

Chester Central PCN

Who are we?

In 2019, we were formed by 6 GP practices who began working with each other to support local care services and provide wrap around primary care to our patients. Our 6 GP practices are; The Elms Medical Centre, Fountains Medical Practice, Garden Lane Medical Centre, Northgate Medical Centre, Northgate Village Surgery, and St Werburgh's Medical Practice for the Homeless.

Our vision is to empower patients in the ownership of their own health care management, supported by clinicians to achieve compassionate care and the best outcomes.

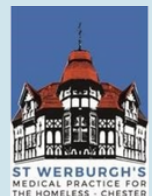
Our Mission at Chester Central PCN

Our primary mission is to ease the mounting pressures on general practices and enhance patient access to healthcare services. We aim to:

- Boost Primary Care Capacity: By meeting the rising demand for healthcare, by increasing the capabilities of primary care services
- Improve Patient Outcomes: By offering a wider array of services. We strive to enhance patient satisfaction and healthcare outcomes.
- Service Integration: We support the integration of services within Primary Care Networks (PCN's) to foster a more collaborative and efficient patient care approach.
- Promote Preventative Healthcare: Our goal is to move towards a more preventative healthcare model, reducing dependence on hospital services and encouraging community-based care.

Meet the Team

To support PCN's, the Additional Roles Reimbursement Scheme (ARRS) was introduced. To find out about our ARRS roles, please see below:



David

Wellbeing Co-Ordinator

By listening to people's issues/concerns, I signpost services that can specifically support you with your difficulty. I can link people into services to help with; debt, benefits, loneliness, employment, and bereavement, and most social problems.

Susan **Dietician**

I graduated from Chester University in 2011 as a Specialist Dietician. I support adults with areas relating to nutrition and have a particular interest in supporting people with complex obesity and diabetes (Type 1 & 2) management. I work with technology and medical therapy to optimise care and weight management.

Larissa **Paediatric Dietician**

I work with children and young people to support and educate around diet and dietary changes specific to individuals. I am able to signpost families into to specialist services, as well as see families on a one to one basis to support them achieving their goals – whether that's growth, symptom relief, or addressing specific issues such as fussy eating.

Gracie **Health & Wellbeing Coach** **(Nutrition)**

I graduated from Liverpool John Moors University with a BSc in nutrition and am now a registered Nutritionist. I help people gain the knowledge, skills, and confidence to actively manage their care and achieve their health goals.

Jeorgia

Health & Wellbeing Coach **(Exercise & Rehab)**

I support patients to increase their confidence by engaging in physical activity and exercise to improve health and wellbeing. I provide education on how patients can modify exercise regimens to suit their individual needs and overcome physical barriers.

Jo

Care Co-Ordinator

I am the first point of contact for patients, providing an in-depth knowledge of our practices and local community services. I liaise closely with the clinical team and management teams to ensure patients receive timely and appropriate direction or appointments according to their healthcare need.

Lorraine

Low Level Mental Health **Counsellor**

I provide a supportive, non-judgemental and confidential environment where patients can explore any emotional and psychological problems that they may be experiencing. Patients are able to talk about what is troubling them and we will try to find any root causes and identify specific ways of thinking.

Sharane

Mental Health Occupational **Therapist**

I provide mental health support within a primary care setting, working with individuals who are experiencing difficulties or disorders. I focus on early intervention, prevention and improving patients overall wellbeing through the use of occupational therapy techniques and interventions.

Sally

Pharmacy Technician

I work under the supervision of a pharmacist to offer advice to patients on how to best manage their medications. I help with medication audits, discharge medication management, and some issues that may occur. I can also provide information on potential side effects, how to take their medications and their lifestyle choice, to reach the best possible care for them.

Jacqui

Clinical Pharmacist

As a PCN pharmacist my role is to provide expert advice on clinical medicines to patients and other healthcare professionals. I undertake clinical reviews of patients with long-term conditions on multiple medications to proactively manage their complex polypharmacy needs. I also help support the GPs with their prescribing and achieving local and National targets.

Abi

Clinical Pharmacist

My role is to help to manage patients long-term conditions, give advice for those on multiple medications, and improve quality of care through the use of my clinical pharmacy qualification. I help support general practices with their prescribing, medication reviews, queries, and can prescribe treatments for minor illnesses

Mike

Paramedic

I undertake home visits on behalf of the practices within the PCN. I have a Masters level where I have undertaken modules in advanced clinical assessment, diagnostics, chronic disease management, research, pharmacology, and advancing clinical practice. I am able to undertake ECG's, blood tests, and give Flu and Covid19 vaccines.

Tim

Paramedic

I undertake home visits on behalf of the practices within the PCN. I have a Masters level where I have undertaken modules in advanced clinical assessment, diagnostics, chronic disease management, research, pharmacology, and advancing clinical practice. I am able to undertake ECG's, blood tests, and give Flu and Covid19 vaccines.

Ayaz

Physiotherapist

I am a chartered physiotherapist working as a musculoskeletal first contact practitioner. Patients can book straight in with me for physiotherapy without having to wait for a referral to secondary care. I can help with exercises, rehab, and refer onwards to specialists if needed.