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Practice Health Champion



More than Medicine
Creating a Collaborative Practice the
Alvanley Way

Background to the practice



Feb 2015 4000 patients
December 2019 5500 patients
List size increase of over 38%

Mixed population with some high levels of deprivation

We are a Collaborative Practice



- We work with local people to make our practice even better for everyone

In the Alvanley Family

- Culture is key – leading from the front but sweeping up behind
- Empowering staff to be their best
- No one is “just” anything at Alvanley
- Style comes from the Partners but is embraced by everyone
- We all know we can do things differently and rules can be stretched
- Staff are supported as the experts that they are to develop and grow



We found it difficult to interact with our patients; Until we tried Facebook

Now a community of 1500 people who follow, share and support us.

Who needs a PPG?



Engagement with Altogether Better

- **Unlocking the power of communities to transform lives**
 - Funding for 6 months from Public Health Stockport
 - Recruited 18 Practice Health Champions
 - Work with us to develop and engage with our community



They said;

- “I’ve got no skills but I’d love to get involved”
- “I want to give something back to the doctors who helped me”
- “I struggled when I was diagnosed so I’d like to help someone else”
- “I’ve lost 7 stone and I’d like to motivate other people to do the same.
Dieticians just don’t get it”
- “I’ve finished work and I’m bored!”
- “I hate my job and want some volunteer experience to add to my CV”

Untapped resources in the community



WELLBEING PRESCRIPTION

NOTE

Did you know that Alavanley Family Practice can offer so much more than you think. Check out the list below to see if any of the activities may be of interest to you. Just put a tick in the box of those you like the look of, complete your name and contact details and pop it in to reception. Alternatively you can email us with your inquiry and details to stoccg.healthchampions@nhs.net

PART 1

I am interested in receiving more information about the following:

- Veg on prescription** - *Grow your own, cook your own !!*
- Weekly Health Walks** - *Every Wednesday*
- Coffee and Conversation** - *Feeling alone, fancy a chat?*
- Social Events for New Mums** - *Don't feel alone*
- Pram Pushers Walk** - *Bring along baby for a friendly walk*
- Singing for Health** - *Singalong with the Champions*
- Knit and Natter** - *Friendly banter with like minds*
- Cook and Taste** - *Let us show you how to cook it*
- IT Skills** - *Let's get you started with the basics*
- Telephone Support** - *A friendly voice on the end of the line*
- Practice Allotment** - *Come and help with our allotment*
- Money Advice** - *Advice and guidance*
- Evening Get Togethers** - *A friendly group gathering*

PART 2

I understand that the details I give will be passed on to the Practice Health Champions who will contact me with the information I have requested

PART 3

Signed:

Name:

Contact Number/Email address:

We prescribe wellness

- Knit and Natter
- Financial help
- Weekly walk
- Pram Pusher walk
- Coffee and Conversation
- Singing for Heath
- Cook and Taste
- Practice Allotment
- IT Skills
- Telephone conversation for our housebound
- Art and Wellbeing
- Feed the birds



Music and laughs









Results on our workload

- GP's now see 12 patients a session (from 15+)
- The mood is better
- Clinicians feel that they have an alternative option
- They say its particularly useful for heart sink patients
- Patients trust the prescriptions
- It's a way to end a consultation without medication

Our experience working with voluntary sector

- Engaging with the not for profit sector and volunteers has offered us extended skills and resources
- We find out what matters to our patients by talking to them.
- They help us with the caring and simple tasks that we just don't have time for e.g. teaching people to use the self check in screen, ringing our isolated patients to offer companionship

Our ethos moving forward

We are interested in what matters not always what's the matter.

We believe that the wellness of our whole community influences their health needs

Creating a more resilient community to live and work will enable us all to thrive.



Projects for 2020

- Peoples sheds network
- Communiversity
- Evening events sharing with “experts by experience”
- Allotment garden



Thank you any Questions?

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