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**GPs at the Deep End, Bristol Bulletin Number 4 (October 2024)**

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**From** GPs at the Deep End Bristol <deepend-gps-project@bristol.ac.uk>

**Date** Thu 10/10/2024 11:12

**To** GPs at the Deep End Bristol Mailbox <deepend-gps-project@bristol.ac.uk>



## **October 2024 Newsletter, Bulletin 4**

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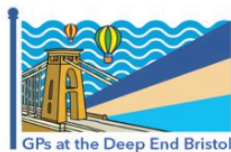
Dear Deep End members,

Welcome to our fourth newsletter. We are delighted to share with you our updates after a busy summer. These include recent Deep End Bristol activity and current and future opportunities.



## Next face to face event - 6 December 2024

Our next GPs at the Deep End Bristol face to face event will be held on Friday 6th December 2024, 9 am-1.30 pm at Fyfe Hall, Trinity Centre, Bristol and will include lunch.



GPs at the Deep End Bristol

### GPs at the Deep End Bristol



#### SAVE THE DATE

**Friday 6th December 2024 9:00am – 1:30pm**

At Fyfe Hall, Trinity Centre - lunch provided, attendees reimbursed £120 for taking part

#### Agenda

- 9:00-9:15 Welcome & update - Dr Beth Winn
- 9:15-10:00 'Improving Women's Health in BNSSG, an interactive session' - Dr Alex Humphries
- 10:00-10:30 'The important role community plays in challenging times' - Jude Hutchen
- 10:30-11:15 Coffee & Networking
- 11:15-11:45 Recognition Awards Presentation
- 11:45-12:40 'Housing letters and legislation - a workshop' - Josie Hanson
- 12:40-12:45 Closing comments and feedback
- 12:45-13:30 Lunch

#### Why should I join the network?

Over 15% of Bristol residents live in the most deprived areas in England. Within BNSSG considerable health inequalities exist, with life expectancy reduced by nine years for those living in the most deprived areas compared to the most affluent. Burn out and clinician retention in these challenging, but incredibly rewarding areas, are important issues. We want to help address this through GP fellowships, GP registrar training schemes, creating a supportive community and providing research opportunities to improve the representation of our often excluded patients.

**Places are limited so please save the date and reserve your ticket:**

**Ticket Taylor or email us your expression of interest.**

Tickets have previously been oversubscribed, so are offered on a first come first served basis.

We can reimburse three interested staff (who can be a GP, other interested healthcare professional or practice manager) for each invited practice. Please share this information with your colleagues if you are unable to attend.

We look forward to seeing you on Friday 6th December!

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## New Health Inequalities Fellowship opportunities

NHS England South West is delighted to offer 2 health inequalities GP fellowships: one to a GP at a practice in Bristol, North Somerset and South Gloucestershire (BNSSG) and another to a GP at a practice in Somerset.

These 12-month fellowships, starting between November 2024 and January 2025 will provide an exciting opportunity for motivated GPs to develop their interest in health inequalities.

For more information please [click here](#)

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## Nominations for Recognition awards



This summer we launched our Recognition awards and asked you to nominate colleagues who work regular >7 sessions per week or have >15 yrs service at the 'deep end'.

We are delighted so many of you have been in contact and the lovely things you have said about your colleagues.

We have finalised our award winners and look forward to presenting the awards in person at our face to face event in December.

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## Housing letter update

Challenges were raised at our last face to face GPs at the Deep End meeting around issues with housing letters. This complicated issue will be discussed further at our next face to face meeting on 6th December, with support from housing advocates.



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## The Hidden Workload study through PACT

\*\*\*NOW LIVE\*\*\*



Clinicians in general practice are reporting increasing levels of workload. However, general practice workload is only recorded by the NHS in terms of appointment numbers and length. This leaves out the large amount of other work done in general practice, including reviewing results and documents, unplanned patient contacts, supervisory activities, and other administrative tasks.

### Four reasons to join The Hidden Workload Study!

1. You will learn more about how you, and your practice, manage and allocate your workload.

2. You will become a co-author on any resulting publications and presentations.
3. You will receive a bespoke PACT practice report, which includes benchmarked national workload study data. This can be used for quality improvement projects and practice service development.
4. You can optionally become a PACT Champion in your practice, taking on a local research leadership role for this study in a supported way.

**To join The Hidden Workload study via PACT - see [here](#) for more information.**

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## **PPI meeting in September - update**

We hosted a PPI meeting on 23rd September. This was to share some of the work the Health Inequalities Fellows are doing and the Power Up Passion Projects.

We had 8 GPs present their work and 6 community members attend the meeting and were able to obtain feedback from our communities in order to bridge links, streamline our efforts and focus on aligning what we are doing with priorities of the communities.

We had some lively discussions including potential use of GP surgeries after hours for education, identifying and highlighting relevant local initiatives that potentially overlap with the proposed work and interest in ongoing collaborations including invite to community group meetings to share work and also for health education.



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**Research**



## GAME OF STONES TRIAL – RESULTS AND WHAT’S NEXT

Thursday 14 November 2024, 13:30-15:00 in person or online

### University of Bristol

Join Professors Pat Hoddinott (University of Stirling) and Katrina Turner (University of Bristol) for this free event to learn about the results of the Game of Stones trial and to discuss how best to implement the findings in local services.

The Game of Stones trial explored whether text messages plus financial incentives could support men who are trying to lose weight.

This event is open to trial participants and to anyone with an interest in obesity services and in moving research into practice. It will be of particular interest to primary care and public health practitioners, healthcare commissioners, charities, researchers and others supporting men to lose weight.

### Register: [Ticket Taylor](#)

**Please note:** Professor Pat Hoddinott, Chief Investigator on the Game of Stones Trial, will be available for meetings during the week beginning 11 November 2024. For further information or to arrange a meeting with Professor Hoddinott, please contact [gameofstones-study@bristol.ac.uk](mailto:gameofstones-study@bristol.ac.uk) or call 07890 026 098.

Please share with anyone who you think might be interested in this event.

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To get in touch please email [deepend-gps-project@bristol.ac.uk](mailto:deepend-gps-project@bristol.ac.uk)

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