

Quarterly Newsletter

Spring 2026

WANDLE PCN

Earlsfield Practice
Elborough Street Surgery
Southfields Group Practice
Triangle Surgery
Wandsworth Medical Centre

About Wandle PCN: who we are, what services we offer and what's new!

Welcome to the Wandle PCN newsletter! We are excited to share the latest developments in our mission to transform your healthcare access, experience and outcomes. You may already have benefitted from our services, but for many of you, this newsletter is a great opportunity to learn more about who we are and what we do.

What is Wandle PCN?

Primary care networks (PCNs) are groups of GP practices that work together, and with other health and care providers, to share resources and expertise to deliver a wider range of services to the local population that might not be possible within an individual practice.

Wandle PCN was formed in 2019 as an alliance between the Earlsfield Practice, Elborough Street Surgery, Southfields Group Practice, Triangle Surgery, and Wandsworth Medical Centre. Led by Clinical Director, Dr Laura Quinton, we serve a patient population of approximately 58,000, small enough to provide the personal care valued by both people and GPs, yet large enough to achieve greater impact and economies of scale through better collaboration.

Over the past six years, we have

enhanced patient services through a diversified, multidisciplinary team (e.g., physiotherapists, pharmacists, paramedics, social prescribers), prioritising equitable and accessible care to reduce health inequalities. Our focus on proactive, personalised care drives innovation, moving beyond reactive treatments to address health needs preventatively.

Services we Provide

- GP: Extended access GP appointments (evenings/ Saturdays) by telephone and in-person.
- Clinical Pharmacists: Expert medication advice, reviews, and management for patients with chronic conditions.
- Physiotherapists: Direct access to first contact physiotherapy for musculoskeletal issues.
- Paramedics: Community-based assessment and treatment visits at patients' homes.
- Social Prescribers: Connect patients with local community services, social support, and activities to improve wellbeing.
- Care Coordinators: Oversee personalised care for patients with complex needs, ensuring continuity and comprehensive support.

Introducing the Wandle Wellbeing Hub

Alongside these key services, we have recently launched a new *community* initiative – the Wandle Wellbeing Hub. This collaboration with Surrey Physio Group offers holistic support through social activities, events, and sessions led by healthcare professionals and VCSE organisations, such as Age UK, Citizens Advice and Macmillan.

The Hub currently runs free, bi-weekly drop-in sessions for our practice patients at Brathway Hall, Brathway Road, London SW18 4BE (Mondays 10–1 and Wednesdays 1.30–3.30). For more info. see: <https://wandleprimarycarenetwork.co.uk/events>

Our Mission

Essentially, our core values of innovation, collaboration, sustainability and compassion drive our decisions and actions. Wandle PCN is about providing you with the right services, by the right people, at the right time—closer to home.

Enjoy this quarter's newsletter!

Wandle PCN Team

Focus on: Social Prescribing

Our programme at Wandle PCN

At Wandle PCN, our social prescribing programme provides a holistic, person-centred approach to care. Since 2019, we have integrated the universal NHS model into our services, helping health and social care professionals address the non-medical issues that impact a person's well-being, such as loneliness or financial stress. By connecting people with community-based resources, we offer a more comprehensive approach to patient health.

A person-centred approach

Our Social Prescribing Link Workers (SPLW), Lynne and Jane, are funded by NHS England and take referrals from the PCN's core network practices and from a range of agencies to support the health and wellbeing of patients. Their process begins with a 'what matters to you' conversation, after which they connect individuals with relevant non-clinical activities and services, primarily from the voluntary, community, and social enterprise (VCSE) sector. Lynne and Jane will work with you to create a simple, personalised plan that fits your needs and goals. Throughout your journey, they will check to see how things are progressing and adjust your plan if needed.

Social prescribing referrals

Social prescribing referrals generally fall into four broad categories: creative activities linked to art, culture or heritage; physical activities; activities in nature; or information, advice and guidance in relation to financial issues.

