

Connect

News from your Federation

Summer 2024

If you have anything you'd like to see included in the next issue, please send it to us at: comms@boltongpfed.co.uk

Good Employment Charter

We are proud to announce we have become a Member of the Greater Manchester Good Employment Charter! As a Member, we are the first federation in GM to be awarded membership alongside other employers in Greater Manchester leading the employment movement.

The GM Good Employment Charter is driven to develop diverse, equal and truly inclusive working conditions across Greater Manchester. By promoting the benefits of equality, diversity and inclusion in the workplace embrace the seven characteristics of good employment in ways that ensure fair pay, opportunity and progression to all. These issues are central to the fulfilment of Good Employment.

Our commitment to supporting our staff shines through in their outward actions and behaviours, they feel appreciated, respected, empowered and part of one team that makes a big difference to the people and organisations we work with.

"Our commitment to good employment applies to all our staff, regardless of how much, or how often they work for us. We firmly believe in supporting our staff, treating them well and having a good all-round employment offer including salary, terms and conditions, employee voice, recognition and engagement, because we know this is a key factor in delivering the level and quality of services the people of Bolton deserve. We are incredibly proud to be the first federation in Greater Manchester to have achieved this charter and are sharing our learning with our fellow federations to encourage them along the journey."

Michael Smith, Chief Officer



Seven key characteristics:

- Secure work
- Flexible work
- People Management
- Pay
- Engagement and Voice
- Recruitment
- Health and Wellbeing



Find out more here



Our support for The Lullaby Trust



Bolton GP Federation raised £529 for the Lullaby Trust and raise awareness of the work that they do to promote safe sleep for infants.

Our fundraising events included two cake sales and a hike around the Yorkshire Three Peaks.



Women's Health Network

In late 2023 a group of like-minded people came together to look at how we can better support women in Bolton to be healthy.

The network includes people working in primary care, secondary care, the voluntary and community sector, public health, housing services, HealthWatch, Answer Cancer, the council, Greater Manchester NHS and the GM Training Hub.

The network explore existing provision by sharing information, data and insights into what women in Bolton experience around health issues, priorities and services. This deep dive into some of the collective challenges has helped the network to shape their collective ambition and passion to improve services and tackle inequalities.

Most recently, the group has facilitated support to a Women's Health Hub pilot in Westhoughton that looks to improve access to long-acting contraception, and have taken a deep dive into a report by Healthwatch Bolton on how we can help women's experience of menopause and perimenopause in Bolton and improve access to good advice, in the best way and at the right time.

Other priorities being looked into include cancer screening, sexual health, contraception, and being more active.



Our people in the spotlight



Abby Edmonds
Deputy Network Manager

I joined Bolton GP Federation in December 2021 as a COVID19 Administrator. Since then, I have been on an incredible development journey, progressing to Primary Care Network Administrator, then on to my current role as Deputy Network Manager. My role involves working closely with the Central and Rumworth Primary Care Networks together with the Network Management team and Clinical Directors to ensure all our contracted targets are met. I am certainly enjoying my role within the federation and I am looking forward to seeing us develop and grow even more in the coming years.

Abby can be contacted at: abby.edmonds@boltongpfed.co.uk



Ireland Hackett
Service Support

I have been with Bolton GP Federation as the Service Support Administrator since January 2023.

My role includes providing administrative support to the Head of Operations to ensure the smooth running of any current services. I also help to support the rollout of any new services. I have previously worked within the NHS for the past seven years and look forward to enhancing my skill set working with the GP Federation team.

I have thoroughly enjoyed my time working with the GP Federation and look forward to seeing the organisation grow and where my role takes me.

Ireland can be contacted at: ireland.hackett@boltongpfed.co.uk



Steph Psujek
Enhanced Access Service
Administrator

My NHS career started in 2007 as a Medical Receptionist in a town centre GP Practice where I worked for 14 years.

In 2019 I started working part-time on top of this for the federation through the Extended Primary Care Service, then in 2020 joined the COVID vaccination clinic workforce, initially as admin support, then with training and support, progressing to Shift Lead position. In January 2023 I joined the growing team of the Enhanced Access Service as Service Administrator.

