

Welcome to our latest Deep End newsletter. Please share with all members of your practice team, we are keen to reach everyone working in Deep End practices.



# Deep End Wales Newsletter

## September 2024

### Deep End is here to stay.

We have demonstrated clearly that there is an appetite for Deep End in Wales. Welsh Government agree and we are delighted to confirm that they have provided funding for us to continue for the rest of this financial year.

We have agreed a program with Welsh Government, based on the grassroots findings from our first months. This is in four key areas:

- **Workforce** (developing business cases for what could take the pressure off and improve patient care, and for staff wellbeing and retention/recruitment)
- **Education and Training** (how we can influence training for health professionals to work in deprived areas)
- **Advocacy** (Making the Inverse Care Law transparent and advocating to address it)
- **Research** (what do Deep End patients and staff want to research, improving research engagement by Deep End practices, what impact does Deep End have?)

Practices see value in becoming part of Deep End: we are so much stronger together! We must do this as a network and use the time and energy that we can offer between us. The funding will mostly reimburse the time of participants who attend events and/or do work for Deep End. We have very limited admin and project manager capacity now, so please help in any small ways that you can!

We are delighted to have had contact with 93% of Deep End practices. Our steering group continue to give their time and support freely, for which we are extremely grateful. The initial phase is now over, and the baton has passed to a new leadership team.

### Dates for your diary

**Deep End Steering Group Wednesday 18<sup>th</sup> September 1pm to 3pm, online Teams.**

Anyone who is interested in joining the steering group, please contact [Neil.James2@wales.nhs.uk](mailto:Neil.James2@wales.nhs.uk) or [Joanna.Watts-Jane@wales.nhs.uk](mailto:Joanna.Watts-Jane@wales.nhs.uk)

Anyone working in a Deep End practice is welcome to attend to observe. Please email [DeepEndWales@rcgp.org.uk](mailto:DeepEndWales@rcgp.org.uk) to get the Teams invite

**Round Table Thursday October 10<sup>th</sup> 1.30pm to 5pm**

**Cardiff City Stadium**

**Training and Education in deprivation healthcare**

Everyone welcome! We can reimburse up to 2 people from each practice, although more are welcome. GPs can claim £300 and other staff can claim £150. To register, email [DeepEndWales@rcgp.org.uk](mailto:DeepEndWales@rcgp.org.uk)

## New leadership team

In April, the Deep End leads Mair Hopkin and Peter Saul handed over to the new Chair Dr Neil James with Mrs Joanna Watts-Jane as Deputy Chair. Dr Jonny Currie was going to be Co-Chair with Neil but has stepped down because of changes in his work commitments (all positive ones though). He remains on the steering group.



### Joanna Watts-Jane

Joanna is the Practice Manager for The Rugby Surgery in Newport. This is an inner-city practice with a transient population, homelessness, refugees, language barriers, raised expectations and cultural differences. Joanna states that everyone has needs and that your postcode should not dictate your health, which is something she aims to redress.



### Dr Neil James

Dr Neil James is a full-time general practitioner working in Meddygfa Cwm Rhymni in the Gwent Valleys. The practice has 18,000 patients in an area of extreme social deprivation. Over the past 20 years he and his GP colleagues have established a practice from a state of vacancy to a new collaborative partnership. The practice has continued to develop by merging with other smaller practices locally in the Rhymney Valley and building sustainability and quality along the way. He is originally from Caerphilly but has worked as a general practitioner overseas and in different parts of the UK. He lives in Brecon with his family.

The support team in the Royal College of General Practitioners Wales are Nicola Edmunds as Head of RCGP Wales, and Amy Clark as Executive Assistant. Both are very part time in their Deep End roles. Dr Kathrin Thomas remains Public Health lead and Dr Harry Ahmed from the Division of Population Medicine at Cardiff University is Academic Lead. For more information about everyone who is involved, please see [Deep End Wales Project \(rcgp.org.uk\)](http://rcgp.org.uk) and come to a steering group meeting or a Round Table event!

## Deep End Link worker project

We are in the middle of developing a proposal and business case for a Deep End Link/ Community Health Worker. 12 people, mostly from Deep End practices, met for a workshop in July and are meeting for a second and final one on September 11<sup>th</sup>. If you interested in this work, please contact Kathrin Thomas, Public Health Lead [ThomasK48@cardiff.ac.uk](mailto:ThomasK48@cardiff.ac.uk)

## National Prescribing Indicators

You may be aware that each Health Board has a different prescribing incentive scheme, and all of them use some of the National Prescribing Indicators. Some of our GPs have raised the concern that some of these indicators may lead to schemes that risk exacerbating the Inverse Care Law. The NPIs are currently being updated and are out for [consultation](#) until August 20<sup>th</sup>. Deep End have drafted a response. If anyone is geeky and interested, please contact [DeepEndWales@rcgp.org.uk](mailto:DeepEndWales@rcgp.org.uk)

## Useful resources

**Safe surgeries:** We would like to highlight the resources offered by Doctors of the World. A Safe Surgery can be any GP practice which commits to taking steps to tackle the barriers faced by many migrants in accessing healthcare. At a minimum, this means declaring your practice a 'Safe Surgery' for everyone and ensuring that lack of ID or proof of address, immigration status or language are not barriers to patient registration. Please see [Safe Surgeries - Doctors of the World](#) . If you would like more support, such as a training session for your all your staff, please contact [DeepEndWales@rcgp.org.uk](mailto:DeepEndWales@rcgp.org.uk)

## Webinars

### Health Inclusion: why it matters

This webinar highlighted how inclusive practices and health inclusion services can significantly improve health and care professionals' outcomes, enhance communication, and reduce inequalities. In this session, you will gain practical strategies and examples of how you can make a difference in the lives of people in most need. Elevate your professional skills, foster empathy, and become a champion for health equity. [Health Inclusion: Why it matters? - Public Health Network Cymru](#)

**Criminal justice and health.** This webinar from Public Health Wales in July explored how people who have been in contact with criminal justice have worse health outcomes than the general population but face increased barriers to meet their health needs. Continuity of care between community and secure environments is key to minimise the risk to some of our most vulnerable population. You can see the recording here [Criminal Justice, Public health, and Primary care in Wales - Primary Care One \(nhs.wales\)](#)

## New resources for working in Deep End communities and with health inclusion groups

### Reducing Health Inequalities through Primary Care webpage

These pages are designed to:

- Enhance understanding through providing data, evidence and signpost to training
- Support the development of a culture where we are all curious about where health inequalities exist, listen to people with lived experience, the front line and communities, roll out solutions that may help and check if they have been effective.

This is a developing resource, intended to be a one stop shop for Primary Care in Wales [Reducing Health Inequalities through Primary Care - Primary Care One \(nhs.wales\)](#)

One of its webpages is **The Wales Inclusion Health Programme for Primary Care webpage**, which has been developed to support primary care services developing or reviewing services to consider and adapt to the needs of their most vulnerable populations. Inclusion health can include any population group at the sharp edge of health inequalities. These groups experience stigmatisation, social exclusion, discrimination and experience "severe, overlapping and multiple disadvantages" across their lives, significantly increasing their risk of poor health. This has also been described as the 'cliff edge of inequity'. [Wales Inclusion Health Programme for Primary Care - Primary Care One \(nhs.wales\)](#)

Another one of this resource's useful webpages is [Professional development & training - Primary Care One \(nhs.wales\)](#)

**If you have any queries, please contact  
[DeepEndWales@rcgp.org.uk](mailto:DeepEndWales@rcgp.org.uk)**