



A31 PCN *January 2026* NEWSLETTER

Dear Patients,

This month, we're focusing on some exciting developments across our community and sharing key health messages to support your wellbeing.

Our Health on the High Street sessions continue to grow in their new home at Alton Maltings, with plenty happening each week and lots of reasons to drop in. We're also marking Cervical Cancer Prevention Week and you'll also find updates on Dry January & Love Your Liver. There's a closer look at the role of our Social Prescribers, and news about our expanding Mental Health Team, with new roles supporting both adults and young people.

We hope this month's articles help you feel informed, supported, and connected to the services available locally.

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- **News and updates from community and NHS services.**

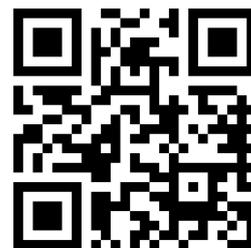
Health on the High Street: Update on the Move

Our Health on the High Street (HotHS) sessions have now fully settled into their new home at Alton Maltings, and we're delighted to report that the move is going extremely well.

The venue offers on-site parking for those attending, making it easier for patients to attend and get the support they need. We've continued to welcome a steady stream of visitors, and it's been wonderful to see both new and returning faces each week.

For updates on who will be attending each session, please visit the A31 Primary Care Network website or follow us on social media — simply search A31 Primary Care Network. We're expecting a particularly lively session on 4 Feb, so if you've been thinking about joining us, this would be a great one to attend!

Remember there's free tea and coffee available and no need to book. Our Social Prescribers are there every week and they can help with a wide array of challenges. Read more about what they do later in the newsletter.



Upcoming Events

- **Health on the High Street – Wednesdays 10.00–13.00 Alton Maltings, Maltings Close, GU34 1DT**



NEWS *from the* PCN TEAM

Dry January & Love Your Liver

As we start a new year, Dry January and Love Your Liver offer a great opportunity to think about how alcohol affects our health – especially our liver, which plays a vital role in over 500 bodily functions.

Dry January

Many people choose to cut back or take a break from alcohol in January. Even a short break can help improve:

- Sleep
- Mood
- Overall wellbeing
- Concentration
- Energy Levels

It's never too late to make small changes, even if you didn't start on 1 January.

Love Your Liver

This campaign encourages everyone to take simple steps to protect their liver, including:

- Staying within recommended alcohol limits
- Eating a balanced diet
- Exercising regularly
- Being aware of your personal risk factors

Together, these campaigns highlight how small lifestyle adjustments can make a big difference to long-term health.

Cervical Cancer Prevention Week

Book Your Screening

If you're aged 25–64 and have a cervix, cervical screening is one of the best ways to detect early changes. If you're due now's a great time to book.

HPV Vaccination

The HPV vaccine protects against the types of HPV that cause most cervical cancers. It's offered to young people, with catch-up programmes available – check your or your child's vaccination status if eligible.

Know the Symptoms

Speak to your GP if you notice:

- Unusual bleeding
- Pain during sex
- Changes to discharge
- Persistent pelvic pain

Screening Is for Everyone with a Cervix

Women, trans men, non-binary people and anyone assigned female at birth who still has a cervix should attend screening. Care is for everyone.

Removing Barriers

Lots of things can make screening feel difficult. If you have concerns or need support, we're here to help.

Read more on our website:

<https://www.a31pcn.co.uk/%f0%9f%8e%97%ef%b8%8f-cervical-cancer-prevention-week/>



NEWS from the

PCN TEAM

The Role of a Social Prescriber

Social Prescribers are here to support your wellbeing in ways that go beyond medical care. They take the time to understand what matters to you and can help connect you with the right services, activities, and support in the community.

How Social Prescribers Can Help

Social Prescribers can offer guidance with:

- Emotional wellbeing and loneliness
- Housing, financial or employment worries
- Long-term condition support
- Support and guidance for carers
- Finding local activities, groups, and community resources
- Building confidence and setting personal goals

They provide personalised, one-to-one support, helping you find practical solutions and the right network of help.

Meet Them at Health on the High Street (HotHS) – Every Week

Our Social Prescribers are available every week at Health on the High Street, ready to chat, offer advice, and help you get the support you need.

You do NOT need a referral to speak to them at HotHS but can request a referral to them at any time through your GP.

Why Seeing a Social Prescriber Can Make a Difference

Many people come away feeling more informed, more supported, and more connected. Whether you're feeling overwhelmed, isolated, or simply unsure where to turn, a Social Prescriber can help you take the next step.

