CAITLIN BAYS,
SOCIAL PRESCRIBING LINK WORKER MANAGER
AGE UK BARNET



#SelfCareForLife



Self Care Week Barnet Social Prescribing Link Worker Service.



By Caitlin Bays
Social Prescribing Link Worker Manager



[illegible]

- SP is a key part of the NHS long term plan to build a universal personalised care approach within the health and care system.
- It has shown to help reduce people's attendance at hospitals, A+E and GP's.
- The service is designed to support and empower people to have more control over their health and wellbeing outcomes. It allows you to take ownership of what you can control with to improve your health.
- Social Prescribing is there for people who need support, encouragement and motivation to find ways to improve their needs.

What Does SP Look Like?



SP on average consists of 6 sessions of support and signposting to local services.

The SP gives each patient one to one sessions, listens to their needs, giving them time to talk about their health, their goals and their concerns.

The SP can then discuss with the client how they can best manage their situations and health. The SP can discuss their options, what support is available in the community and allows the client to decide. This is how SP help the patient develop a sense of ownership over their health and wellbeing outcomes.

Each SP has extensive knowledge on their local community services and can make professional referrals to those services when needed.

Common Referral Reasons and How to be Referred?

- Common referrals include:
- Currently, referrals are generated through GP surgeries only.
- In the near future (early 2021) we are working on creating a self referral route.



An Example Case Study of SP



Client Scenario: An international student was referred for financial and employment support who also suffered with anxiety.

This client was in England completing his thesis and was struggling to find a part time job to suit his studying schedule. He had no cv and was unsure of how to look for jobs.

Referred him to Boost to support CV writing and help him apply for jobs.

Boost also support with Benefit checks and may know about student finance support.

I looked into Student funding and grants and spoke to his university about what they offer international students. I shared the information with him and he was able to apply.

He said he struggles with anxiety and we discussed counselling options.

Outcome after 6 weeks:

- He saw his university counsellor and found the support hugely benefits – he now feels much more competent and preprepared to complete his thesis and less worried about finances.
- He applied for two jobs since working with Boost and had 2 interviews. He was offered one of the jobs. He was discharged as he felt he no longer needed the service and felt less anxious and more in control of his anxiety and finances.

What Are The Clients Saying?


“I had no idea that this service existed and I’m just so grateful the doctor referred me as you have helped me so much and I am finally seeing progress being made for my family”.

“I have been having counselling for sometime now and felt I wasn’t getting much out of it. I speak to you for a couple of weeks and know that you are actually listening to me and rooting for me to do better”.

“It’s because of all your help and support that my case is going forward this far, Thank you very much for all your help”.

“Thank you so much for setting goals with me, I feel like I would really like to do something that you do in the future, helping people”





Thank You For Listening.