Looking forward to seeing the growth of the EA Service as well as the federation.

Steph can be contacted at: steph.psujek@boltongpfed.co.uk

International Women's Day

March 2024



The Fed's Head of Performance, Programmes and Communications, Dawn Lythgoe presented a show at Bolton FM to celebrate International Women's Day. She was joined by 4 fantastic women Sue, Bev, Rachel and Andreana.

The 2-hour show focussed on women's health and covered topics such as menopause, mindfulness and the importance of moving more.

It was a great couple of hours where the women shared their stories, lessons and tips and listened to powerful and meaningful songs that reminded them of a special person or time on their journeys.

Thank you Bolton FM for giving us your studio and trusting us to take over the air waves!



Sue was diagnosed with and treated for lung cancer in April 2023, having previously been a very fit and active marathon runner and lifelong non-smoker.

"It's easy to let cancer define and potentially limit aspirations and goals; but my hope is that I can use my experience to shape new opportunities personally, raise awareness and hopefully inspire others to reach their own goals."

Bev is an NHS and private GP with a special interest in women's health and lifestyle medicine (especially menopause and perimenopause). Passionate about providing holistic care to women, taking into account their lives as a whole (kids, jobs, family, hobbies, sex life).

"I love to look at the wider things we can do to improve our health and happiness, such as cooking with real food and enhancing our gut bacteria, getting into nature, journaling and cold water therapy!"

Rachel is the Director of Adult Social Care and Community Services for Bolton Council. Passionate about enabling people to live their best lives and reducing inequalities and gender-based violence.

She is the champion for Bolton's United We Run partnership campaign powered by Her Spirit, the no. 1 fitness App and has been on her own journey to becoming active for her health and well-being – with an aim to go from Couch to Ironman and inspire more women to be fitter, stronger and healthier.

Andreana is a yoga teacher who offers yoga in the community. Her desire to teach people to understand how incredibly amazing their body is, to learn how to nourish and nurture it instead of punish and hate it.

Andreana comes from a place of 42 years of body dysmorphia and hatred. She teaches a place of authenticity and never teaches about things she has never experienced herself. She wants to make yoga as accessible and unthreatening as possible, teaching people to become empowered in their bodies and ultimately in their lives, using ancient philosophies and presenting them in relatable contemporary ways they can use in their everyday lives.

"I am so passionate about building a community of people that feel empowered and strong, both mentally and physically."

"LOVED being part of IWD on Bolton FM chatting all things women's health and inclusion. A fabulous group of women bringing together their experiences. Talking all things menopause, movement and more! All the emotions ticked! Dawn was such a fabulous host (she should have her own show 😊)"

Dr Bev Matta



International Women's Day – Community Walk



Women from our head office joined Bolton Wanderers in The Community for their walk around Queens Park – an opportunity for local women to come together, connect, get moving and get some fresh air to celebrate International Women's Day.

It was lovely to see those that joined on the day - even though the weather was not on our side!



The Federations first Nursing Associate to qualify



Congratulations to Rachael Croft for her achievement of becoming our first ever qualified Nursing Assistant at the federation – and for doing it in absolute style by receiving a distinction for all her hard work and dedication.

"After two years of study with Bolton University, and brilliant support from my assessors and mentors in practice (and uni!), I have now passed my foundation degree and will shortly be practicing as a new registrant within the Halliwell PCN.

The Fed Nurse Associate Apprenticeship has been extremely challenging and rewarding, so this is a huge personal and professional milestone for me. The programme was very hands-on and varied, providing so many opportunities to work alongside some brilliant clinicians and teams across primary, secondary and social care settings. This exposure has increased my understanding of healthcare services currently being provided face to face in our communities. It has also broadened my knowledge of our communities and the challenges faced by our most vulnerable residents. Mostly, it has built my confidence and helped me to understand the value of my role as a Nursing Associate within our wider nursing teams.