Growing Mental Health Support in Our Community

We're pleased to share that our local mental health team is growing, allowing us to offer more tailored support to people of all ages. Our expanding team brings together a range of skilled professionals who work closely to ensure everyone receives the right care from the right person. Many of our team members work part-time, which means you may meet different practitioners depending on your needs — but all are part of one joined-up service.

🧡 Support for Children & Young People

Young Person's Wellbeing Practitioner (more details below)

Young Person's Counsellor

🌻 Support for Adults

Adult Wellbeing Advisors

🧠 Specialist Mental Health Team

Mental Health Team Leader (Occupational Therapist)

Psychologist

Mental Health Pharmacist

Mental Health Team Administrator

👉 How We Work With You

If you are referred to our Mental Health Team you'll be matched with the most appropriate member of the team — ensuring your care is tailored to your needs, whether emotional, practical, psychological, or medication-related.

YPI Wellbeing Practitioner

Who We Support

11–25yr olds struggling with:

-  **Mood & Anxiety**
-  **Phobias**
-  **Social & Emotional Wellbeing**
-  **Identity**
-  **Low-Level Risk**
-  **Practical Mental Health**

Support

-  **Education & Work**
-  **Housing Support**
-  **Young Parents**
-  **Care Leavers**

We Can Help With...

Anxiety, low mood, early depression
Social & simple phobias, health-related anxieties

Self-esteem, loneliness, bullying, peer relationships

Issues relating to sexuality and identity

Minor, manageable self-harm risks

For those with diagnosed conditions (subject to assessment: not working directly with/treating disorder)

Returning to school, training, or employment

Support to prevent homelessness

Emotional and practical support

Support for those leaving or who have left the care system

What YPI Wellbeing Practitioners Can't Support With

-  High-risk situations – including active suicidal thoughts, serious self-harm, or any immediate risk to self or others.
-  Complex issues –severe/diagnosed conditions needing specialist care, ongoing domestic violence, or eating disorders.
-  Medical or specialist needs – we can't diagnose, treat, or manage conditions like drug/alcohol addiction or clinical mental health disorders.
-  Safety concerns – situations involving self-neglect, not taking essential medication, or risky substance use.
-  Legal involvement – currently part of a police investigation or court process (including family court/CAFCASS).



EAST HAMPSHIRE DISTRICT COUNCIL WELCOMES ANYONE WHO MAY CONSIDER BEING A HOST TO A MUM (EMPLOYED AS A UKRAINIAN TEACHER) AND 17-YEAR-OLD SON (CURRENT STUDENT AT HSDC COLLEGE) IN THE LOCAL ALTON AREA FOR A SHORT-TERM HOSTING PERIOD (3-4 MONTHS) FROM MARCH/APRIL 2026 ONWARDS. THEY ARE CURRENTLY HOSTED IN ALTON AREA AND HAVE A POSITIVE RELATIONSHIP WITH THEIR CURRENT HOSTS, BUT THIS UNFORTUNATELY CANNOT CONTINUE PAST MARCH/APRIL. THEIR CURRENT HOSTS ARE HAPPY TO PROVIDE STRONG RECOMMENDATIONS AND WOULD BE MORE THAN WILLING TO SPEAK WITH POTENTIAL FUTURE HOSTS.

THIS WILL BE A SHORT TERM HOSTING ARRANGEMENT AS THE COUNCIL WILL BE ACTIVELY SUPPORTING THE FAMILY TO SECURE PRIVATE RENT IN ALTON, SOMETHING THAT HAS BEEN SUCCESSFULLY ACHIEVED WITH MANY UKRAINIAN FAMILIES.

WE APPRECIATE HOSTING A FAMILY IS A BIG COMMITMENT, BUT WE WILL HAPPILY ANSWER ANY QUESTIONS YOU MAY HAVE OR EXPLORE ANY OPTIONS YOU MAY BE WILLING TO CONSIDER FOR THIS FAMILY ON A SHORT-TERM BASIS. IF YOU ARE INTERESTED, PLEASE CONTACT IGOR, HOUSING SOLUTIONS OFFICER (UKRAINE) AT EAST HAMPSHIRE DISTRICT COUNCIL ON IGOR.ULYANOV@EASTHANTS.GOV.UK OR CALL 07515 067057 FOR AN INFORMAL CHAT. THERE IS NO OBLIGATION TO SIGN UP IF YOU SHOW ANY INTEREST. BECOMING A UKRAINE SPONSOR GUIDANCE - CAN BE FOUND HERE: [HTTPS://WWW.EASTHANTS.GOV.UK/SUPPORT-UKRAINE/UKRAINE-SPONSOR-GUIDANCE](https://www.easthants.gov.uk/support-ukraine/ukraine-sponsor-guidance)



