



The past two years have been challenging and everyone in the NHS has been working above and beyond.

Enfield Unity would like to thank everyone in the PCN for your hard work and support during these times.

We wish you a restful festive season!



News & Events



Pre-Diabetes On-Line Workshops programme- Provide by Unity PCN Health & Wellbeing Coach

Dates have been set up for sessions in Jan and Feb and we are keen to invite participants to take part. For information see

<https://www.eventbrite.co.uk/e/patient-information-session-about-pre-diabetes-winter-2021-22-series-tickets-221884902717>

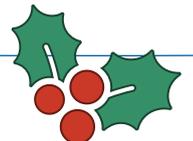
If you would like us to invite your pre-diabetic patients email enfield.unitypcn@nhs.net

Patient Participation Group Meeting:

Will be held on the 19th Jan at 12pm over Teams.

If you have PPG members who would like to join or are a member of staff who would like to attend. Please email Enfield Unity and let us know.

Meet the Team



Pinar Kurt recently joined us. She is the **Health Improvement Specialist** who will be working on **Smoking Cessation** in the east side of Enfield to help combat health inequality in deprived areas. We hope to roll this service out across the PCN by the end of 2022.

We also have **Pamela Mounkela** joining us in the new year; she is our **Immunisation & Screening Care Co Ordinator**. Her role will be to help increase immunisation uptake. Please contact us if you would like to book her to come into your practice to help with this.

You may see the **Long-Term Conditions Care Co Ordinator, Dan South** at your practice soon as he will be popping in to help with LTC conditions and will be soon starting an online weight management course for patients. On the next page you can read more.

Hi, I am Pinar!

I am the new Health Improvement Specialist in Enfield and I am very excited to be part of the PCN.

I have 9 years of extensive NHS and healthcare experience and good knowledge of E-cigarette's and Nicotine Replacement Therapy (NRT). I have delivered a bespoke stop smoking service via different healthcare organisations who are very E-cigarette friendly. Plus, with an ability to run and manage busy stop smoking clinics. An important skill I have is that I speak fluent Turkish! Over the years I have worked in various boroughs around London as well as working from home and offering telephone support.

My role within the PCN will include, providing stop smoking support, recommending stop smoking medication and in the future discussing healthy eating.



I currently work as a Salary GP and I have joined the Enfield Unity PCN team as an Education Lead, a role which I am excited about where I will be overseeing the Physician Associates as a clinical supervisor and working with the Training and Development Leads. I am really interested in helping develop the skills of our allied healthcare professionals and ensuring they have a supportive work environment.

Dr Rachit Singhal



My role as a LTC Coordinator encompasses a wide array of responsibilities. Essentially working with all sites within Enfield Unity;

- Updating a weekly Dashboard of site performance and how they are improving each week.
- Working with sites based on figures from Dashboard to improve performance.
- Skills with EMIS can/are being put to use with building searches to identify at risk patients.
- Visiting practices to assist with search building.
- Working with LTC fellows assisting with the BP@Home project launch.
- Lifestyle education sessions with hypertensive/overweight patients (Background in Nutrition).



Recently, myself and the LTC leads have been focusing on CKD stages 3b, 4 and 5 on improving numbers by importing results from the Portal and Coding them into EMIS, dramatically increasing numbers. With the other patients who have not had blood tests/urine test we are booking them to get some traction.

I have been to Southgate Surgery for the day assisting in several aspects of LTC performance. Such as the above, working on the CKD patients as well as sending the initial texts for the BP@Home project.

The message I would like to spread to sites is that I am here to help with performance with several LTC's and would be happy to be contacted to arrange a day/morning/afternoon/15-minute chat to identify how I can help the practice in areas where needed.

Dan South - dan.south1@nhs.net



Coming up

2022 			
January * 19th PPG 12pm * Pre-Diabetes On-Line Workshops * 12th- 18th National Obesity Awareness Week	February * Pre-Diabetes On-Line Workshops	March * Ovarian Cancer Awareness Month * 11th, No Smoking Day * Nutrition and Hydration Week	April * Bowel Cancer Awareness Month * 7th World Health Day
May * National Walking Month * 11th-17th Mental Health Awareness Week * 31st World No Tobacco Day	June * 15th-21st Men's Health Week * World Blood Donor Day	X	X
September * Urology Awareness Month * National Blood Cancer Awareness Month * 10th World Suicide Prevention Day	October * 7th -11th BackCare Awareness Week * 10th World Mental Health Day	November * Men's Health Awareness Month * 5th National Stress Awareness Day (NSAD)	December * 1st World Aids Day * Festive season! 

Contact Us



For more information about Enfield Unity PCN please visit our website:

<https://enfieldunitypcn.co.uk>

If you have any queries, please feel to send us an email at enfield.unitypcn@nhs.net