

WACA Spring 2025 Newsletter

Craven Dementia Action Week Drop-in Sessions

Dementia Forward are running two drop-in sessions - details below - in Dementia Action Week where a Dementia Support Advisor will be on hand to answer any questions and share information on local services

Townhead Surgery - 22nd May 11-12noon

Grassington Medical Centre - 22nd May 2-3pm

Craven Dementia Awareness Workshops:

Fiona Andrews, Community Education Coordinator for Dementia Forward will be running a series of online sessions in conjunction with our Craven Surgeries.

This education session will cover what dementia is, why some behaviours might occur, and look at ways we can all support people living with dementia both at home and in the local community. The session will also cover Brain Health and how we can all reduce our risks of developing Dementia. This session is suitable for people living with Dementia, Carers, Family Members & Health Care Professionals.

These are free and to book your place, visit:

Townhead Surgery - Thursday 22nd June at
6.30pm <https://www.eventbrite.com/e/1324865160359?aff=oddtcreator>

Dyneley House Surgery - Wednesday 11th June at
6.30pm <https://www.eventbrite.com/e/1324874658769?aff=oddtcreator>

Grassington Medical Centre - Thursday 19th June at
6.30pm <https://www.eventbrite.com/e/1324878038879?aff=oddtcreator>

Blood Pressure Connect Programme:

Patients registered at WACA Surgeries in Wharfedale and Airedale that have been diagnosed with hypertension in past 12 months have been invited to attend the Blood Pressure Connect programme facilitated by Keighley Healthy Living. The programme aim is to educate people about what high blood pressure is and the health risks, teach people how to monitor their own blood pressure and to support people to make simple lifestyle and behaviour changes which can bring their blood pressure back within a

healthy range, and is without need for lifelong medication. The programme is fully funded and is available over the phone, in person at locations across Airedale and Wharfedale, through groups and online.

There is more information on the attached poster but if you would like to know more, please email communityhealthconnect@khl.org.uk

Eat, Move, Be Happy - Fresh Start Programme:

The specialist 1-2-1 health coaching service, which provides individual coaching to help people regain control of their weight and health is available again for patients at WACA surgeries in Wharfedale and Craven, to learn more visit <https://www.wacalliance.co.uk/our-projects/eat-move-be-happy/exercise-classes-and-health-coaching-courses.html>

Mental Health Transformation Programme:

The community based 'Mental Health Transformation Programme' is now in it's third year and continues to support patients throughout Airedale and Wharfedale through the Mental Health Connect Programme <https://mentalhealthconnect.org.uk/> and in Craven through the network of wellbeing hubs and cafe's <https://pioneerprojects.org.uk/mental-health/cmhwh-network/> . The service has supported thousands of patients since it's started and continues to offer vital mental health support for patients closer to home.

Rethinking Pain Service:

We continue to work with 'Rethinking Pain', a community-based service for adults living with long-term pain in the Bradford and Craven area. The Rethinking pain team work one-to-one and in groups to connect people living with persistent pain to appropriate pain information, including education, support and community-based activities. Referral's can be made through the social prescriber working at your WACA Surgery or a GP and you can find out more about the service at <https://www.wacalliance.co.uk/our-projects/rethinking-pain.html>

Social Prescribing and Mental Health Coach appointments are now available in our 'Enhanced Access' evening clinics:

We have been trialling an offer of telephone appointments with our mental health coaches Mel and Georgia in our out-of-hours service over the past few months and these have been very well received. We are continuing to offer these and have recently introduced an offer of telephone appointments with Amanda, one of the WACA social prescribers. Social prescribing assists patients with non-clinical matters such as housing, social isolation, referrals into community exercise programmes, that may be having an effect on their overall well-being. You can request an appointment with Amanda through your WACA GP Surgery.

GR8 Minds SEN Event:

The WACA GR8 Minds team held WACA held a Special Educational Needs Support Event earlier this year in Skipton which was really well attended by both local organisations and families and carers of young people with special educational needs. The event gave the opportunity for families and carers to meet with specialists who were on hand to offer practical advice on accessing additional support and to foster greater understanding, support, and advocacy for children with special educational needs. Attendees were asked to feedback on the event as well as local provision in SEN services which will help to identify gaps in services and to shape future events.

" We found it a great event to make connections with organisations and the range of people there was impressive. Everyone was very friendly and helpful. Thankyou"

"I am so grateful for the opportunity to speak with someone who could help me; I was feeling so lost with no support from school and came away from the event with contact and am now just awaiting an appointment with one of the teams you had there. Thank you!"

Community Cancer Champion Work:

Our community cancer champion, Sharon Cope has been involved with a series of health education talks where she has been on hand to talk about local cancer support services, screening programmes and how to spot early warning signs of cancer. These have included a Men's Health Event at Keighley golf club where Dr David Thompson talked to members about men's health including PSA screening and the members were

then invited to take part in a PSA test. This was incredibly well-received and we hope to be able to offer more of these events: “ *Prostate Cancer is a subject I would normally not discuss with anyone but today we are all here for the same reason so I feel I can chat to other men about this personal topic* ”

Sharon will be facilitating a 'Men's Health Event' with 'People First' - an organisation that supports adults with learning disabilities - in Keighley on Tuesday 27th May 12.30 – 2.30pm. Sharon will be doing health checks and talking about cancer screening and screening programmes and there will be stalls and a game of football and the event is open to all.

Digital Inclusion Work:

As part of the work we have been doing with some PPG members around the pressures within general practice and the move to digital triaging, we have connected with Digital Inclusion Bradford. We have been given access to a set of 'Digital Friends Training' and we are looking to run some digital training workshops in Surgeries that will specifically be designed to help patients with digital access to healthcare including the NHS App. We will be sending out more detailed information on this shortly.

Metabolic Health Course for Townhead Surgery Patients:

Dr David Dawson is running another 'Metabolic Health Programme' for Patients at Townhead Surgery which is designed to help patients take control of their health by helping them to achieve their target weight, improving blood pressure, sugar and cholesterol levels to improve mood and energy levels. Patients that would benefit from this programme have been invited to attend and the course is completed online, once a week, with other participants and supported by Dr David Dawson.

Health Coaching Clinics Pilot for IG Medical Patients:

Dr Jemima Clark has been running 1-2-1 Specialist Health Coaching for patients at IG Medical who have high BMI, high cholesterol or those waiting for tier 3 weight management support". The sessions have been held in person or over the phone and have been a great opportunity to receive personalised advice, as well as support in a confidential and non-judgmental setting.

Prostate Health, GP Fellows Talk:

We will be running a GP led talk on Men's health & wellbeing, cancer screening and a focus topic of prostate health with some of the WACA GP Fellows over the Summer. We will share more details of this prior to the event.

Peer Support Groups:

We continue to support a range of Peer Support Groups run in conjunction with WACA and our Surgeries as well as Peer Support Groups that are run by external organisations. Our monthly Stroke Support Group is well attended and run by a dedicated group of volunteers and we have held a very well received series of Women's Health talks in Ilkley and Settle that we hope to continue later this year. To keep up to date on these groups, please visit <https://www.wacalliance.co.uk/our-projects/peer-support-groups.html>