EXERCISE



**JESSICA HAMMOND,
DEVELOPMENT MANAGER
SARACENS FOUNDATION**



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SARACENS FOUNDATION

**CLAIRE BELLCHAMBERS,
DEVELOPMENT OFFICER
SARACENS FOUNDATION**



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SARACENS
FOUNDATION



Strictly Sarrie



Over 50's Nordic
Walking



HITZ Academy



Sarries Cheerleading
in Schools



Get Onside



Wheelchair Rugby



SARACENS FOUNDATION

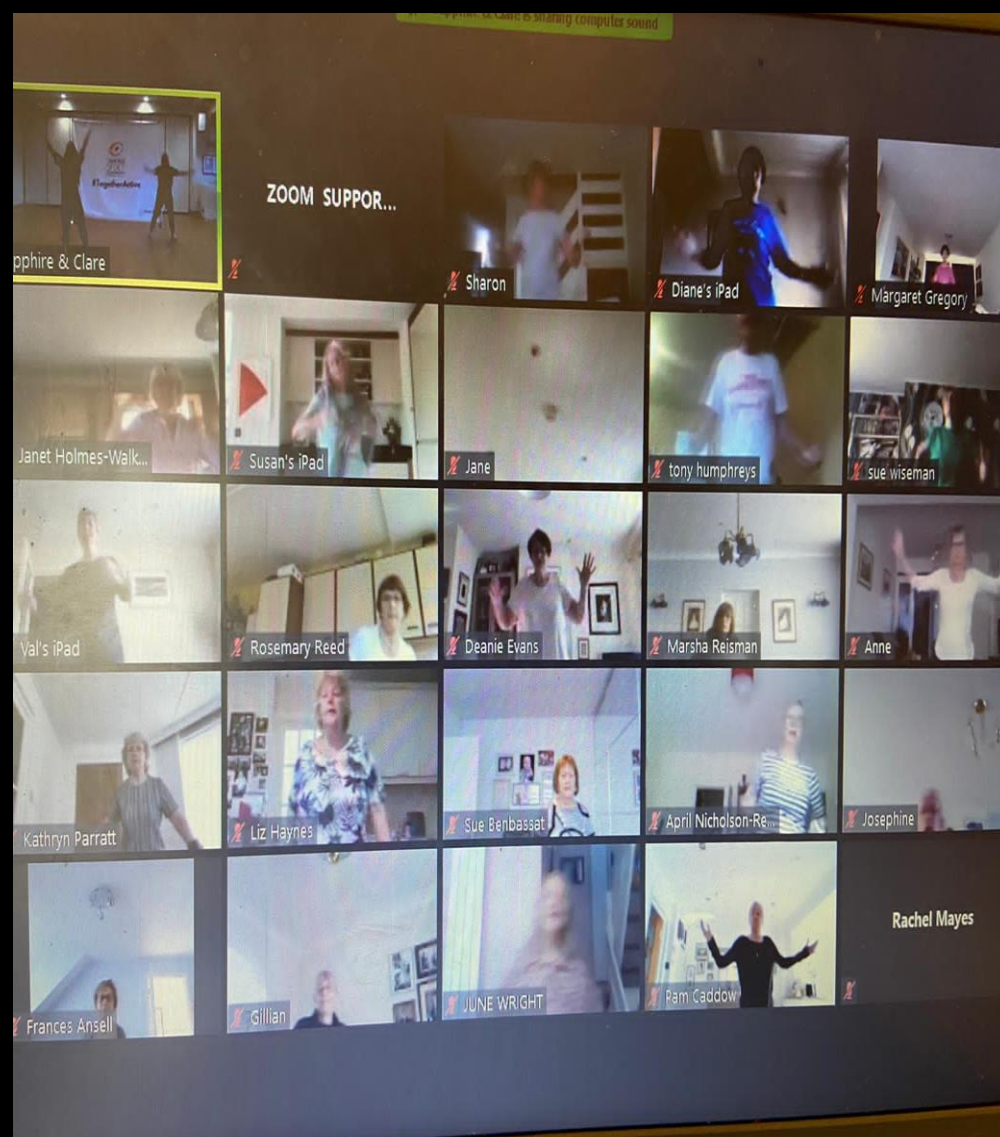
Love to Dance

Love to Dance



- Love to Dance Launched in 2010 in Hertfordshire and 2013 in North London
- Before COVID-19 we had 28 Class across Hertfordshire & North London
- Lockdown 1 - We started #TogetherActive (Online live classes)
- Returned to Classes in September running 21 classes weekly
- Lockdown 2 - We have continued #TogetherActive and added pre record online classes and online coffee catch ups
- Hoping to start back in December dependent on Government Guidelines.

'Love to Dance has improved the quality of my life - both physically and mentally. Also sometimes members have difficult situations in their lives, but just seeing and talking to each other lightens the load.'



'A lovely love to dance class today. It was great to get back to dancing and I felt very safe'

'Enjoyed online dance fitness and online dance routines today. Many Thanks! Missed seeing everyone but good to get some exercise in at home'