Specific examples of Lynne and Jane's work include: helping someone who is isolated join an art class or a community gardening project; connecting someone with financial problems to



a debt management service; supporting someone with dementia to join a specialist choir; or helping someone with high blood pressure to take up a community exercise class. The latter two examples demonstrate a dual purpose, addressing a social need through an activity that can also lead to secondary clinical benefits.

Social prescribing is an all-age, whole population approach. If you are experiencing loneliness/isolation, long-term health conditions, low-level mental health concerns, debt, housing issues, unemployment, or regularly attend your GP practice for social issues, a SPLW can help. You can request an appointment with Lynne or Jane via your GP Reception or practice website.

When can I see a Social Prescriber?

Lynne and Jane currently see individual patients by appointment at their GP practice on the days shown in the table below. Lynne is also available in a group setting at the Wandle Wellbeing Hub.

	Lynne (GP practice)	Lynne (Wandle Wellbeing Hub)	Jane (GP practice)
Mon	Southfields Group Practice 1.30—6.30	Brathway Hall 10-1	
Tues	Triangle Surgery 2—6		Wandsworth Medical Centre 9—2
Weds	Elborough Street Surgery 8.30—12.30	Brathway Hall 1.30—3.30	
Thurs	Earlsfield Practice 9—4		
Fri			

Staff Spotlight: Social Prescriber, Lynne Capocciana



Social Prescriber Lynne leads the way in empowering wellbeing on the Alton Estate

Over the past few years, a grassroots initiative in Roehampton has been quietly transforming lives—one wellbeing activity, outreach event, and creative project at a time. Centered around the Alton Estate, one of London's most diverse yet underserved communities, this social enterprise has attracted approximately £50,000 annually in funding, enabling the delivery of a wide-ranging programme of community wellbeing services.

The initiative—Estate Art—was founded by our Social Prescriber, Lynne Capocciana, and grew out of her efforts to meet community needs during the early stages of the COVID-19 pandemic in 2020. Working closely with local stakeholders, she has since coordinated numerous large-scale outreach events designed to meet specific health and social needs. These have ranged from community health screenings and life-saving skills training for parents, to informative panel discussions on timely topics such as COVID-19, childhood immunisations, winter wellness, and addiction support. Events have also included workshops on digital skills, benefits advice, and planning for older age—ensuring inclusivity across the life course.

A key part of the initiative's success has been the recruitment, training, and ongoing support of a network of local volunteers and Health Champions. These trusted community members have played a crucial role in amplifying health messages and building peer-led support structures. Recognising the powerful link between creativity and wellbeing, the programme has also invested in the arts, delivering public art installations, exhibitions, and performances that bring people together and celebrate local identity.

Through a combination of hands-on services and strong digital engagement—including active social media campaigns—the initiative

has reached hundreds of residents and earned widespread recognition. It has been featured in both local and national media, and has received awards for social entrepreneurship and innovation.

Bringing place-based, community-led approaches to Wandle PCN

Lynne's work on the Alton Estate has demonstrated how community-led, place-based approaches can make a meaningful difference—addressing health inequalities and building a stronger, more connected neighbourhood.

Lynne has brought this experience and commitment to holistic wellbeing to Wandle PCN, teaming up with Surrey Physio's CEO, Luke Woodward, and SPLW Manager, Simona Leonetti, to co-create a community resource for our practice patients—the Wandle Wellbeing Hub. 'Lynne is central to the Hub', explains Luke, 'By empowering and integrating into the PCN, a strong, highly motivated Social Prescriber with a proven track record and experience in building community resources, we could create a consistent social/community environment built into the PCN offer, so patients improve their health and wellbeing and reduce attendance of GP/medical appointments.'

Lynne's Roots in Compassionate Care

Before stepping into her entrepreneurial leadership role in community wellbeing, Lynne spent many years in direct care, working hands-on with vulnerable populations. This experience gave her deep insight into the physical, emotional, and social needs of those she supported—especially older adults and individuals facing complex health or social challenges. Her move to Social Prescribing is a natural evolution of her career and she is exceptionally positioned to make a meaningful impact on our practice patients.



