AUTUMN 2026

MOORLANDS RURAL PCN

NEWSLETTER

Protect Yourself This Winter

As autumn approaches, it's a good time to check that your vaccinations are up to date. Vaccination helps protect you and those around you from serious illness.
This winter, eligible people may be offered flu, COVID-19, RSV or pneumococcal vaccinations.
ARRS staff can have their flu vaccination through a PCN practice. Please approach a practice to request this. If the practice is unable to accommodate you, please speak to Jo, who will try to make alternative arrangements.

Seasonal Vaccinations

FLU VACCINATION

Flu can cause serious complications, particularly for older people, pregnant women, young children and those with certain health conditions.
You may be eligible for a free NHS flu vaccination if you are:

- Aged 65 or over
- Pregnant
- A child in an eligible age group
- Living with certain long-term health conditions
- In another eligible NHS group

COVID-19 VACCINATION

The autumn 2026 COVID-19 vaccination programme is focused on people at highest risk of serious illness.
You may be eligible if you are:

- Aged 75 or over
- Living in a care home for older adults
- Immunosuppressed, from 6 months of age

Routine Vaccinations

RSV VACCINATION

RSV (respiratory syncytial virus) is a common virus which can cause serious respiratory illness, particularly in babies and older adults.
You may be eligible for an RSV vaccination if you are:

- Pregnant – from 28 weeks
- Aged 75 or over
- Living in a care home for older adults
- Aged 65–74 and in certain clinical risk groups, including some people with chronic respiratory disease or who are immunosuppressed

PNEUMOCOCCAL VACCINATION

The pneumococcal vaccination programme helps protect people at increased risk of serious pneumococcal infection.
You may be eligible if you are:

- Aged 65 or over
- Aged 2 to 64 and in an at-risk group, including people with certain long-term health conditions
- Children under 2, who are routinely offered the vaccine as part of the childhood vaccination programme

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MHP & STR – Who Can Help & When?

Our Mental Health Practitioners (MHPs) and Support, Time & Recovery (STR) Workers provide different but complementary support to patients experiencing mental health difficulties.

Mental Health Practitioner (MHP)
The new MHP Response Model provides a more accessible route for practices to refer patients for mental health support. MHPs can provide assessment, clinical advice, brief intervention, triage and signposting to appropriate services and support. The aim is to help patients access the right support for their individual needs.

Support, Time & Recovery (STR) Worker
STR Workers provide recovery-focused and practical support, helping patients build confidence, develop coping strategies, improve wellbeing and work towards their individual goals. They can also support patients to connect with appropriate community resources and services.
Referrals to Diane (STR Worker) have to be screened by Eve, MHP, prior to referral to assess risk and ensure the service is appropriate for the patient.

Which service is right?
Think MHP for clinical assessment, advice, brief intervention and signposting, and STR for practical, recovery-focused support. The roles work alongside each other and can provide different types of support depending on the patient's individual needs.

MHP face-to-face clinics: Tuesdays & Thursdays, rotating across PCN practices on a 3-weekly rota. Practices will be contacted with upcoming dates and room requirements.

See the accompanying MHP Response Model infographic for further information on the next page.

Eve Homer
Mental Health Practitioner (MHP)



Diane Woolam
Support time recovery worker (STR)



> Supporting GP Practices with mental health assessment, intervention, recovery and onward support — helping patients get the right help at the right time.



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MENTAL HEALTH PRACTITIONER RESPONSE MODEL

The right care, at the right time, in the right place

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HOW OUR RESPONSE MODEL WORKS

1 PATIENT PRESENTS TO GP PRACTICE



Patient discusses their mental health concerns with a GP or practice clinician.

2 PRACTICE BOOKS INTO ALLOCATED RESPONSE APPOINTMENT



Each practice has a set number of weekly response appointments based on list size.

3 TELEPHONE RESPONSE WITH OUR MHP



Assessment and advice provided over the phone. Many patients will be managed at this stage.

DOES THE PATIENT NEED TO BE SEEN?

NO
Advice / treatment completed. Discharge.

YES
Face-to-face appointment booked.

4 FACE-TO-FACE APPOINTMENT



Patients from any practice will be offered a face-to-face appointment at any practice location.

WEEKLY RESPONSE APPOINTMENT ALLOCATION

25 telephone response appointments are available each week, allocated fairly based on practice list size.