Moving forward, I am open and excited, (if not a little nervous!), about the next steps on my journey with GP Fed, but feel ready to embrace the future in whatever shape it comes."

"On behalf of all of us at Bolton GP Federation, I would like to send huge congratulations to Rachael as she qualifies as an NMC registered Nursing Associate, and also on the news that she has received a distinction for all her hard work and dedication. It has been a pleasure to work alongside Rachael during her two year programme as a Trainee Nurse Associate, and I wish her the very best as she embarks upon her career as a registered healthcare professional within our organisation."

Kath Arrowsmith, Chief Nurse, Bolton GP Federation

"Huge congratulations on completing the 2-year programme, we are very proud of you and your determination and commitment to get to the end of the two years with a distinction!"

Michael Smith, Chief Executive, Bolton GP Federation

Next Gen

Paving the way for the next generation of NHS professionals

At Bolton GP Federation, we are a learning environment, nurturing our future workforce and giving opportunities to those wanting to try out the world of primary care as a potential career destination.

Alongside taking in student placements from local colleges and universities, we also host younger members of our communities who are thinking about where their journeys will take them after their GCSEs.

In June, we hosted 15-year-old Jasmine, a year 10 student from Westhoughton High School. Jasmine told us she was interested in nursing as a career, so we took the opportunity to provide her with some insights into the services we offer, how we run behind the scenes, and thanks to our lovely nurses, some hands-on practical training too.

Dawn Lythgoe, Head of Performance, Programmes and Communications at the fed, said: "Jasmine was a wonderful young person to have around and not only did she learn from us, but we learnt from her too.

"Whilst Jasmine was on placement she mentioned that she had an interest in becoming a children's nurse. This gave us an idea that meant Jasmine could use some of her time with us to research some of the health issues faced by children and young people today, whilst also coming up with some of her own views and ideas on what we could do to support them."

Jasmine's research found that:

In Bolton, there are around 72,458 people under the age of 18. There are multiple health issues that can affect Bolton children and young people.

Three of the big issues affecting young people today are:

- Growing mental health and well-being, such as anxiety, depression and self-harm
- Vaping
- Child poverty

If you run a service, group or project that connects with children and young people, or are interested in finding out more about Jasmine's research, then visit our website to read Jasmine's full paper. You may learn something new that could help shape or change what you do.

Whilst Jasmine was with us, she also got to complete some online training courses, including Safeguarding Children, Information Governance and a Basic First Aid course.



Jasmine is 'shown some of the ropes' by our Chief Nurse, Kath Arrowsmith.

Her most enjoyable part of the week though, was the time she spent getting some hands-on practice with our Chief Nurse, Kath Arrowsmith.

Kath said: **"It was an absolute pleasure to meet Jasmine and spend some time with her and talk to her about basic first aid.**

"Jasmine has a very caring nature and I am sure she will achieve her goal to becoming a nurse in the future.

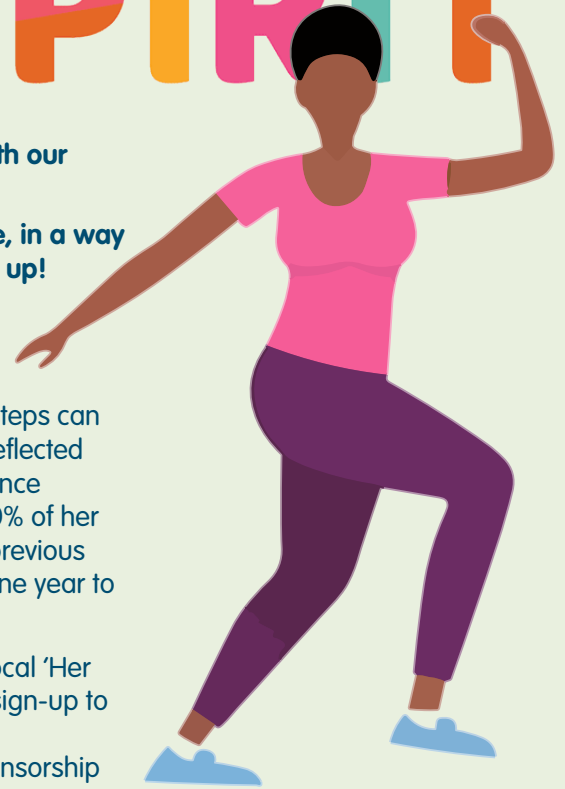
"I hope her week with us has opened her eyes to primary care and the endless career opportunities open to nurses in general practice."

