



Who is supporting me:

Name:

Profession:

Contact:

Notes:

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Primary Impact Team

We are part of your GP surgery and work with other community services to help you remain living well at home.

We support patients registered with:

Newport Pagnell Medical Centre

NPMC@Willen

Kingfisher Surgery





Who are we?

We are a group of healthcare professionals that provide additional services to support your GP surgery in proactively keeping you well.

This includes:

- Occupational therapy
- Integrated community support team Nurse and Healthcare Co-ordinator
- Care Co-ordinators
- Social prescribing link workers
- Social care assistant
- Health and wellbeing advisers

What we do

We offer support to patients over the age of 18 who require assistance with health and social care needs to improve their health and wellbeing.

We can offer home visits, in surgery visits, face to face or on the telephone.

Referral process:

You can be referred to someone in the team by your GP or other healthcare professional. You can also self-refer by speaking to someone at the surgery.

Alternatively, you can ring our office number:

 **01908 619754**

You may be contacted by our Care Co-ordinator who will try to gain as much information from you about your needs.

Health and Wellbeing Coaches

Our H&W Coaches work with our patients who need some coaching and support in a whole range of areas such as diet and exercise and emotional health.

They are trained to help patients find the best solutions to make positive changes in their lives using manageable and realistic steps and goal setting.



Social Prescribing Link Worker

‘Social Prescribing is an approach to empower people to have the best wellbeing possible through engagement with the community.’

If you are lonely, have housing or money issues then we are here to help you get the right support from the services in Milton Keynes and your local area. If you are:

18+ and experiencing:

- Social isolation
- Mental Health difficulties
- Homelessness
- Long term conditions
- Housing issues
- Bereavement
- Employment issues
- Cost of Living difficulties/finance issues

Occupational Therapy

Occupational therapists (OTs) help people overcome challenges completing everyday tasks or activities – what we call ‘occupations’.

OTs can help you with practical tasks if you:

- are physically disabled
- are recovering from an illness
- have mental health problems
- are getting older

We can look at all aspects of your daily life in your home or wider community. We are great problem solvers.

We look at the activities you find difficult and see if there is another way you can do them or if there is an aid/equipment that might help you remain independent.

Most of our assessments take place in your own home, but we can offer GP surgery appointments if you prefer.



Integrated Care Support Team (ICST):

The ICST aim to reduce hospital re-admissions and frequent use of GP services. We work in partnership with a broad range of community and charitable services.

We work closely with our other colleagues and can help with :

- Signposting to other community services
- Liaising with community nurses/GPs
- Support and guidance for carers/carers clinic
- Supporting you when you have had a recent hospital admission
- Support and guidance following infections, falls support, frailty.
- Medication management
- Signposting to social work assistant for care needs.

Social Work Assistant

Adult social care aims to help people stay independent, safe and well so they can remain in their own home for as long as possible.

Milton Keynes City Council services are means tested and you may be asked to pay or contribute towards services provided based on your financial circumstances.

The help and support we could offer you:

- Physical support with care needs including personal care, going to the toilet, making meals and medications.
- Day service opportunities
- Respite services such as sitting services or care home stays to give carer breaks.
- Carers assessment to help support informal carers.
- Signposting to other services and charities that could be useful.