SARACENS FOUNDATION



June's Story

CONTACT US FOR MORE INFO

Email

Clarebellchambers@saracens.net

or visit our website

www.saracenssportfoundation.org



LONG TERM CONDITIONS: SELF MANAGEMENT COURSES

**TIM HOYLE,
PUBLIC HEALTH COMMISSIONER
LBB**



#SelfCareForLife



COMMUNITY NEUROLOGICAL CONDITIONS MANAGEMENT



**EVELYN MUDHOMBO
OCCUPATIONAL THERAPIST
ROYAL FREE TRUST**



#SelfCareForLife

Community Neurological Conditions Management Team

Evelyn Mudhombo
Neurological Rehabilitation Centre
Edgware Community Hospital



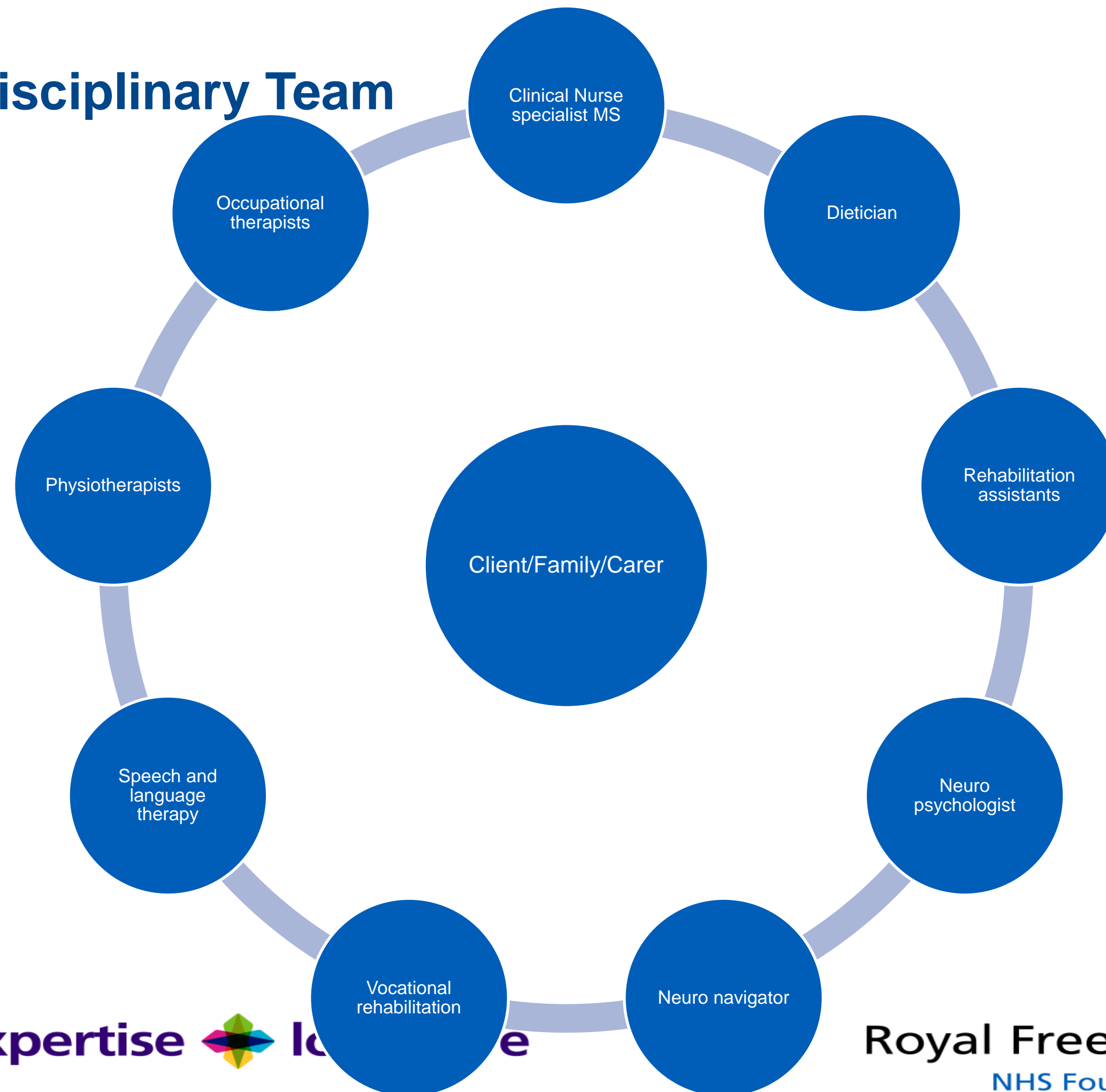
Referral Criteria

Community and virtual multidisciplinary therapy intervention for people with a Barnet GP and a long term neurological condition including:

- Multiple Sclerosis (MS)
- Head injury & tumour
- Spinal Conditions
- Motor Neurone Disease (MND)
- Ataxia and Hereditary neurological conditions

(excluding stroke and idiopathic Parkinson's disease)