Her Spirit

HER SPIRIT

We have had a brilliant and extremely active few months working with our partners at Her Spirit, Bolton Council and BWITC.

Our ambition to help thousands more women in Bolton to move more, in a way that is comfortable, convenient, and of course fun, has really ramped up!



April

In April we took part in the Bolton Wanderers in the Community 10k event – proving that small steps can lead to big achievements. During this event, we reflected on the staggering journey our Sue has been on since embarking on her road to recovery after losing 60% of her lung to cancer. Sue, a life-time non-smoker and previous marathon runner, smashed the 10k run, exactly one year to the day since having her operation.

As a result of Sue's inspiration and that of other local 'Her Spiriters', we saw more than 300 Bolton women sign-up to the Her Spirit app and get access to the premium membership in just one week – thanks to our sponsorship with Bolton Council.

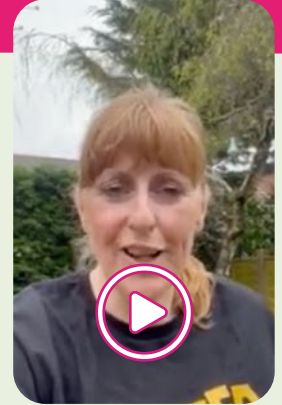


Listen here to our Sue and Dawn talk about their experiences

May

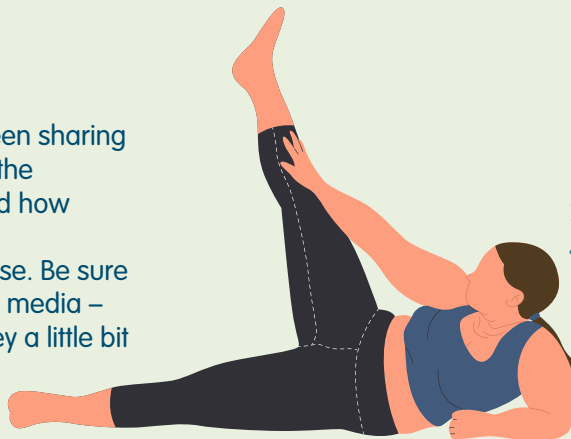
During May we jointly launched our '10-minutes a day in May' campaign, encouraging women to find just 10 minutes to move.

Did you know... that adding 10 minutes more a day to your movement can reduce your blood pressure, support your heart health, and even add years to your life?



June


Throughout June we have been sharing lots of ideas and support on the different types of exercise and how these can help women with menopause or perimenopause. Be sure to keep tuned in to our social media – we'll try and make this journey a little bit fun as much as we can.



See over the page for what's still to come...

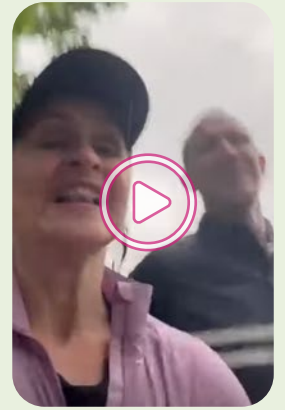
IRONMAN[®]

70.3[®]



BOLTON ENGLAND

Watch them here supporting Rachel Tanner from Bolton Council along the way... and watch our social media updates to find out how they get on!



Next up at the end of June we'll be embarking on the Bolton Iron Man 70.3!

Our Chief Officer, Michael and Communications Officer, Jack have been out training for the mammoth event taking place on 30 June.

For those of us that aren't quite at Iron Man level, we'll be joining the thousands of people taking part in the Iron Man Night Run on Friday, 28 June, where a more serene (and sensible) 5km or 10km run is available.

