hinckley & bosworth medical alliance

Fosseway PCN Newsletter

Autumn 2025

Improving Health and Employment Outcomes in Our Community

Keeping You Informed: Faster, Simpler NHS Messages via the App

Updates from Our Senior PCN Pharmacist

The Old School Surgery - Stoney Stanton

Barwell Medical Centre

Orchard Medical Practice - Broughton Astley

The Burbage Surgery

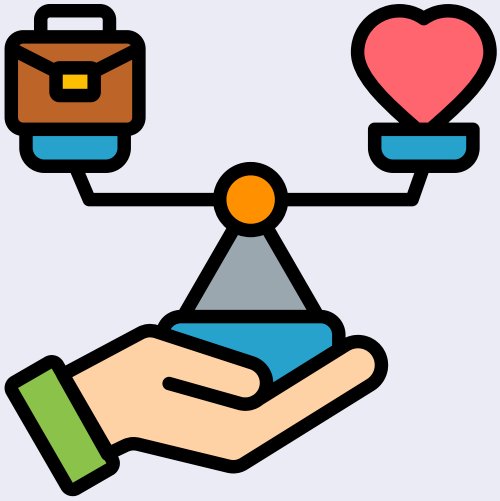
Improving Health and Employment Outcomes in Our Community

My name is Jennifer Oyawiri, and I am the Work and Health coach for the Fosseway PCN.

Many people find that a health condition —whether it's a physical injury, a long-term condition like arthritis, or a mental health challenge such as anxiety - can make finding or staying in work feel overwhelming. My role is to help remove those barriers and support people to move forward with confidence.

The Work Well Service

The Work Well Service is all about partnership. Rather than giving instructions, I focus on listening, understanding each person's unique challenges and strengths, and helping them build the confidence and practical plan they need to progress. The most rewarding part of my work is seeing that "spark" moment when someone realises their health condition does not have to define their career or future.



How can I refer myself?

- If you're interested in the Work Well service, you can ask your clinician during your appointment or speak to a member of the surgery reception team, and they can help you with a referral.

- Patients can also self-refer through the **Joy App** website by searching 'Workwell Fosseway, or by clicking **HERE.**

Real Life Case Study

Background:
A young lady in her mid-20's was referred to the Work Well programme after being out of work for months due to anxiety and burnout following redundancy and a difficult previous job. She felt disconnected from employment and lacked confidence and motivation.

Support Provided:

- I provided initial reassurance and tailored approach to address mental health concerns.
- I signposted to mental health practitioners and community mental health cafés for peer support.
- I focused on her emotional wellbeing before employment readiness, with 1:1 coaching session on confidence building and interests.
- Gradual progress led to her independent CV updates and exploration of job options, supported by motivational coaching and accountability.

Outcome:
Within weeks, the participant's confidence and mood improved significantly. She secured a full-time permanent role and expressed pride in her achievement, highlighting the impact of compassionate, paced support.

How I support patients

- One-to-one, confidential coaching to build confidence and set achievable goals.
- Practical help with CV writing, job applications, and interview preparation.
- Guidance on local training opportunities and skills-development courses.
- Support with understanding and requesting reasonable adjustments in the workplace.
- Signposting to other important services, such as mental health support, financial advice, or physical wellbeing resources.

Can I support you?

The Work Well Service is available to anyone aged 16 or over who is registered with our surgeries and feels that their health is affecting their ability to work—or that work is affecting their health.

NHS App-first messaging: supporting a digital-first future

Over the next three years, patients in England will receive all suitable NHS messages through the App first, followed by SMS and email where appropriate. Letters will still be sent to patients who require them.

Accessible formats will be made available to ensure everyone can access communications.

- This supports the NHS 10-year plan and will help to: improve patient experience
- reduce missed appointments
- increase prevention service uptake
- deliver up to £200m in savings over three years

How to switch on NHS App messages

1 Log in to the NHS App.

2 Select the Account icon in the top corner.

3 Select Notifications.

4 Follow the link to your device settings.

QUICK NOTE CORNER: MEN'S HEALTH CLINIC

Male patients registered with any practice in the Fosseway PCN can now book directly with a male GP who has a special interest in men's health.

Simply enter your details using the online form on our website, and a booking link will be sent to your mobile so you can arrange your own out-of-hours appointment on a weekday evening or Saturday.

These appointments are for a GP consultation for non-urgent men's health concerns and are not a routine NHS health check. Tests like bloods can be arranged if needed but aren't automatically done at the appointment.

PCN Pharmacy Update

Uwais Alibhai

As the Senior Pharmacist for the Fosseway PCN, I want to use this update to keep you informed about the ongoing changes and improvements within community pharmacy. Our aim is to make it easier for you to access the right care at the right time, and to ensure you're aware of the growing range of services available on your doorstep. Pharmacy continues to play an increasingly important role in supporting everyday health needs, and I hope this article helps highlight how your local pharmacy can offer quicker, more convenient care when you need it.

As I am sure you are aware of your local pharmacy now offers a lot more than just your prescription medication. Don't forget to think of your local pharmacy first for advice and treatments for winter colds first this season.

In the previous newsletter we highlighted some of the national services your local pharmacy provides including the **pharmacy first service**, the **hypertension case finding service** and the **female contraception service.** On the 29th of October 2025 the contraception service expanded to include **free emergency contraception.** Pharmacists and Pharmacy Technicians will have completed training to ensure they can carry out consultations with females requiring emergency contraception and supply medication free of charge if appropriate. This is major expansion of the contraception service and helps remove the barriers of cost and access, to those females who require emergency contraception medication.

The service links in with the existing contraception service where your local pharmacy can provide regular daily contraceptives pills. So, whether you need your annual pill check or emergency contraception, think of your local pharmacy first!

Evening + Weekend Appointments

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Just ask reception at your surgery for an appointment in **Enhanced Access**

Pre-bookable appontments:

- GP
- Nurse - Smear test, dressing, woundcare
- Blood tests
- Advanced Nurse Practitioner
- Contraception services - Coils & Implants

Scan for more info
or visit
www.hbmagpfederation.co.uk

All appointments at:

The Centre surgery, Hinckley Health Centre, Hill Street, LE10 1DS

OR

Newbold Verdon Medical Practice, St Georges Close, Newbold Verdon, LE9 9PZ