

Cheltenham Central PCN comprising of:

Berkeley Place Surgery
Overton Park Surgery
Royal Crescent Surgery
Underwood Surgery
Yorkleigh Surgery



INVOLVED, VALUED, SUPPORTED

CHELtenham
CENTRAL
PCN



What is a PCN?

A Primary Care Network is a group of surgeries (typically located close together) working together to enable greater provision of proactive, personalised and coordinated health and social care for people close to their home. For us in Cheltenham Central PCN these include services such as Social Prescribers, Care Co-ordinators, pharmacists and more.

Transgender Support Group

The transgender support group is a fortnightly meeting run by Essential Space – a charity and counselling group specifically for people in the transgender community. We have received some great feedback from the attendees. You can join this group, or get more information, by contacting your GP reception.

'I have been out for the first time to a pub last week and it felt so good to see people again and be social.'

'I came out at work this week, so it was good to share how that went.'

'I have told my 80yr old mum, and celebrated being 50 and getting my 'first' birthday card from the group.'

'Being a Trans parent and getting support with this is really helpful.'

From parent: 'When talking to X about her feelings, she was so grown up about it and was sad about her sessions with Jo coming to an end. She said that she thinks she can handle things now as Jo has taught her so much about how to control her worries. She has found the sessions so useful and has helped her so much. Thank you so much for all your help. It has meant so much to us as parents and definitely to X, she thinks very fondly of you.'

Award Worthy News

GENERAL PRACTICE AWARDS 2023

In 2023, Central Cheltenham PCN was awarded PCN of the Year at the General Practice awards ceremony.

We are so pleased that our collective team efforts have been recognised and validated by national standards of excellence. You can read the whole article in Pulse [HERE!](#)

Central PCN Pharmacy Team were shortlisted as finalists in the PCPA (Primary Care Pharmacy Association) 'Pharmacy Team of the Year' awards 2023. They are one of the **TOP 3** teams in the **COUNTRY** and were "**Highly Commended**". A huge congratulations to our lead clinical pharmacist and her incredible team.

CONGRATULATIONS

to Underwood and Berkeley Place Surgeries who have been awarded Silver and Gold for Green Impact for Health 2023! This initiative is to help drive Practices to reduce their carbon footprint and become greener.



Social Prescribing



Our social prescribing team, work with both adults and children on a variety of issues including loneliness and isolation, housing troubles, bereavement, healthy lifestyles and mental health. You can access their services via your GP receptionist – you don't need to see a GP first. Take a look at some feedback received from patients who have used the service.

From a service user: 'I want to express sincere thanks for the standard of care I've received from the service.'

When I first spoke to Ian I was bedridden and suicidal. With his weekly support I gradually began to feel stronger. He was there for me in my bleakest times in a reliable, kindly support source of gentle encouragement and profoundly thoughtful advice. He helped me find my way out of an extremely toxic and emotionally abusive environment. I feel like I have my own mind back now, my own life. I could not have done this without his genuine, empathetic approach and sturdy support.

I have spent the last three decades trying to get help, trying anything and everything (getting into a lot of debt) out of utter desperation and hopelessness, so it is not with a light tone, I express my deep appreciation for such powerfully intelligent and humanistic work. Thank you.'

