

Dartmouth Together's Community Event - "A great success all round"



This quote sums up the views of the more than 35 groups and organisations from across the town and villages who attended the Dartmouth Together Community Event on Saturday 27th April. In addition to these 35 groups, nearly 200 visitors popped into the Flavel to see what all the fuss was about.

Nick Hindmarsh, co-ordinator of Dartmouth Together, spoke to those at the event about the organisations' hope for the day and the future. He started by thanking the many groups who were participating on the day and commented on the tangible enthusiasm he could feel in the room, saying that, "Evidence across rural communities in the UK and overseas is that we thrive where we support ourselves - we know how Dartmouth has lost

services, banks, garages, shops, and our hospital. We cannot control some of those things, we can lobby but we cannot control them, however, how we support one another we can determine - we can 'Control the controllable'. To achieve this, we need to be better connected, both formally and informally and today is a significant step on this path".

Dr James Mottram, a G.P. from Kingsbridge and lead of SHAW (South Hams Area Wellbeing) then spoke about their journey to develop similar opportunities for local people in Kingsbridge and surrounding villages.

SHAW is about a year ahead of Dartmouth Together, meaning James was able to speak with genuine knowledge about what they are doing, have done and what they still have to accomplish. He stated that, "The critical part of making this work is the buy-in from the community and the new Community Connectors who are the glue that hold this together." James and Nick both referred to some new money coming through the NHS this year that will help to provide support to help individuals and groups become involved.

Finally, Craig Davidson, a Governor at the local NHS trust and a trustee at the Indoor Swimming Pool, spoke about the Swim4Health programme, which has been running at the indoor pool in Dartmouth since September. He commented that it was great to see Fusion at the event and of their willingness to develop similar opportunities at the Leisure Centre here as they provide at Quayside. "Essentially, active people have fewer physical and mental health issues; boosting activity improves both, whilst socialising is an important protector from anxiety and depression - and opportunities to make this easier for local people to access is what we are all about!" said Craig

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The groups represented sent their informal feedback over the weekend and this was overwhelmingly positive. A more formal feedback will follow to find out what can be done to improve the experience for all involved. Here are some of the comments already received:

"It was really good to be present to help kick-start your journey with this exciting work....."

"Just a quick thank you for today. It went really well and all power to you for organising an event that brought so many organisations together."

"I was able to make some very good connections and get to know others on a more personal basis."



Primary care networks explained

kingsfund.org.uk/publications

www.england.nhs.uk/gp/gp/v/redesign/primary-care-networks/pcn-faqs/

Some of the key FAQs appear here, for me visit the website above.

What is a primary care network (PCN)?

A primary care network consists of groups of general practices working together with a range of local providers, including across primary care, community services, social care and the voluntary sector, to offer more personalised, coordinated health and social care to their local populations. Networks would normally be based around natural local communities typically serving populations of at least 30,000 and not tending to exceed 50,000. They should be small enough to maintain the traditional strengths of general practice but at the same time large enough to provide resilience and support the development of integrated teams.

Which organisations form part of a primary care network?

Primary care networks will be expected to have a wide-reaching membership, led by groups of general practices. This should include providers from the local system such as community pharmacy, optometrists, dental providers, social care providers, voluntary sector organisations, community services providers or local government.

PULSE

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News article from Pulse - Jan 28th 2019

Primary care networks will be supported by 1,000 social prescribing workers by April 2021, under plans due to be approved by NHS England this week.

The plans for personalised care provision will see each network have access to a social prescriber link worker, whose salary will be fully funded by NHS England.

The workers are being recruited to help patients find suitable activities that are a better alternative to medication, NHS England said.

As first revealed by Pulse, [GP practices will be mandated to join primary care networks - covering between 30,000 and 50,000 patients – in return for the NHS long-term plan funding boost](#), which will see [primary and community care get an extra £4.5bn by 2023/24](#).

The social prescribing link workers were first announced by [health secretary Matt Hancock last July, when he pledged a £4.5m investment towards social prescribing schemes](#).

In the statement today, NHS England said: 'The NHS long-term plan will see GPs surgeries big and small work to support each other in around 1,400 primary care networks covering the country, with each network having access to a social prescriber link worker and NHS England agreeing to fund their salaries in full.

'By 2023-24, social prescribers will be handling around 900,000 patient appointments a year.'

'NHS England plans to recruit 1,000 social prescribing link workers', it added.

NHS England's acting medical director of primary care Dr Nikita Kanani said recruiting social prescribers will be a 'priority target' of the Government's personalised care plan.

