



# Barnet CEPN Newsletter

April 2018

## HELPING PARENTS MANAGE THEIR CHILDREN'S HEALTH

<http://cepn.barnetccg.nhs.uk/>  
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March saw Barnet CEPN and Barnet's Oral Health team working together to deliver talks to over 250 parents in primary schools around the borough. Five talks focused on Oral Health and 5 focused on how to manage minor illnesses at home, including coughs and colds, chicken pox, tummy upsets and constipation.

A number of local GPs volunteered themselves as facilitators and led the sessions which were incredibly well received one even compared to a film star! Whilst virtually every other school in the county was closed as a snow day, 60 parents came to hear Dr Mohammed Khaki speak at the Orion School in Colindale. Deputy Head, Rachel Shear commented:

***"What a fantastic coffee morning this morning! Thank you so much. Full of information, humour and kindness. The parents really responded so well. They didn't want you to go."***

Evaluating the sessions showed that prior to one of the talks only 29% of parents were confident in helping their child at home with a simple illness and after the talk that number had risen to 67%. Likewise only 44% said they know 'a lot' about childhood illnesses before the talk which rose to 80.5% after the talk.



Dr Mo Khaki at Orion School

Between 30 and 60 parents came to each event. The schools taking part included Fairway School and Children's Centre, Coppetts Wood, The Orion and Parkfield, with one more talk scheduled at Broadfields in May.

Many parents also said that they were unaware of local hubs and are now more likely to use these instead of the walk in centre or A and E over the weekend. Group discussions were also useful as parents shared experiences of what they did at home to avoid unnecessary appointments as well as discussing when A and E attendance would be appropriate or not. Parents have also said that they are now more likely to ask pharmacists for advice first.

Other topics that could be useful for any future sessions include eczema and asthma, child development and healthy food to build up strong immune systems.

This has been a great opportunity to work closely with the Oral Health team and build new relationships with schools and parents. We hope that by talking to parents in these sessions that we are educating primary carers and



Dr Anisha Sodha at the Fairway Children's Centre

empowering them to become more educated about how best they can look after the health of their children. Thanks to our facilitators, Practice Manager Manisha Patel and GPs Arani Anandakumaraswamy, Anokhee Shah, Lisa Collins, Mo Khaki and Anisha Sodha.

## Identifying Carers and Young carers and how to ensure they get the right support.

Carers provide a valuable service to the people they look after and society in general but tend to neglect their own needs. Supporting carers requires multidisciplinary input and primary care is often the initial point of access for further support. Sarah Perrin, Prevention and Wellbeing Service Manager for London Borough of Barnet spoke to our Multi Collaborative Learning Groups (MCLGs) in March about how we can all work together to support them.

Over 80% of carers have seen their GP in any year; a far higher proportion than any other professional support team will have seen. There are many different types of support available for carers in Barnet ranging from; information and advice, emotional and practical support, leisure, wellbeing, training and digital resources and it is

important that we are supporting carers to maintain their own health and wellbeing.

Sarah highlighted the carers assessments that are available for anyone in a caring role. This is an interview that examines that impact that being a carer has on their lives, including what support can be put in place for them. Any GP who is concerned can suggest an assessment and refer via adult social care and Barnet Carers Centre.

<https://www.barnet.gov.uk/citizen-home/adult-social-care/welcome-to-carers/carers-rights/request-a-carers-assessment.html>

It is also important to start discussing with patients the future needs of the person they are caring for. This is particularly appropriate if they are parents of a child, who would struggle to live unassisted, as concerns such as 'what will happen when I am not able to care for them any more?' can lead to anxiety and depression in the carer. By beginning the discussions sooner rather than later they can be advised of all the options that may be open to their child when they need it, helping to alleviate anxiety.

Other care concerns can be helped by assisted technology, which allow people to stay in their homes for longer. This might include gas alarms and canary sensors which monitor movement in the home. For more information and advice how to help support carers please see:

<http://www.mycaremyhome.co.uk/>  
<https://www.barnet.gov.uk/citizen-home/adult-social-care.html>  
<http://www.barnetcarers.org/>

## NHS Careers Fair at Middlesex University

The 3<sup>rd</sup> annual NHS Careers fair organised by Barnet CEPN took place on 27<sup>th</sup> March at Middlesex University. Aimed at year 10 pupils who are interested in exploring careers in the health sector, it offered opportunities to speak to a representatives from a range of NHS careers to see what qualifications and experience students might need. Exhibitors were also able to tell students about what they love about their jobs, the routes into their field and what motivated them to choose their profession as a career. As year 10 students haven't yet chosen their A levels, this can help them decide what qualifications they might need in the future.



Exhibitors included paramedics, nurses from a number of areas, pharmacists, opticians, dentists, physiotherapists and representatives from the Royal College of GPs, as well as a variety of universities and educational institutions. Taster sessions also took place throughout the evening, which were a chance for young people to gain some hands – on experience. Voluntary organisations such as Jewish Care were also there, to help encourage young people to volunteer.

Around 150 students attended, many with their parents, and the feedback

was extremely positive, both from parents, students, teachers and exhibitors as well as Middlesex University who said they enjoyed working with the CEPN to organise this event, and are looking forward to welcoming us back next year.

## Events for April

- ❖ **Respiratory Care Update event** at the Holiday Inn in Elstree on 19<sup>th</sup> April. This event is now full. Please see below for the agenda.  
<http://cepn.barnetccg.nhs.uk/Downloads/agenda.pdf>
- ❖ **MCLG groups about CKD** for April have been postponed to later in the year. The next MCLG groups to take place will be with Cancer Research UK in June. Dates are on the website and more details will follow closer to the time.
- ❖ **NHS England– Immunisations Team Flu vaccination event** is on April 18<sup>th</sup> in Kings Cross from 12.30 – 3.30pm. The aim is to help you deliver an effective flu campaign for 2018/19. For more information and to book please see

<https://www.eventbrite.co.uk/e/ondon-general-practices-flu-vaccination-event-tickets-44192205075>

Please see the Barnet CEPN website for a full list of events and news on

<http://cepn.barnetccg.nhs.uk/>

## Useful contacts

Any questions regarding booking or to cancelling any courses:

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(Administrator)

Any other specifics regarding the training provided and requests for future training:

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For any GPN training requirements and any HCSW training requirements

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For any website queries or to add information in next month's newsletter:

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