Multidisciplinary Team



world class expertise  Institute of Neurology

Royal Free London
NHS Foundation Trust



CNCMT Model

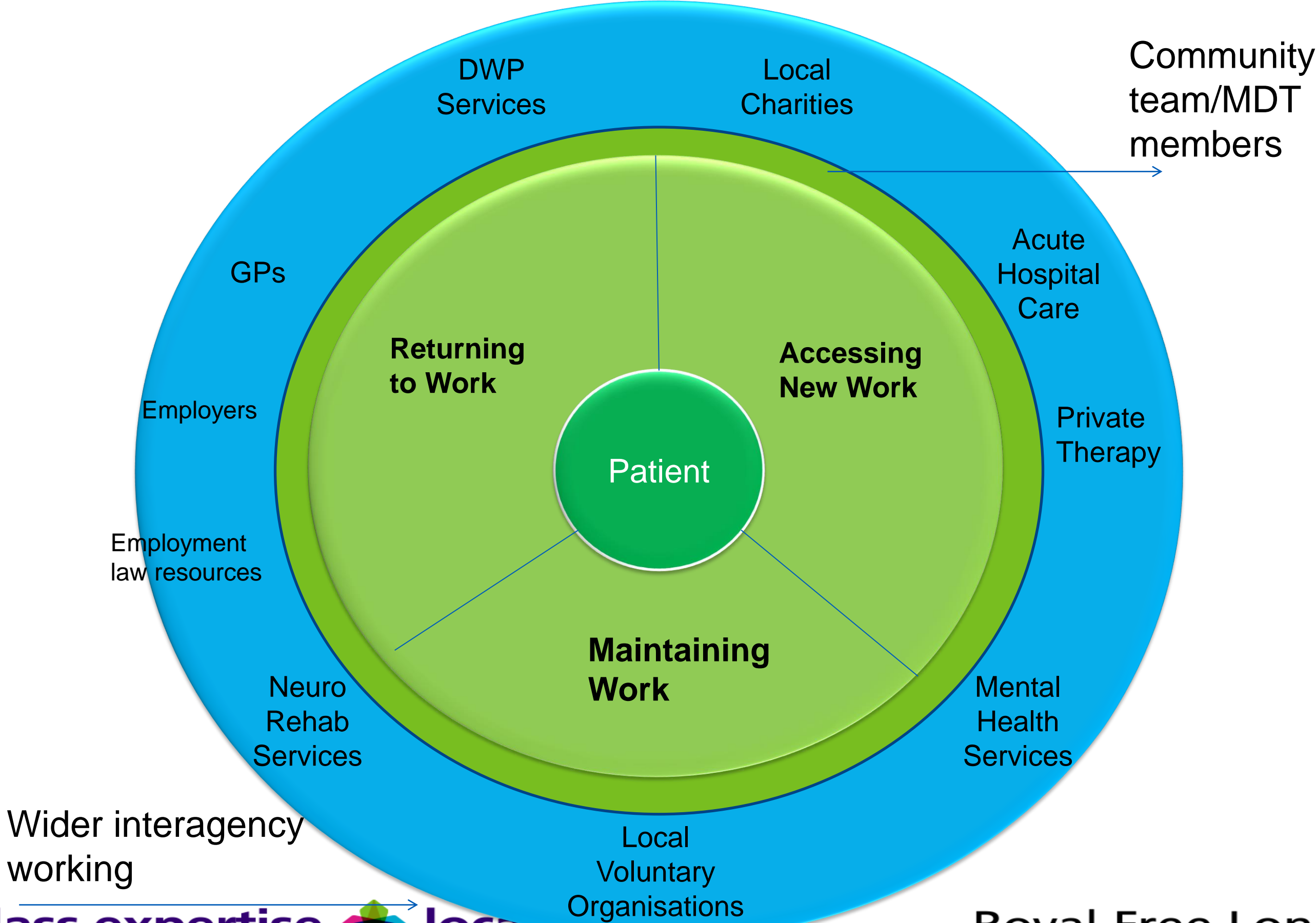


world class expertise  local care

Royal Free London
NHS Foundation Trust



Specialist Vocational Rehabilitation Model



Referral Pathways

If you have a long term neurological condition and a Barnet GP and require neurological rehabilitation or condition management support....

- Self Refer to the service
- Ask your Carer to refer you
- Ask your GP to refer you
- Ask another professional or service to refer you.

