

Newsletter

Bridge Cottage Surgery

December 2023

We have joined Hertford & Rurals Primary Care Network (PCN)

What is a PCN?

Since the NHS was created in 1948, the population has grown, and people are living longer. Many people are living with long term conditions such as diabetes and heart disease or suffer with mental health issues and may need to access their local health services more often.

To meet these needs, GP practices are working together with community, mental health, social care, pharmacy, hospital and voluntary services in their local areas in groups of practices known as primary care networks (PCNs).

PCNs build on existing primary care services and enable greater provision of proactive, personalised, coordinated and more integrated health and social care for people close to home.

What are the benefits to Bridge Cottage Surgery patients?

The PCN enables the employment of additional roles such as clinical pharmacists, social prescribers and first point physiotherapists which are shared between the practices. Bridge cottage Surgery patients now have access to a Social Prescriber and First Point Physiotherapist.

What is social prescribing?

Social prescribing is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing. Social prescribers give people time, focusing on 'what matters to me?' to support people to take control of their health and wellbeing.

Social prescribing is an all-age, whole population approach that works particularly well for people who:

- have one or more long term conditions
- who need support with low level mental health issues
- who are lonely or isolated
- who have complex social needs which affect their wellbeing.

What is a First Point Physiotherapist?

First contact/point physiotherapists are advanced practitioners working within primary care with extensive expertise in the clinical assessment, diagnosis and management of musculoskeletal (MSK) conditions. You would be booked to see a First Point Physiotherapist if you have issues such as back, neck and joint pain.

The First Point Physiotherapist will assess movement and provide exercises and/or advice to aid recovery and where necessary will refer on for Xray/MRI or physiotherapy sessions. They do not usually provide manipulation but will assess range of movement.

There may be further services available to patients in the future via the PCN which may mean that patients are seen at a different location in Hertford.

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