

Primary Care Multi-Disciplinary Team



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Primary Care Multi-Disciplinary Teams

Southern Trust is working in partnership with Newry and District GP Federation to roll out the Primary Care Multidisciplinary Teams initiative in General Practice which aims to promote the physical, mental and social wellbeing of local communities.

Sinéad Hughes - MDT Project Lead

Sinéad Hughes has recently joined our team as the MDT Project Manager. Sinéad has been working in the Southern Trust for over 29 years and has a diverse experience across a broad range HSC setting including GP Primary Care, Community Development, PPI and Health Improvement.

"I am really excited to have this opportunity to work collaboratively with the MDT to ensure a holistic model of health and wellbeing, focusing on prevention and early intervention, is integrated into service delivery".



Sinead Hughes
MDT Project Lead



Niamh Doyle
MDT Project Support

Niamh Doyle - MDT Project Support

We are delighted to welcome Niamh Doyle to the team as the MDT Project Support Officer. Niamh will be a crucial member of our team in assisting in the project coordination and administration.

"its brilliant to the have an opportunity to work in a partnership like the MDT and support the MDT leads in implementing their plans".

Macmillan Cancer Support Fundraiser

Our very own Meadowlands Surgery and First Contact Physiotherapy GP Lead **Super Doc** Craig Hampshire has ran the Virgin Money London Marathon on the 3rd October to raise funds for Macmillan Cancer Support. Craig's inspiration for running the marathon is in memory of his Uncle Ian who had received support from Macmillan. Craig started training in March 21 which is a great achievement! Macmillan is funded almost entirely by donations and every penny raised plays a vital to continue to provide support to ensure local people living with cancer find their best way through. Craig has already raised over £3000 for Macmillan to support visit his fundraising page at: <https://uk.virginmoneygiving.com/craig-hampshire>



Dr Craig Hampshire

Multidisciplinary Team Learning together



The First Contact Physiotherapy (FCP) team provided the opportunity for our first Newry & District GP Federation Multidisciplinary Team Training session on Wednesday 8th September 2021 with a great virtual team turnout! The Southern Health & Social Care Trust Chronic Pain Service Leads for Physiotherapy and Clinical Psychology, Michelle McGeown and Dr Nicola Sherlock facilitated an introductory session on Key Principles of Pain Management for Primary Care. This was followed by First Contact Physiotherapy Practitioner Gemma O'Donnell providing training and updates on the FCP work on the Promotion of Physical Activity within GP Practice consultations. The team discussed opportunities to work collaboratively with Patients, Trust, community and Voluntary sectors to build capacity for Physical activity opportunities. The Multidisciplinary Team aims to build Patient's confidence to become more Physically active within their local communities to improve their health and wellbeing.



MDT Social Work Projects

The Primary Care MDT Social Workers have been implementing different projects in GP Practices over the past few months. Here are a few of those Projects which have helped to engage with different groups of patients who have been self isolating or just needed a little support during the pandemic.



The Wool Crew

Valerie Berry, MDT Social Worker in Clanrye Surgery, introduced 'The Wool Crew' Project. This initiative has proved to be therapeutic for patients with an interest in knitting and crocheting during covid restriction, it also worked a long side various organisations such as 'Knitted Knockers ' and 'Daisy Lodge' to produce goods which would support the needs of others.

You and Baby Project

Elaine Trainor, MDT Social Worker in Meadowlands Surgery, conducted an 8 week programme for first time parents/carers with babies born during the pandemic. This Project worked in collaboration with Home Start Newry and involved many various Professionals from both the Primary Care MDT and Southern Trust.



Comfort Packs

Dorethy Davidson and Marilyn McGiffin from Dr Flood's surgery, Newry, have been working in collaboration with Boots Chemist and McKeever's Chemist to provide 'Comfort packs 'for Palliative Care patients within the GP Practice.



KEEPING IT *real.....* A Patient's Story

"I phoned my GP surgery in a very distressed state.... I was at my lowest and I was struggling to see a way forward. I spoke to the receptionist who realised how distressed I was and who told me about the mental health practitioner working in the practice. She also asked me if I would like to speak to a doctor, within half an hour the doctor had phoned me back. I had a long chat with the doctor who suggested that my acute anxiety was situational and that because I had removed myself from the situation, I could recover albeit slowly, without antidepressants.

This was the beginning of what has been a very difficult but rewarding, ongoing journey. My mental health practitioner listened and reassuring me that it was ok to feel the way that I was feeling.... I immediately felt at ease with her, she is so easy to speak to and extremely empathetic. She recommended suitable websites and signposted me to the proper services - "Condition Management Programme" which have facilitated the ongoing recovery of my mental health. She has kept in regular contact with me and has encouraged me on my journey, celebrating my progress, recognising the work I have been doing to help myself and congratulating me on my achievements. I cannot thank the Practice enough for all they have done for me, from my initial contact with the receptionist, the doctors and in particular my Mental Health Practitioner - this is an invaluable service to have in the Practice. I understand now, had I taken antidepressants, they simply would have masked my problems, whereas now, I have received the appropriate advice and support on how to deal with anxiety, confidence and bullying in the workplace. "

If you require any further Information please contact:
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