Thank you

**Community Neurological Conditions
Management Team**

Neuro Rehabilitation Centre

Edgware Community Hospital

Burnt Oak Broadway

Edgware, Middlesex

HA8 0AD

Tel: 0203 758 2465

Fax: 0203 758 2464

Email: rf.neurorehabreferrals@nhs.net

**If you would like to speak to a member of the team
please email carina.knight@nhs.net**



THE DISABILITY FOUNDATION

GERALDINE GOWER,
THERAPIST
THE DISABILITY FOUNDATION



#SelfCareForLife



SAFEGUARDING IN BARNET

**FIONA BATEMAN
INDEPENDENT CHAIR
BARNET SAFEGUARDING ADULTS BOARD**



#SelfCareForLife



BARNET WELLBEING SERVICE

**JOHN TRUONG,
OPERATIONS MANAGER
BARNET WELLBEING HUB**



#SelfCareForLife

Self Care for Life Event – Wednesday 18th November 2020

Barnet Wellbeing Service

Barnet Wellbeing Hub
Meritage Centre
Church End
Hendon
NW4 4JT

John Truong
Operations Manager
Barnet Wellbeing Hub & Meridian Wellbeing



What is the Barnet Wellbeing Service?

The Barnet Wellbeing Service is a collaborative partnership that focuses on improving the emotional and physical wellbeing of people in Barnet

- Borne out of the Barnet CCG Reimagining Mental Health Programme

It comprises of:

- Lead contractor – CommUNITY Barnet
- Tier 4 Discharge Service – Mind in Barnet
- Community IAPT Wellbeing Workshops – Barnet Refugee Service
- Barnet Wellbeing Hub – Meridian Wellbeing (working name of CMHA) mental health Social Prescribing gateway

Several key partner organisations meeting regularly

- Monthly Steering group
- Monthly Management Board meeting



What is the Barnet Wellbeing Hub?

The Single Point of Access for Social Prescribing in Barnet

- **Rapid Access Connection** service, established February 2017
- **High Volume:**
 - **Over 6,500** individuals have accessed the Wellbeing Hub since launch
 - Individuals connected to **over 350 different services and activities**
- **Easy access** via telephone, email or face to face
- Helping you identify goals via an **Emotional Healthcheck** completed by trained **Wellbeing Navigators**
- Co-produced **person-centred Wellbeing Plan** identifying clear prioritised goals
- **Housing Legal Advice** support appointments
- Delivered social prescribing as per **the NHSE Social Prescribing Support Guide**
- Unique weekly multi-disciplinary **Joint Case Management meeting** for complex cases, providing specialised support:
 - **Adult Social Care (The Network)**
 - **Barnet Let's Talk IAPT Service**
 - **GP Linkworking team**
 - **Barnet Mencap**



Covid-19 Virtual Offer

Responded to the pandemic to move services online and provide remote access

- Delivering Emotional Health Checks remotely by telephone appointment and email
- Transitioned services and activities onto online platform
- Guided people to access virtual activities via online platforms, predominantly the Zoom platform
- Introduced Covid-19 specific activities including:
 - Exercise Classes, such as Tai Chi, Chair Yoga, Dance Classes, singing classes
 - Flower Craft and Flower Arranging classes
 - Mindfulness and Meditation
 - Covid-19 Wellbeing workshops and Webinars
 - Peer-led Peer Support service



Meridian Wellbeing Virtual Activities

November

Day	Date	Time (24hr)	Duration (mins)	Activity
Sunday	1			
Monday	2	11:00	120	Meridian Wellbeing: Singing Class
		13:30	150	Meridian Wellbeing: Wellbeing Club Tai Chi Exercise
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		15:00	60	Covid-19: Managing Emotions - Coping with Social Distancing
Tuesday	3	13:30	60	Tai Chi Beginners Exercise Class
		14:30	60	Meridian Wellbeing: Singing/Chinese Opera class
		14:00	60	Covid-19: Managing Difficult Emotions During the Lockdown - Part 2
Wednesday	4	10:30	60	Peer Support Ambassador Training
		12:00	60	Chair Yoga
Thursday	5	10:00	60	Covid-19 - Managing Times of Change
		12:00	105	Covid-19 Webinar Programme - Managing Change
		13:30	60	Meridian Wellbeing: Physical Exercise Class
		14:30	120	Meridian Wellbeing: Social Club
Friday	6	11:00	60	Flower Arranging Class
		12:00	60	Mindfulness & Meditation
Saturday	7			
Sunday	8			
Monday	9	11:00	120	Meridian Wellbeing: Singing Class
		13:30	150	Meridian Wellbeing: Wellbeing Club Tai Chi Exercise
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		15:00	105	Covid-19: Managing Anxiety
Tuesday	10	13:30	60	Tai Chi Beginners Exercise Class
		14:30	60	Meridian Wellbeing: Singing/Chinese Opera class
		14:00	90	Covid-19: Managing Difficult Emotions During Lockdown - Part 1
Wednesday	11	10:30	60	Peer Support Ambassador Training
		12:00	60	Chair Yoga
Thursday	12	10:00	60	Covid-19: Managing Relations
		13:30	105	Covid-19 Webinar Programme - 5 Ways to Wellbeing
		13:30	60	Meridian Wellbeing: Physical Exercise Class
		14:30	120	Meridian Wellbeing: Social Club
Friday	13	11:00	60	Flower Arranging Class
		12:00	60	Mindfulness & Meditation