Why not come along, and join in – even if it's to cheer us on and soak up the atmosphere of Bolton coming together in the wonderful way that it does!

And if you're not already motivated (or tired out) by all of this getting moving – then watch these to see if our Dawn or Sue can convince you



HER SPIRIT

If you're a Bolton woman looking for an easy to access, free mobile App to provide them with support and access to free classes (you can do at home with no equipment) and a community of friendly people on the same journey as you, then why not sign up to Her Spirit.

Remember if you are woman from Bolton you get access to Her Spirit Premium for FREE. Just make sure you put in your BL postcode when you sign up.

**Sign up
today**

<https://herspirit.co.uk/>

Tackling Cancer Together

WANDERERS fans benefited from a host of cancer advice and information at the Bolton Wanderers vs Cambridge United match at the Toughsheet Stadium on Saturday, 2 March, thanks to a Bolton-wide collaboration of organisations who want to 'tackle cancer together'.

Tackling Cancer Together, an event hosted at the ground before and during the match brought together a range of services and professionals for anyone worried about or wanting to find out more about signs, symptoms and support. The organisations involved included Bolton GP Federation, Bolton Wanderers in the Community, Bolton Macmillan Cancer and Support Services, Bolton Hospice, Bolton NHS Foundation Trust, Healthwatch Bolton, Answer Cancer and Bolton Wanderers Supporters' Trust.

The event ran from 12pm, with the aim of building awareness of cancer screening programmes and the opportunity for fans to access information and support, and get a free basic health check. Cambridge United fans and people not attending the match were also welcome to attend.



Sue Higson, Bolton GP Federation's Head of People and Quality and cancer survivor

"Statistically, one in two of us will get cancer at some point in our lives, equating to approximately 10,000 people attending the match potentially being affected by cancer in some way.

"We want anyone who has concerns, symptoms, needs support for themselves or others to know that they have somewhere to go, and have confidence in taking that first step. Based on personal experience, it literally can be lifesaving."



Our Social Prescribers

She did it!

Alison Lowe, one of our wonderful Social Prescribing Link Workers from Westhoughton PCN was awarded Highly Commended in the 'Woman in Health and Wellbeing' category in the Bolton Women in Business Awards 2024.

The awards ceremony took place in April over two nights – with hundreds of people coming together to celebrate the brilliantness of women in Bolton!

Well done Alison, you are a star!!

If you'd like to share the amazing things that our Social Prescribers do in your community, please send us an email with the details so we can shine the spotlight on the fantastic work they do.

comms@boltongpfed.co.uk



Bereavement Café Quilt

Julie Wright, one of our Social Prescribers, was invited to produce a quilt square on behalf of Bolton GP Federation at The Bereavement Café in April.

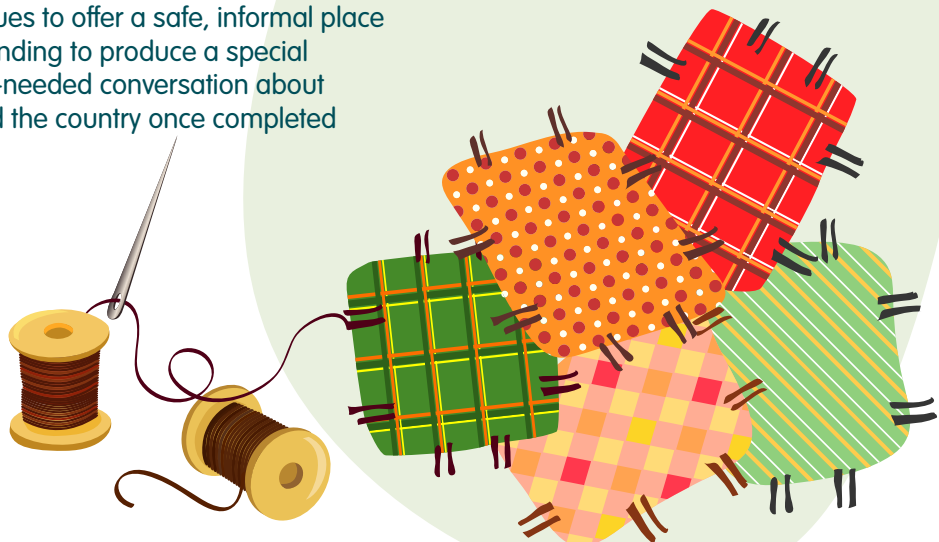
Julie shared; "I met some lovely new friends, learnt new skills and provided a listening ear and any support that I could during the sessions. I wanted my square to represent one of my gents whose wife had passed away (he didn't want to attend in person) and I also represented my role and how I can support the Community with bereavement."