At the Tara Theatre in June 2025 for Wandle PCN's Carers Week event. A carer (centre) with PCN Clinical Director, Dr Laura Quinton (left) and PCN Social Prescriber, Lynne Capocciama (right).

New Service: Wandle Wellbeing Hub

Wandle Wellbeing Hub

We have recently launched a new *community* arm for our 5 GP practices – the Wandle Wellbeing Hub. This timely intervention adds a new dimension of support for our practice patients, offering social activities, exercise initiatives, events and expert-led sessions outside a traditional clinical setting.

Held bi-weekly at Brathway Hall (SW18 4BE), the sessions are facilitated by our social prescriber Lynne, our GPs, and physios Nergis and Glen, as well as visiting organisations such as Citizens Advice, Wandsworth Carers Centre, the Department of Work and Pensions, Macmillan, Age UK, amongst others.

Our evolving Hub programme is designed to cater to all patient groups, fostering connections and promoting holistic health. Whether it is enjoying social interaction at 'Coffee and a Chat', getting advice and guidance on physical wellbeing, mobility, and rehabilitation at 'Physio Fix', or being empowered with practical knowledge on health, benefits, housing and digital skills, the Hub offers something for everyone.

The launch

Mindful of the importance of the annual Carers Week campaign that raises awareness of caring, highlights the challenges unpaid carers face and recognises the contribution they make to families and communities, we launched our new hub with a Carers Week event. Held in June 2025 at the Tara Theatre, Earlsfield, it was an opportunity for registered carers—and those who didn't think of themselves as having caring responsibilities—to 'drop in' and access support from PCN clinical staff and multiple voluntary, community and

social enterprise sector organisations, including:

- Wandsworth Citizens Advice Bureau
- Alzheimer's Society
- Wandsworth Carers Centre
- NHS 111
- Age UK
- Surrey Physio
- Work Match
- DWP/Benefits
- Trinity Hospice

The launch event was well-attended and elicited overwhelmingly positive feedback.

Awareness events

The Carers Week event was an example of a Hub session tailored to align with a national campaign. Since then, we have hosted numerous smaller 'awareness events', including 'Know Your Numbers! Blood Pressure' in September, 'Breast Cancer Awareness' and 'Stoptober' in October, and 'Movember' Men's Health in November. The latter was held in partnership with the St George's Hospital Mobile Liver Health Unit team, with 54 men attending.



Our SPLW, Lynne Capocciama with 'Movember' Men's Health event attendees at the St George's Hospital mobile liver health unit, parked up at St Michael's Church, Southfields.

beat the blues

Low mood, loneliness, anxiety? Join us for a Wandle PCN & Brocklebank PCN mental health event, 'Beat the Blues'

'Beat the Blues'

The period following Christmas and the New Year is recognised as a challenging time that can leave people feeling overwhelmed and anxious. Low mood, loneliness and anxiety can be amplified during the festive season and can continue into January and February when factors such as reduced daylight hours (Seasonal Affective Disorder) and financial worries can cause a decline in mood.

To combat this, we are teaming up with Brocklebank PCN to host 'Beat the Blues', an event dedicated to supporting our patients and carers struggling with their mental health this winter. Join us on **Wednesday 11th February** across two local venues for mental health support and wellbeing activities:

-  **Earlsfield Library** (9:30am-1:30pm) Connect with the organisations listed below for advice and support.
-  **Tara Theatre** (10:30am-1:30pm) Participate in wellbeing activities including yoga, mindfulness sessions, GP talks, and drop-in physiotherapy.

For more details and to **reserve your place**, please **scan the QR** at the bottom of this page or visit: <https://wandleprimarycarenetwork.co.uk/events>

Complimentary tea and coffee will be provided. We look forward to seeing you there!

Attending organisations

Mild depression and low mood can be managed by staying connected, exercising, eating well, facing fears, limiting alcohol, and establishing routines. Our partner organisations listed below will be attending the 'Beat the Blues' event and are ready to help with advice, guidance and support.