Sunday	15			
Monday	16	11:00	120	Meridian Wellbeing: Singing Class
		13:30	150	Meridian Wellbeing: Wellbeing Club Tai Chi Exercise
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		15:00	105	Covid-19: Managing Emotions - Coping with Social Distancing
Tuesday	17	13:30	60	Meridian Wellbeing: Singing/Chinese Opera class
		15:00	60	Tai Chi Beginners Exercise Class
		14:00	90	Covid-19: Managing Difficult Emotions During Lockdown - Part 2
Wednesday	18	10:30	60	Peer Support Ambassador Training
		12:00	60	Chair Yoga
Thursday	19	10:00	60	Covid-19: Managing Times of Change
		13:30	105	Covid-19 Webinar Programme - 5 Ways to Wellbeing
		13:30	60	Meridian Wellbeing: Physical Exercise Class
		14:30	120	Meridian Wellbeing: Social Club
Friday	20	11:00	60	Flower Arranging Class
		12:00	60	Mindfulness & Meditation
		TBC	60	Covid-19 CBT Webinar Programme - Low Mood and Depression
Saturday	21			
Sunday	22			
Monday	23	11:00	120	Meridian Wellbeing: Singing Class
		13:30	150	Meridian Wellbeing: Wellbeing Club Tai Chi Exercise
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		15:00	105	Covid-19: Managing Anxiety
Tuesday	24	13:30	60	Meridian Wellbeing: Singing/Chinese Opera class
		15:00	60	Tai Chi Beginners Exercise Class
		14:00	90	Covid-19: Managing Difficult Emotions During Lockdown - Part 1
Wednesday	25	10:30	60	Peer Support Ambassador Training
		12:00	60	Chair Yoga
		14:00	90	Meridian Wellbeing: Hate Crime Workshop
Thursday	26	13:30	60	Meridian Wellbeing: Physical Exercise Class
		14:30	120	Meridian Wellbeing: Social Club
		10:00	105	Covid-19: Managing Relations
		13:30	60	Covid-19 Webinar Programme - Improving Self-Esteem
Friday	27	11:00	60	Flower Arranging Class
		12:00	60	Mindfulness & Meditation
		TBC	60	Covid-19 CBT Webinar Programme - Low Mood and Depression
Saturday	28			
Sunday	29			
Monday	30	11:00	120	Meridian Wellbeing: Singing Class
		13:30	150	Meridian Wellbeing: Wellbeing Club Tai Chi Exercise
		14:30	60	Meridian Wellbeing: Wellbeing Club - Health Talk
		15:00	105	Covid-19: Managing Anxiety

Links and Contacts:

Responded to the pandemic to move services online and provide remote access

Barnet Wellbeing Service website:

- www.barnetwellbeing.org.uk
- 03333 449088
- info@barnetwellbeing.org.uk

Meridian Wellbeing:

- www.meridianwellbeing.com
- 0207 6131008
- info@meridianwellbeing.com

- john.truong@meridianwellbeing.com





FLU VACCINATIONS



DR AMIT SHAH
GP PARTNER BARNET PRIMARY CARE
CLINICAL LEAD
NCL CCG



#SelfCareForLife



YOGA

THIERRY GUNTA
BARNET YOGA CIRCLE



#SelfCareForLife



Q & A SESSION



ALL SPEAKERS



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CLOSING REMARKS



JULIE PAL
CEO
COMMUNITY BARNET



#SelfCareForLife