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## GP's at the Deep End, Bristol Bulletin Number 6 (April 2025)

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

Date Thu 10/04/2025 14:09

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



## April 2025 Newsletter, Bulletin 6

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Dear Deep End members,

Welcome to our April newsletter; we hope you had a good start to 2025.

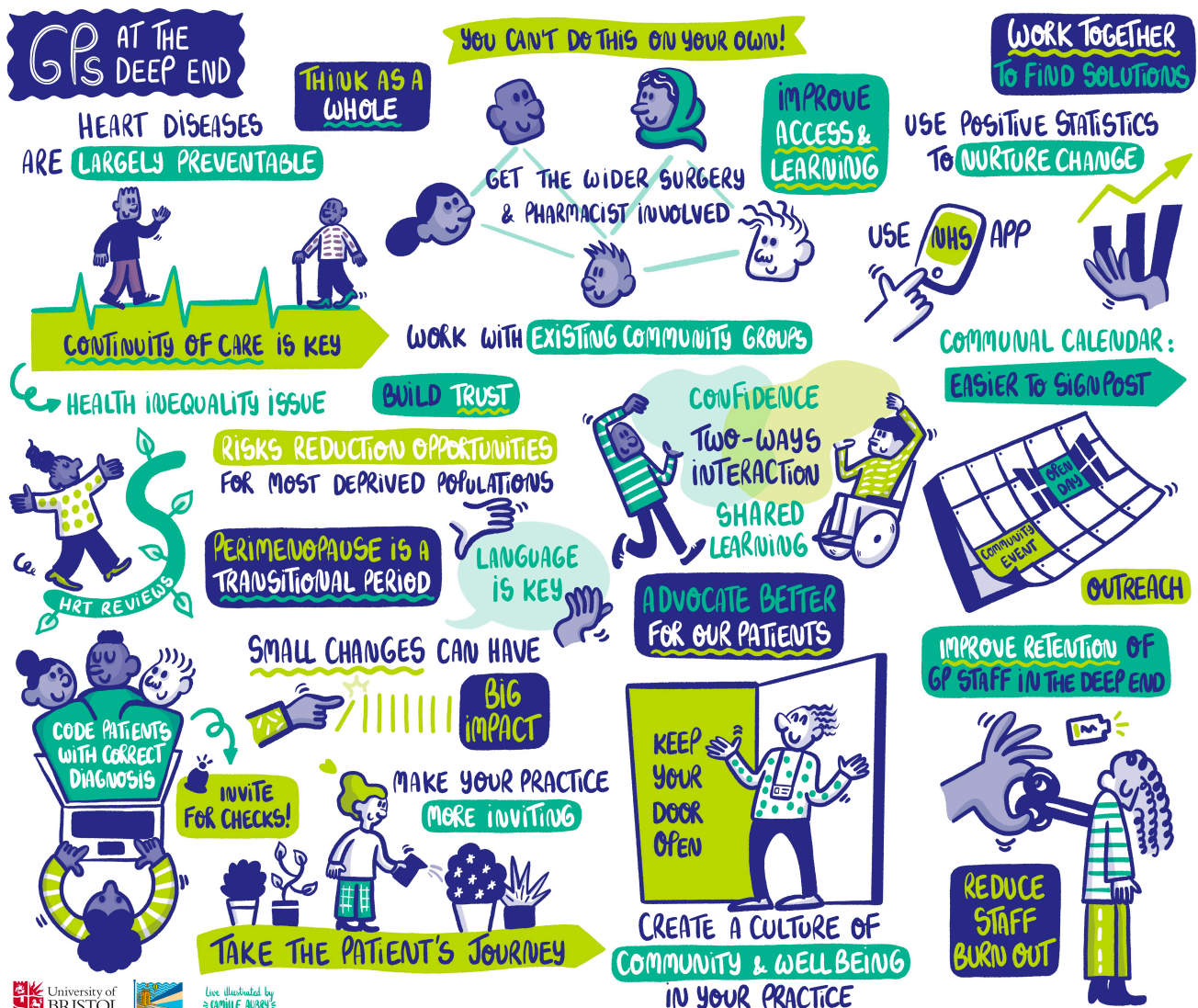
We are delighted to share with you updates on Deep End Bristol activity along with information about the latest research opportunities and how to get involved.

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## Face to face event - 14 March 2025

On 14 March we hosted a face to face event at the Wellspring Settlement in Barton Hill attended by clinicians and members of the Bristol Deep End community.

There were presentations from our Health Inequality Fellows and roundtable discussions about establishing community priorities for healthcare and potential solutions. The event received overwhelmingly positive feedback. Please see the visual minutes from the event below.



## Continuity of Care event - 20 March 2025



Deep End clinicians alongside community groups held a workshop on 20 March to explore continuity of care and how it can improve medical outcomes.

