**WACA March 2024 Newsletter**

**General Update:**

* We have had a great response from the WACA capacity and access survey over the last month and plan to close it at the end of March and present any relevant information in our April meeting, the link can still be accessed and shared at  [https://www.surveymonkey.com/r/YKYCZ5S](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.surveymonkey.com%2Fr%2FYKYCZ5S&data=05%7C02%7Cfiona.bashforth%40nhs.net%7C3227a9a54d094da62c5908dc48e3fc25%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638465391231038083%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Mh21M%2FjbYRxLeV8Wv8tjG2IZLJSK4swiuaiiiirSbbU%3D&reserved=0)
* Our latest GR8 Minds podcast has been released which David Pugh and Sharon Cope (WACA CYP social prescribers) speak to Sasha, a student from the Craven area, about her lived experience with autism and how it has impacted her life. You can listen to this on the WACA Youtube page at [https://www.youtube.com/watch?v=GJgFWcht0cU](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DGJgFWcht0cU&data=05%7C02%7Cfiona.bashforth%40nhs.net%7C3227a9a54d094da62c5908dc48e3fc25%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638465391231049196%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=oD5KQY%2BjAOuVaprneepVwx5OEEHdZDMaPpFKfQu3wYw%3D&reserved=0)
* We are delighted that the Rethinking Pain service will be continuing and all WACA Surgeries can now refer into it from April 1st. To learn more about this service, you can visit [https://www.wacalliance.co.uk/our-projects/rethinking-pain.html](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.wacalliance.co.uk%2Four-projects%2Frethinking-pain.html&data=05%7C02%7Cfiona.bashforth%40nhs.net%7C3227a9a54d094da62c5908dc48e3fc25%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638465391231053989%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=UWl%2FrzmJRy4ea8JccAJ2souKb62%2BeMgt3uXp9RBcr%2BM%3D&reserved=0) - referrals can be made through a clinician or social prescriber.
* We have almost finished the guidance document for establishment and recruitment of PPG's - we will share this with you shortly.
* The Covid spring vaccination programme will be starting in April and all Surgeries will be offering a vaccination to over 75's, patients with immunosuppression and housebound / care home patients.
* The blood pressure management course 'BP Connect' will be going live again soon and we will share the details when we have them.

**Airedale and Wharfedale:**

* At the monthly menopause talk in April, Doctor Janet Kyriakides (Ilkley and Wharfedale Medical Practice GP ) will be leading a talk on diet and nutrition to support the Menopause. It is at Springs Lane Medical Centre on the 4th April from 6.30pm. Bookings are now open (places are limited though)  [https://www.eventbrite.co.uk/e/837285913707?aff=oddtdtcreator](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F837285913707%3Faff%3Doddtdtcreator&data=05%7C02%7Cfiona.bashforth%40nhs.net%7C3227a9a54d094da62c5908dc48e3fc25%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638465391231058694%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=h6Bs983%2FVERYSV30nkvOc4q1v2j5LysAoNjK6idi%2BW0%3D&reserved=0) - please see attached flyer for more info.
* We are continuing to run our Autism talks which have been very well attended and received, the event at Central Hall tomorrow is fully booked but we are running one in Ilkley on April 18th and are just finalising details which we will share soon.
* Ling House are continuing to offer a drop-in social prescribing clinic once a month at Highfield Community Centre - attached is more information with the dates for the next few months
* It was mentioned in the last newsletter but we wanted to highlight again the brief intervention alcohol and drug clinic that runs every Monday at Springs Medical Centre in Ilkley. Patients can self-refer through the New Vison website or ask their Surgery for a referral from a clinician. This service is available for all Wharfedale Surgeries and Ling House Medical Centre  and the referral form can be located here:  [https://newvisionbradford.org.uk/get-help/#referalform](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnewvisionbradford.org.uk%2Fget-help%2F%23referalform&data=05%7C02%7Cfiona.bashforth%40nhs.net%7C3227a9a54d094da62c5908dc48e3fc25%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638465391231063338%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=K0VHeDjd%2Bnx%2BtLLpm3Z8CabLYwD21mMBm1Ha95M6Fwo%3D&reserved=0)
* Ling House Medical Centre are recruiting volunteer Reception helpers to assist patients that arrive at the Surgery to sign in, be directed to the correct room and to put patients at ease before their appointments. I have attached a poster for this role and if anyone would like to know more, they can email me fiona.bashforth@nhs.net

**Craven:**

* Dyneley House are continuing their monthly Stroke Support Group and Osteoporosis Support Groups - these groups are available for all patients living in Skipton and the surrounding areas, please email me if you would like any further information.
* Together with the AWC Modality PCN, we are planning an event to mark the second year of the Mental Health Transformation Programme and to gather feedback from VCS partners, PCN staff and other professionals involved with mental health support on how the programme is working. This event will be held in May and we will be able to feed back to you any relevant findings. To learn more about this programme, you can visit [https://www.wacalliance.co.uk/our-projects/waca-mental-health-service/mental-health-community-hubs.html](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.wacalliance.co.uk%2Four-projects%2Fwaca-mental-health-service%2Fmental-health-community-hubs.html&data=05%7C02%7Cfiona.bashforth%40nhs.net%7C3227a9a54d094da62c5908dc48e3fc25%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638465391231068182%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=onDLT4jB%2BBCD61RgXVwSclHOl8XGu27bdrDk05yvsS0%3D&reserved=0)

The next WACA Patient Network Meeting will be held on April 10th at 2pm, we will send out the agenda prior to the meeting.