I also had the pleasure of meeting a group of people who met every week for 6 weeks to produce a square for the quilt, a bespoke piece of art that symbolises love, grief and "your person".

The Bereavement Café is a Charity formed by Jane Dixon in Bolton, she set up the group to offer help to people struggling with grief, after her husband Steve died unexpectedly on a family holiday when he was just 46.

Jane hosts Cafés around Bolton at different venues to offer a safe, informal place to provide peer support. Jane received some Funding to produce a special memorial quilt which is hoped will start a much-needed conversation about bereavement. The quilt will be displayed around the country once completed later this year.

There is currently a second round of quilting sessions taking place. When these are finished the squares will be sewn together and the quilt will have its first showing at the Bereavement Café Charity Lunch on 15th November 2024.



Find out more about
The Bereavement Café

Supporting our care homes

Enhanced health in care homes

Since 2019 we have been committed to helping people who live and work in care homes through supporting the roll out of 'enhanced health in care homes', a multidisciplinary pro-active care model that is centred on the needs of the individual residents, their families and care home staff.

As a federation, we support GP practices to deliver this new model and currently work alongside Spennymoor and Greenlands care homes to support the delivery.

Every person living in a care home, within 7 days of admission or readmission must have a comprehensive personalised assessment. This must be undertaken by the MDT and all must be involved in the development of resident's personalised care and support plan.

"We conduct weekly MDT meetings with the care homes. This is well attended by the care home managers, district nurses and GP Federation staff. The patients are discussed, and any issues raised are then directed to the most appropriate service. Over time we have become familiarised with patients and developed an excellent working relationship with staff. Hopefully we will progress to face-to-face meetings soon."

Hafeeza Bhayat, Lead Pharmacist



Wilfred Geere

Our Discharge to Assess service has been running at Wilfred Geere House since 2018. The service provides care for patients with cognitive impairment who require a period of transitional care and assessment. We provide medical cover using our experienced GPs and Pharmacists for patients during their intermediate stay.

"I have been in post as Bolton GP Federation's Clinical Lead for the Discharge to Assess Service at Wilfred Geere since December 2020, and am passionate about helping and caring for people with complex needs. I work alongside a team of professionals including occupational therapists, physiotherapists, social workers, mental health liaison nurses, Age UK, and carers."

Discharge to Assess is a service that takes people who have been in hospital and no longer need medical inpatient care, but are not yet safe to go back to their own home. They come to Wilfred Geere, a residential home with experience managing those with dementia or similar disorders, for around four weeks and they and their families work with the team to plan for their onward care.

I am proud to provide the GP support and leadership for this service from the federation and am pleased that we are able to encourage independence of our residents, with many returning to their own homes."

Dr Nafisan Sabba, Clinical Lead for Wilfred Geere



Get online

Digital support for disabled people

Fixing the digital divide is a key priority for Greater Manchester, and for us here in Bolton.

In today's society, having the ability and support to get online is essential, to ensure equal access to the opportunities that digital can bring. Digital inclusion means enabling people to actively participate in society, access information and public services – it means having the ability to fully participate in life. In Greater Manchester we are working collaboratively to address the barriers to digital inclusion such as connectivity, accessibility, affordability, skills, motivation and confidence.

We are proud to support the ambition for Greater Manchester to become one of the first city-regions in the world to equip all under-25s, over-75s and disabled people with the skills, connectivity, and technology to get online.

