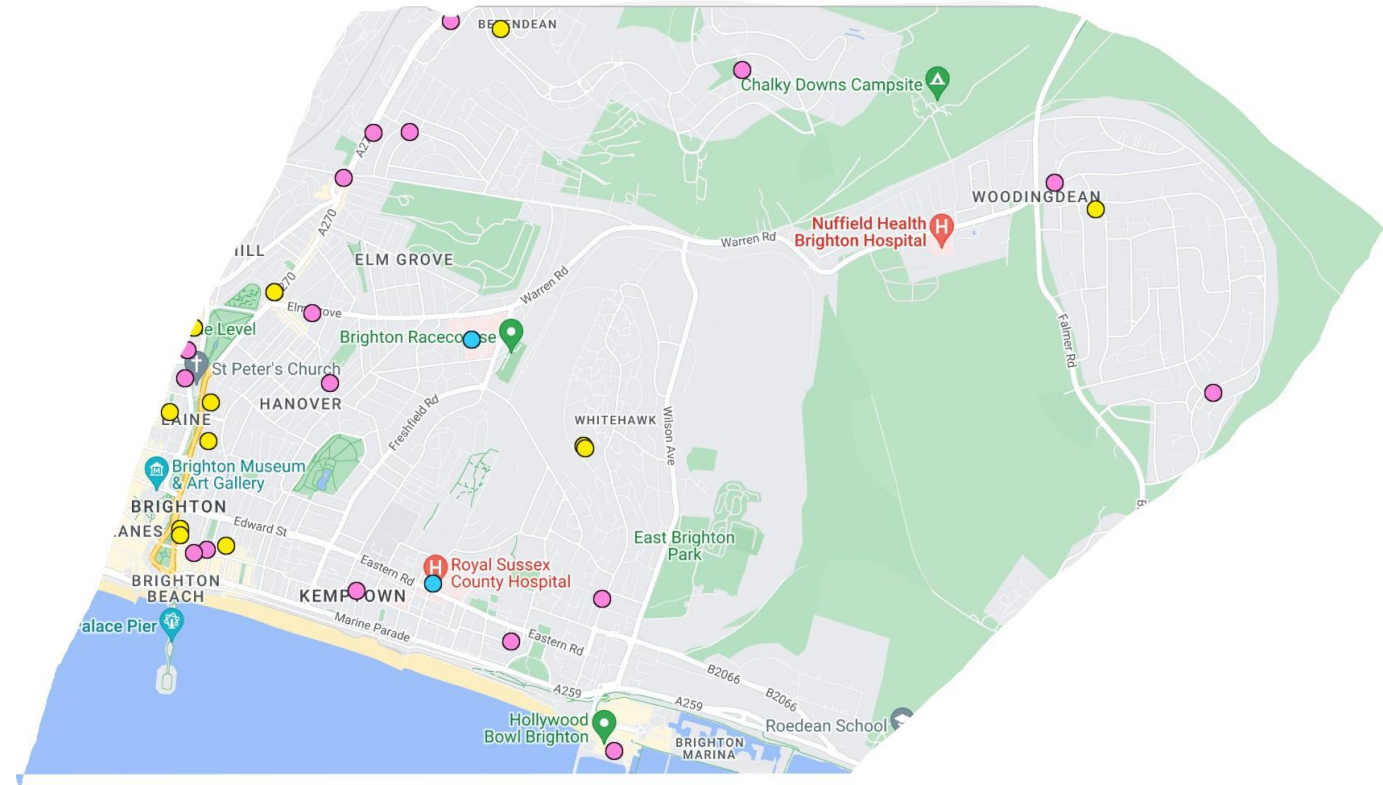




East and Central Brighton PCN

- Nine GP surgeries
- 75,000 patients
- Significant areas of deprivation





Centres of Excellence





Barriers to engagement

30 percent to 40 percent of people report avoiding medical care even when they think they should go to a GP

People who avoid medical care:

- low health self-efficacy
- have difficulty expressing concerns
- fail to get help to resolve their uncertainty about health

Reasons for avoiding medical care are:

- preference for self-care or alternative care
- dislike or distrust of health care providers
- fear or dislike of medical treatments
- time and effort
- the experience of prejudice in healthcare
- discomfort with body exams/body-shaming experiences
- fear of having a severe issue or hearing bad news.





Community work

- Donations to organisations
- Commissioning of charities:
 - Amaze
 - ADHD Aware
 - YMCA Downslink
 - Cascade Recovery
 - East Brighton Food Coop
- Events:
Churchill Sq, Whitehawk FC

Monday	Tuesday	Wednesday	Thursday	Friday
ONCA: • Sewing • Crafts	St Martin's: • Circuit Training • Tai Chi	Humankind: • Yoga • Breathwork	EBFC: • Animal Therapy • Creative writing	Roundhill: • Yoga
BUCFP: • Chi Gong		Whitehawk Community Garden: • Gardening	Patching Lodge: • Singing	
Brighthelm: • Mindfulness				