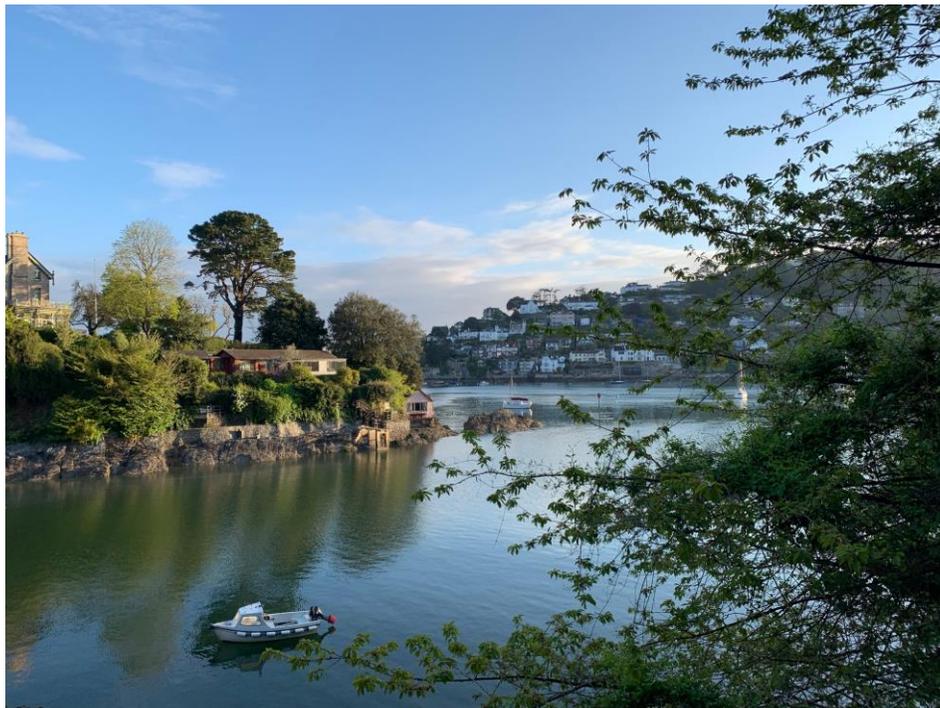
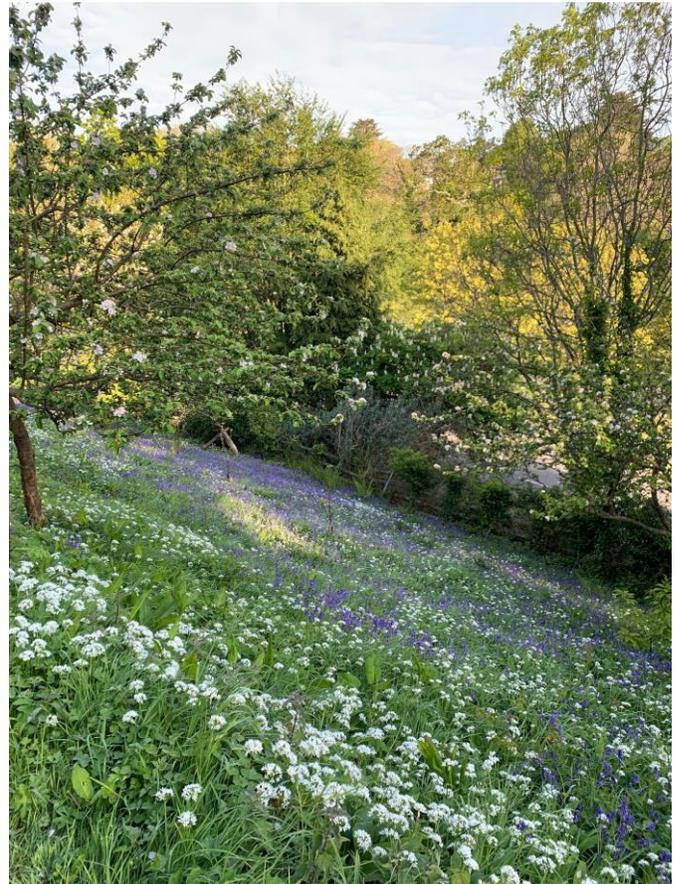
She said: 'We will be recruiting a substantial number of people to support GPs over the next five years, to help ease the workload and pressures that we know general practice is under. But we see the network of social prescribers as a fundamental change to the way primary care operates and vital to the future.

BMA GP committee chair Dr Richard Vautrey said it was vital, 'now more than ever', that patients are able to see the right health professional within a reasonable timeframe.

He added: 'The BMA has long-backed social prescribers supporting the general practice team, and this commitment to roll them out across the country is very welcome.'

Dartmouth is a great place - let's make it a great place to live - Together!





What are the main impacts of social prescribing?

- Reduced loneliness
- Better physical and mental health
- Better connected communities
- Improved locally generated solutions working to support local people
- There is growing evidence that several different types of arts schemes are not only cost-effective, but can improve well-being and have a positive impact on levels of anxiety and depression
- Organisations that get involved draw in “new” members who benefit mentally and physically AND enhance their profile in the community
- Research demonstrates that making music enhances health and wellbeing, offering new, accessible, and affordable alternatives to traditional public health solutions - <http://performancescience.ac.uk/musichealth/>