The guide includes loads of useful and practical information, including support with assisted technology, enhancing digital skills, free digital skills courses and support helplines, info on broadband and mobile connectivity, advice on staying safe online, plus lots of other resources to help our disabled residents benefit from the opportunities digital brings.



Download the guide



Cervical screening

Bolton Health Hive is now offering walk-in (no appointment needed) Cervical Screening, Monday to Friday, 10am-4pm for anyone registered with a Bolton GP and due their smear test.

Cervical screening (smear test) is an important way to prevent cervical cancer which is why we want to encourage women to attend when invited.

Our experienced nurses are available to provide advice and carry out smear tests with no appointment needed.

www.boltongpfed.co.uk/healthhive

Bolton Health Hive
Local healthcare on your high street

The Bolton Health Hive, Market Place, Knowsley Street, BL1 2AL.

Bolton's new neighbourhoods launch

Bolton is changing the way it delivers community services.

On 1 April, our new neighbourhood teams launched. These new teams include health and care professionals from a range of disciplines, including adult social care, district nurses, therapists, pharmacy, mental health practitioners and a neighbourhood leader.

The teams work across six neighbourhood hubs, each taking an area of the Bolton locality to provide integrated support to residents in those areas. Each team serves a population of between 30,000 to 50,000 people.

Now the new neighbourhood leaders are in post, they are busy connecting with all the people in their areas that they can to see how they can work differently to support people to live well at home, improve outcomes and reduce barriers.

In June our federation Social Prescribing Link Workers attended a great session with the new Neighbourhood Leads and the Council's Community Alliance team. The tabletop discussions got really interesting, and included how we can engage local groups and tackle health inequalities together.

We're looking forward to keeping you posted on how this is going in future editions of Bolton Connect.





VCQA

Volunteer
Centre
Quality
Accreditation

We're delighted to share the great news that our amazing partners, Bolton CVS, have recently achieved the Volunteer Centre Quality Accreditation (VCQA), demonstrating the quality of their offer and impact in supporting local voluntary, community and social enterprises across Bolton.

We are so proud to be able to work with such an amazing organisation, whose values about delivering high quality services and support for our communities are aligned with our own.

Well done from all of your colleagues at Bolton GP Federation!

**bolton
CVS**

Are you an experienced nurse looking for additional hours?

Bolton GP Federation is recruiting experienced General Practice Nurses to join our Experienced Nurse Network.

Benefits:

- Pick shifts that fit around you
- Competitive hourly rate

For more information, please email:
hello@boltongpfed.co.uk



**BOLTON
GPFEDERATION**

Supporting and Shaping Local Communities



Digital Drop-ins and Free Data

We have recently teamed up with the Digital Employment Skills Team at Bolton Council to run the NHS App promotion events but... did you know that they run regular digital drop-ins for Bolton residents in the local libraries?

If patients need support with their laptop, tablet or smart phone they can call into a 'Tea and T'internet' digital drop in, enjoy a hot drink and chat to the council staff. There's a drop in at Central Library each week and the listed libraries below once a month. There's no need to book, anyone can just call in.

Drop-in sessions

Location	Date and Time
Central Library	Every Thursday 2pm-4pm
Farnworth Library	Third Monday of the month 2pm-4pm
Harwood Library	Second Tuesday of the month 2pm-4pm
Horwich Library	Last Monday of the month 2pm-4pm
Little Lever Library	Last Thursday of the month 2pm-4pm



The council also offer help with the cost of getting online by offering free access to computers and free Wi-Fi as well as offering free 20GB data/calls and texts SIM via the National Data-bank (eligibility criteria applies) and social tariffs which are cheaper broadband and phone packages for those on low incomes. Alternatively if residents do not have access to the internet at home, they may be able to borrow a device and get data from the Bolton Digital Lending Library for free. For more information email DES@bolton.gov.uk or call **01204 332853**.

To find out more about the range of digital support available in Bolton download their new support:



Download the guide

Bolton
Council

If you would like any of your messages elevating or stories sharing please send them through to comms@boltongfed.co.uk

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