Dr Erika Andrews

I am a Somerset GP with an interest in public health, adverse childhood experiences (ACEs) and children and young people’s well-being. These areas are particularly important currently due to the impact of the Covid-19 pandemic which has adversely impacted young people, increased the risks of experiencing ACEs and reduced access to support. I have worked on several different projects over the last 12 months focusing on these areas with the support of the Somerset Public Health team.

I have been involved in a steering group working to develop a cross-sector, county-wide approach to ACEs, including a training sub-group looking at and identifying training needs for the local workforce. I have been on a trauma-informed care train the trainer course and have subsequently provided training to approximately 100 primary care staff, including the current GP registrars locally.

I have also looked at the data at a county and practice level for children and young people’s mental health which highlighted a significant level or need. Additionally, from my work in primary care, I have seen how young people often struggle to access support and fall through the gaps. To try to address this need I have set up a health coaching service within my practice. Our health coach supports young people and their families. It is able to signpost to resources such as organisations, websites and apps. We have subsequently also identified the need to support families with children who have additional needs, for example neurodiversity, and have been able to support families to access assessments and additional sources of support.

To find out more, email Erika.andrews@nhs.net