The event was a resounding success; attendees were able to take away valuable insights about how to achieve continuity of care in practice.



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**\*\*SAVE THE DATE\*\***

**GPs at the Deep End face to face event  
4 July 2025, 9:15-1:30 (to include lunch)**



We are excited to announce our next Deep End in person event will be on **Friday 4 July 2025**. Further details to follow shortly.

**Please save the date and ask your interested colleagues to do the same!**

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## The SPELL study stakeholder event

### 25 April 13.30-16.30 at Trinity Centre in Bristol

The SPELL study team would appreciate your support in recruiting patients and professionals to attend a stakeholder event for a research project on **Friday 25 April 13.30-16.30 at the Trinity Centre in Bristol**. See below flyer for further information.

The research project is called the SPELL study and the team have been looking at the burden that working aged people with multiple long term conditions experience in relation to their health care. Multiple BNSSG practices have been involved in the study and they have made efforts to recruit underrepresented groups.

They are hoping to bring together people with lived experience of multiple long-term conditions as well as professionals working in primary care to discuss what they have found and their thoughts on priorities for clinical practice and policy.

They are currently struggling to recruit people to attend the event (both patients and healthcare professionals). **Would you be able to nominate two people from your practice team to attend the event? Insight from any member of the practice team would be valuable.**

**To register for the event please sign up [here](#).**

They would also be grateful if you could display the flyer [here](#) in your waiting areas and/or share the event details with patients aged 18-65 years old with multiple long-term conditions who you think may be interested in attending.

Thank you for any support you are able to provide. If you have any queries, please feel free to email [spell-study@bristol.ac.uk](mailto:spell-study@bristol.ac.uk).



# Is it hard work looking after lots of health conditions?



Join our event on Friday 25<sup>th</sup> April 13:30 – 16:30  
at the Trinity Centre, Bristol, BS2 0NW

## Who can participate?

- Adults aged 18- 65 years old with more than one long term health condition
- Professionals working in primary care or our local integrated care system

## Why get involved?

- ✓ Hear what people who took part in our research said about the work they put into looking after their health
- ✓ Share your insights and experiences
- ✓ Help shape how GP services can better support people with lots of long-term health conditions

If you would like to take part, please scan the QR code to register your interest or email Alice or Laura at [spell-study@bristol.ac.uk](mailto:spell-study@bristol.ac.uk).

Sign up form for Bristol SPELL event



**We will gift a £10 shopping voucher and pay travel costs.**

**NIHR** | School for Primary Care Research

University of  
**BRISTOL**  
Centre for Academic  
Primary Care

**MANCHESTER**  
1824  
The University of Manchester

## Department of Health and Social Care

Beth recently met with staff from the Department of Health and Social Care to present the Bristol GPs at the Deep End initiative, which was well received.

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## Research



We have recently updated our website to include details about current and upcoming research projects which will benefit your patients and are straightforward to implement in your practice. Please find our research page here: [Research – GPs at the Deep End Bristol](#)

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## NHS South West Gambling Service

The South West Gambling Service, one of 8 regional clinics introduced by NHS, provides a comprehensive treatment pathway for people who are experiencing harm from Gambling.

### **Why is the service needed?**

- Research shows us that approximately 2.8 million people in the South West region gamble (59%)
- The data also tells us that about 11% of the population of SW England experience some harm from gambling
- Gamblers who report high-risk gambling behaviours are at increased risk of suicidality (The Lancet, 2021)
- A Swedish study found that people with gambling disorder are 15 times more likely to take their lives (Karlsson & Hakansson, 2018).
- For every individual with a gambling addiction, there are 6-10 affected others – these could be partners, parents, children, or even colleagues
- Veterans are ten times more likely than non-veterans to experience gambling harms and to gamble as a way of coping with distress

The service is led by AWP NHS Trust and provides specialist psychological therapies to help people stop gambling. Individuals and Affected Others can self-refer to the service via the web page [The South West Gambling Service :: Avon and Wiltshire](#)

[Mental Health Partnership NHS Trust](#) or by using this link that takes you direct to the self-referral form [South West Gambling Service - Welcome](#).

The NICE Guidelines on Gambling Harms was published on February 28th and recommends healthcare professionals and social care practitioners in all settings should target service users for discussion about gambling harm based on a number of risk factors. These include patients who attend appointments about depression, anxiety, or thoughts about self-harm or suicide; or in relation to a possible addiction such as alcohol or drug dependence. Other service users who could be at risk of gambling-related harm include those suffering from post-traumatic stress disorder (PTSD), personality disorder, or attention deficit hyperactivity disorder (ADHD). Healthcare professionals should also target service users who take medication that may affect impulse control, such as medication for Parkinson's disease or psychosis, or who are experiencing safeguarding issues or violence or a family history of gambling. The full guidelines can be accessed by following the link [NICE Gambling Harm Guidelines](#).

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

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