
GPs at the Deep End, Bristol Bulletin Number 5 (January 2025))

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

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



January 2025 Newsletter, Bulletin 5

Happy New Year to all our Deep End members! We hope you managed to enjoy some downtime over the festive season and had a good start to 2025.

We are delighted to share with you our updates which include recent Deep End Bristol activity and current and future opportunities.



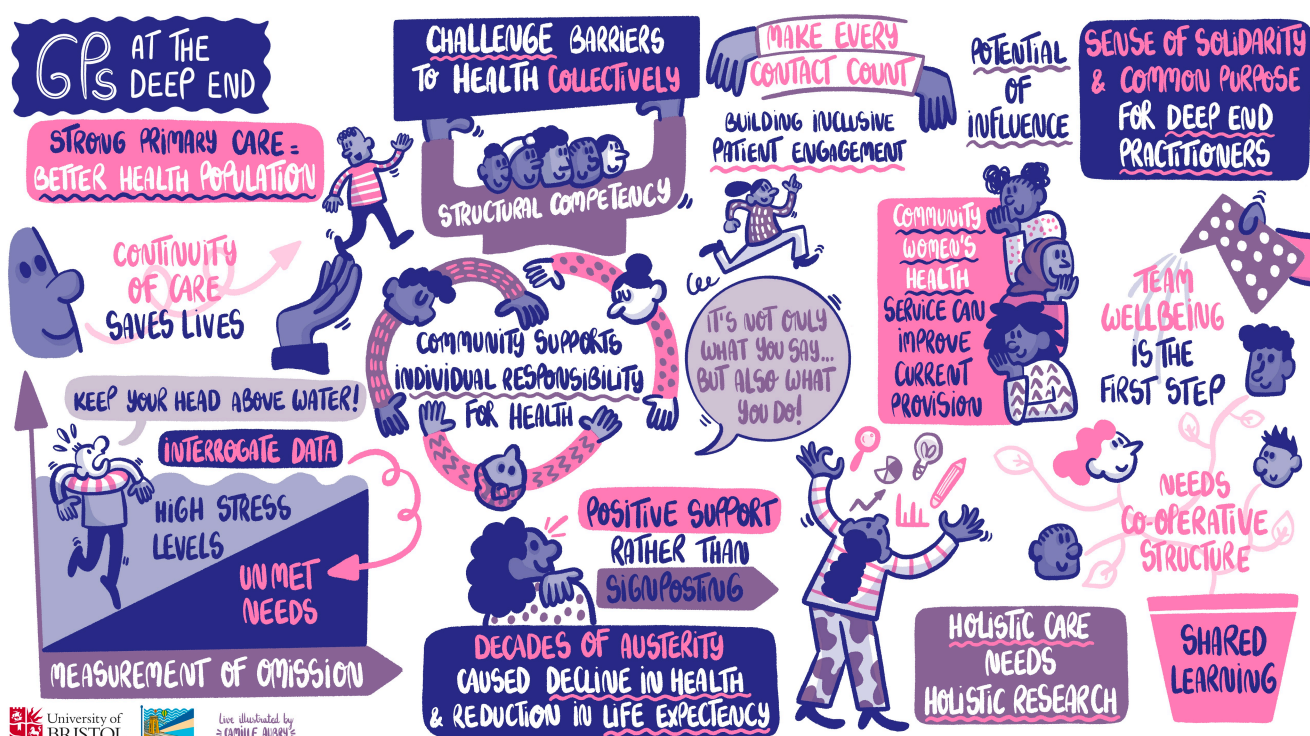
Face to face event December 2024 - feedback



Members of the Bristol Deep End community met at Trinity Hall in Bristol in December.

We were delighted to participate in a full and exciting programme which included presentations from Dr David Blane from The Scottish Deep End, Jude Hutchen about the important role community plays in challenging times and Ghislaine Swinburn who discussed nutritional assessment and support for people experiencing homelessness. Black Mothers Matter also gave us an insight into their their work within the community and we participated in an interactive session run by Alex Humphries about improving women's health in BNSSG.

Visual minutes from the 6th December 2024:



The event was a resounding success; we received a huge amount of positive feedback. Here are just a few of your comments:

"Once again very useful, inspiring, giving fresh hope. We can effect change".

"Well organised. Inspiring people, projects and talks".

"I love the deep end events, they are so inspiring! Talks brilliant".

"Excellent talks and useful ideas"

"Brilliant - so informative and useful. Networking opportunity".