Allen Street	3
Alton	2
Tardis	4
Tean	4
Waterhouses	2
Werrington	5
Well Street	5
TOTAL	25

Practices book patients directly into their allocated response appointments on the Federation's **EMIS Enterprise** system.

FACE-TO-FACE AVAILABILITY

Face-to-face appointments are available following telephone response where clinically indicated.

PATIENTS FROM ANY PRACTICE
will be offered a face-to-face appointment at any practice location.

Face-to-face clinics are delivered across practice locations within the PCN. Clinic locations will rotate to ensure accessibility for all patients.

GPs CAN CONTACT OUR MHP DIRECTLY
to discuss cases and secure a timely face-to-face appointment if required.

IMPORTANT INFORMATION FOR RECEPTION TEAMS

EMIS

Practices must book the response appointment on the Federation's **EMIS Enterprise** system.

The MHP will provide a list of patients she is expecting to see for that session.

There is no need to arrive the patient on the clinical system.

IMPORTANT INFORMATION

- 25 telephone response appointments are available each week, allocated by practice based on list size.
- The majority of patients will be managed through a telephone response appointment.
- Face-to-face appointments are only for those who need further assessment.
- Patients from any practice will be offered a face-to-face appointment at any practice location.

Working together to provide timely mental health support and better outcomes for our patients.

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PCN Success Story: A Journey Beyond Long-Term Pain Medication

One of our recent patient success stories shows the real difference that joined-up PCN support can make.

After living with persistent pain and taking pain medication for more than 20 years, one patient decided she wanted to explore a different approach to managing her health. With support from her GP, she attended a Pain Management Course alongside one-to-one Health and Wellbeing Coaching.

Through practical advice, reliable information, encouragement and personalised support, she was able to build her confidence, set achievable goals and develop new ways of managing her pain.

With appropriate GP supervision, she successfully reduced and eventually came off her long-term pain medication.

Most importantly, she says:
"I feel the best I have ever felt."

A fantastic example of how the combined support of our PCN teams can empower patients to make positive, lasting changes to their health and wellbeing.

Meet Your ARRS Team – Coming Soon!

We're excited to be launching a new ARRS Educational Resource Library for Moorlands Rural PCN practices.

The library will feature short 5–7 minute videos introducing our ARRS roles and services, including what each role does, who they can support, how to refer and answers to common questions.

The videos will provide a quick and accessible way for practice teams to understand the wide range of ARRS support available across the PCN and how to make the most of these services.

Keep an eye out – launching soon!

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Coming up...

Dementia Awareness & Screening Event



Nov 12th
10am - 1pm
Wellspring Methodist Chapel St, Cheadle ST10 1DY

If you're supporting a patient who is worried about their memory, or that of someone close to them, you can signpost them to our free Dementia Awareness & Screening Event on Thursday 12 November, 10am–1pm at Wellspring Methodist Church.
Staff are also welcome to attend if they have concerns about their own memory, or that of a family member or friend.
The event is an opportunity to learn more about memory problems and dementia, ask questions and find out about local support. Alzheimer's Society, the Memory Clinic, DougieMac, the PCN Mental Health Team, Social Prescribers and other local organisations will be there to offer information, advice and support.

Social Prescribing: Community Connections

Our Social Prescribing team have been busy getting out into the community, building local connections and keeping up to date with the support available to residents.

- Citizens Advice: Drop-in sessions at Blythe Bridge are continuing, with dates confirmed through to the New Year.
- Lifeworks: We attended their Anniversary Celebration and Recognition Day, connecting with local organisations and learning more about the services available.
- Dougie Mac: The Dementia Tea Party provided another valuable networking opportunity, bringing together a wide range of local support services.
- Family Hub: We attended the Health & Financial Wellbeing Event, promoting our services and strengthening links with other organisations.
- Job Club: A new Job Club is launching at Cheadle Library, with the first session on Friday 2 October, offering local people support with employment and job searching.

Staffing updates

Congratulations

We're pleased to share that Millie and Holly have both successfully completed the GPN Foundation School. They will now take up their permanent positions at Werrington and Tardis respectively. Congratulations to them both!

Farewells

We are sorry to see Mental Health Practitioner, Siobhan and Dr Wallaa Dafaalla leave us. We wish them all the best in their next adventure and are very grateful for all their hard work for our PCN.

This newsletter has been created and designed by Abigail Calvert, please contact Abigail at *Abigail.Calvert@staffs.nhs.uk* if you have anything to add to a future edition.