- MIND
- Wandsworth Talking Therapies (Talk Wandsworth)
- Hestia Recovery Cafe
- Age UK Wandsworth
- Wandsworth Adult Social Care
- Wandsworth Carers Centre
- Ethnicity and Mental Health Improvement Project
- Sanctuary for Sisterhood
- Happy Homes (Asian Families Network)
- Enable
- Thrive
- Estate Art
- Places Leisure
- Live Karma Yoga
- Surrey Physio



WANDLE PCN
BROCKLEBANK PCN

BEAT THE BLUES

JOIN US FOR MENTAL HEALTH AND
WELLBEING ADVICE AND SUPPORT
11TH FEBRUARY 2026

EARLSFIELD LIBRARY
STALLS (9.30-1.30)

- MIND • AGE UK • THRIVE • ENABLE
- WANDSWORTH CARERS CENTRE
- WANDSWORTH TALKING THERAPIES
- HESTIA RECOVERY CAFE
- WANDSWORTH ADULT SOCIAL CARE
- ETHNICITY & MENTAL HEALTH
IMPROVEMENT PROJECT • HAPPY HOMES
- SANCTUARY FOR SISTERHOOD
- ESTATE ART • PLACES LEISURE

TARA THEATRE
SESSIONS/TALKS (10.30-1.30)

- LIVE KARMA YOGA
- WANDSWORTH TALKING THERAPIES
- SURREY PHYSIO
- WANDLE PCN GPS



To book, scan QR or visit: wandleprimarycarenetwork.co.uk/events

Upcoming events at the Wandle Wellbeing Hub

February 2 @ 10:00—1:00
Royal Trinity Hospice
Brathway Hall, Brathway Road,
London SW18 4BE

Join Lucy Williams from Royal Trinity Hospice for an informative community coffee morning.

February 4 @ 1:30—3:30
Places Leisure: chair-based exercises
Brathway Hall, Brathway Road
London SW18 4BE

Places Leisure exercise programmes introduce physical activity to individuals with long-term health conditions in a safe welcoming environment.

Join Charmaine from Places Leisure for a chair-based exercise session.

February 9 @ 10:00—1:00
Macmillan Cancer Support
Brathway Hall, Brathway Road
London SW18 4BE

Navigating cancer can feel overwhelming. Macmillan Cancer Support offers a range of support services, from trusted information to expert advice.

Join Michael from Macmillan for a community coffee morning.

February 11 @ 9:30—1:30 Earlsfield Library & 10:30—1:30 Tara Theatre
Beat the Blues
Earlsfield Library, 276 Magdalen Road, SW18 3NY
Tara Theatre, 356 Garratt Lane, SW18 4ES

To support our patients who are struggling with their mental health this winter, Wandle PCN are teaming up with Brocklebank PCN to host 'Beat the Blues', a major event facilitated by our partner organisations with interests in mental health and wellbeing, combatting loneliness and isolation, and promoting healthy lifestyles. Please join us.

February 16 @ 10:00—1:00
Digital Skills
Brathway Hall, Brathway Road
London SW18 4BE

Join us for a digital skills session and community coffee morning.

February 18 @ 1:30—3:30
Coffee and a Chat
Brathway Hall, Brathway Road
London SW18 4BE

A relaxed space to connect, chat, and share feedback about our services and community needs. With Social Prescriber, Lynne.

February 23 @ 10:00—1:00
Support for Tenants
Brathway Hall, Brathway Road
London SW18 4BE

Tahmina Begum, Head of Community Engagement for Support for Tenants, will talk about free support for patients living in unsafe housing.

February 25 @ 1:30—3:30
Surrey Physio
Brathway Hall, Brathway Road
London SW18 4BE

Meet a Surrey Physio practitioner for advice, support and answers to your physical health and mobility questions.

For more information and to **reserve a place** at our events, please scan the QR or visit:
<https://wandleprimarycarenetwork.co.uk/events>



For more information:
<https://wandleprimarycarenetwork.co.uk>

For PCN enquiries:
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Thank you for reading!