We are very pleased you were able to take away vaulable insights from this session; please do look out for details of our upcoming events.

****SAVE THE DATE****

GPs at the Deep End face to face event

14 March 2025, 9:15-1:30 (to include lunch)



We are excited to announce our next Deep End in person event will be on Friday 14th March.

This event will include a deprivation specific CPD section for clinicians only, followed by a roundtable discussion section (as used by the Scottish Deep End) to help academics, clinicians and community members problem solve specific topics together.

We are yet to confirm our venue so if you know a community venue or community caterer you would like us to use for the next event please contact us directly with your ideas.

**Community groups and
events your patients may benefit from**



Wellbeing by the Water

A Morning for Global Majority Women hosted by Open Minds Active

Thursday 16 January 2025 10:30am - 1:00pm

Patients can explore how cold-water swimming and gentle activities can support health and wellbeing. For further information please see [here](#).

The link for online registration is below (booking is essential):

<https://forms.office.com/Pages/ResponsePage.aspx?id=NkLmZ9vdSEm65hxjIPyafRVDdMCBV7VInVs4i4Ap-uhURDdLM0k2SEtIMkU1MDIHV004SIYyWE8xRS4u>

SARSAS (Sexual Violence Charity)

Support adults that have experienced rape or sexual abuse at any point in their life who are living within Avon and Somerset. Experiences do not need to have been reported to the Police to access their services.

Services offered:

- 1) Specialist Support work (1-1) – a holistic approach, looking at day to day coping tools and practical support.
- 2) Counselling (1-1)
- 3) Specialised Support work and art therapy is available for autistic women and women with learning disabilities.
- 4) Groupwork – includes peer support, psychoeducational and self-care groups.
- 5) Online Courses – 4 week webinar to provide coping tools to support those on our waiting lists.
- 6) Helpline Services: e-support and live-chat available. Opening hours and details can be found on their website

Referrals:

- Clients can self-refer via the SARSAS website or there is a professionals referral form you can access via the website.

- Please note they are not currently funded to provide Specialist Support work or groups to men, but they can access the counselling, online courses and helpline services.

For more information please see below. Their website is [here](#) or they can be contacted on 0117 9299556 / info@sarsas.org.uk.

Black Mothers Matter

Black Mothers Matter are committed to supporting and celebrating Black pregnancies across the UK. The situation is complex and multifaceted. There is no singular organisation, project, service or intervention that will solve all of the issues. Their contribution is through multiple approaches with both community and professionals.

- They deliver a range of resources and services that provide accurate, relevant, safe information and support directly to the community.
- They work with professionals in the NHS and other organisations so that they are more knowledgeable and better equipped to support all types of Black people giving birth.

Further details can be found [here](#).

Greencuisine Trust

Through inspiring projects, courses and consultancy, **Greencuisine Trust** explores our relationship with food and teaches ways of growing and eating that helps ensure healthy and affordable food for all people. Daphne has been a chef for over 40 years, an eco nutritionist and educator for more than 25 years. She was the co-owner and chef of a multi award winning restaurant on the Welsh borders. There she created a one acre garden growing vegetables, fruit & herbs. It was the first restaurant to be certified organic by the Soil Association.

The Trust is launching a new Whole Food Medicine workshop for health professionals in 2025. CPD-accredited, the course focuses on culinary medicine to sustain wellbeing and improve clinical outcomes.

It will also be a joyful immersive experience: harvesting in the vegetable garden, conversing in the study, cooking in the kitchen and sharing around the table.

The venue for next year is Haymans Farm at the foot of the South Downs, a small organic market garden farm. More here, including a short video featuring Daphne who is set to also appear on BBC Gardeners Question Time in the new year:

<https://www.greencuisinetrust.org/wholefood-medicine>

Future Deep End Bristol events



Continuity of Care at the Deep End: Continuity Workshop

Continuity of care improves medical outcomes, patient experience and clinician wellbeing. There is evidence that being from an ethnic minority identity group and socioeconomic deprivation is associated with poorer continuity of care which could lead to worse health outcomes. This spring Deep End clinicians will be holding a workshop to explore this topic and how best it can be achieved in practice - further details to follow.

PPI meeting - 29th January 2025

GPs at the Deep End Bristol will be hosting an online PPI meeting on 29th January. This event will enable us to collate ideas and inform our next face to face event on 14th March.

The Hidden Workload study through PACT



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.

To get in touch please email deepend-gps-project@bristol.ac.uk

Visit our website at deependgps.bristol.ac.uk

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