Trauma

Understanding the impact of trauma on a young person's brain, body and behaviour and how we can guide them from surviving to thriving

4 June Basingstoke

7 October Havant

Anxiety

Understanding & strategies to support young people

28 January Basingstoke

11 November Havant



CHILDREN'S AND YOUNG PEOPLE'S MENTAL HEALTH

Information & Advice Sessions



The first Wednesday of every month

10am - 2pm

The Arc, Jewry Street,
Winchester, SO23 8SB



You can book an appointment on our website



Or just drop in and see us



Hampshire Child and Adolescent Mental Health Services

Parents, carers and professionals events 2026



Book your SESSION spaceS at:

hampshirecamhs.nhs.uk/events

P.A.C.E. 2026

Parent & carer EVENTS

Free health & wellbeing events for all parents & carers who support or work with young people

DATE	Location
26 February	Basingstoke
16 April	Eastleigh
8 May	Lyndhurst
25 June	Andover
5 October	Havant
23 October	Waterlooville



Scan this QR code to view our session itinerary for the day

EMBRACING AUTISM

Three days that focus on skills and strategies, for parents, carers and professionals supporting a child with Autism

- 4 February Havant
- 9 July Eastleigh
- 17 November Andover

UNDERSTANDING ADHD

Three days that focus on skills and strategies, for parents, carers and professionals supporting a child with ADHD

- 5 March Eastleigh
- 16 September Havant
- 3 November Andover

Stopping Avoidable Suicides Initiative SASI

Hampshire CAMHS are offering a one-day training event on suicide prevention across three different locations in Hampshire

- 27 February Andover
- 11 June Waterlooville
- 2 October Eastleigh

HOW TO COPE WHEN YOUR CHILD CANT

Three one-day events focused on parents/ carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

- 22 January Winchester
- 15 May Eastleigh
- 30 September Basingstoke



WHAT'S A PRIMARY CARE NETWORK (PCN)?

WHAT IS A PCN?

A Primary Care Network is a group of GP surgeries that work closely together to provide joined up services for their patients. PCNs were created in 2019 and have been growing and developing since then. When the pandemic hit lots of PCN staff were deployed to help with projects stepped up to offer care for patients with Covid and with the roll-out of the vaccine. The government is committed to working at a PCN scale increasingly referred to as a "neighbourhood team".

WHO MAKES UP THE A31 PCN?

The A31 PCN is made up of The Wilson Practice, Chawton Park Surgery and Boundaries Surgery. We serve the patients of Alton, Four Marks and the surrounding villages. Even before the creation of PCNs we worked closely together and experience many of the same challenges owing to our shared population. We are headed up by two Clinical Directors - Dr Bethan Davis and Dr Lucie Maloney and a board made up of GPs from across all three surgeries.

WHY IS IT GOOD FOR PATIENTS?

Working closely together as a PCN enables us to offer services that might not be possible as individual surgeries. Our First Contact Physiotherapists and Social Prescribers are just two teams that we have as a PCN. We can offer patients specialist care with skilled professionals who can see patients sooner and often offer more time. We are also able to offer more appointments with greater flexibility but you might be seen at any of the three surgeries.

WHO IS ON THE PCN TEAM?

We have a broad team of skilled staff working for the PCN team:

- First Contact Physiotherapists
- Social Prescribers
- Wellbeing Advisors
- General Practice Assistants (GPAs)
- Care Coordinators
- Mental Health Professionals

The PCN and practice staff work so closely together that you might not even realise you're seeing a member of the PCN team!

WHAT WE'VE BEEN UP TO

- Health on the High Street - multiple services together for weekly drop-in sessions
- Saturdays appointments - increased Saturday provision run by staff from the PCN and practices
- Same Day Access - additional appointments with GPs for those who need to be seen on the same day

We are always looking for new ways to help improve the health, wellbeing and access of our patients and are currently working on exciting plans!

HOW TO CONTACT US

- Through your usual practice channels
- A31 PCN, Alton Health Centre, Anstey Road, Alton, GU34 2QX
- Keep up to date with our news by following us on social media Facebook: A31 Primary Care Network, Instagram: a31pcn
- Subscribe through your practice websites for newsletters
- Join your practice PPG - the PCN regularly meets with the PPG chairs to plan joint events



**BAT &
CHAT!**

**SOCIAL
SESSIONS**

Drop in Table Tennis and Pickleball social club for Parkinson's members - open to their carers/partners.

Every Wednesday 12pm-1:30pm

Secure a space via the app, website or in-centre!