**News from Clift Surgery and PPG**

**What is the PCN?**

Most of you will have heard of a PCN, in the context of Clift Surgery. It is part of the Whitewater Loddon PCN, but do you know what a PCN is? It stands for Primary Care Network

“Back in 2019 following the 'Fuller Stocktake' report, GP practices were encouraged to pull together to form Primary Care Networks (PCNs) to benefit patients by offering improved access and extending the range of services available to them, and by helping to integrate primary care with wider health and community services.

Whitewater Loddon PCN consists of three surgeries serving over 45,000 patients across Chineham, Bramley, Hook and Hartley Wintney

* Chineham Medical Practice, serving 17,000 patients in Chineham, Lychpit and Old Basing
* Clift Surgery, serving 9,000 patients in Bramley and Sherfield-on-Loddon and Sherborne St John.
* Whitewater Health, serving 19,000 patients across Hook and Hartley Wintney

By working together, our practices can provide extended and timely care to our patients, improving overall health and wellbeing in the community.”

To find out more, check out their website [**www.whitewaterloddonpcn.co.uk**](http://www.whitewaterloddonpcn.co.uk)or follow them on Facebook.

**If you would like to keep up to date with the NHS plans you can check out the Change NHS web site at** [**http://change.nhs.uk**](http://change.nhs.uk)

**Health Awareness Day**

On January 14th Whitewater Loddon PCN put on their third Community Health Day, held at Clift Meadow halls Bramley, following on from the Mental Health Day in Hook and Men’s Health event in Chineham last year. The focus was Healthy Hearts and the day consisted of three talks, about physical fitness, healthy eating and understanding your heart. We were particularly lucky to have the cardiologist Dr. Carl Brookes who spoke and took questions from patients in what was an interesting, informative and reassuring session.

We were also joined by representatives from local organisations whose focus is on health, whether it be keeping fit, giving up smoking or advice on diabetes.

The PPG supported the day by providing tea, coffee and hot chocolate and biscuits.

The event was well attended by patients from all three surgeries. The next one will be held in Hook and further information will be available soon.

* **And finally, the number of appointments that were missed in January was 85. This is heading in the right direction but there is still room for improvement.**