

## **ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING**

**Friday 8th April 2016 2pm Ria Gillett, Project Manager, told us all about the work of Broxtowe Youth Homelessness**

**Present:** Ken Brown, Gillian Dobson, Colleen Ewart, Jim and Helen Greig, John Hackett (Chairman), Jackie Leithead, Magrit Mitchell, Ingrid Reid, Amanda Roberts, Pauline Sault, Mary Simpson, Helen and Edward Skadorwa, Colleen Straw, Ian Trimble, Sue Wilson, (plus one) .

**Apologies:** Irfan Malik, Shelagh Clarke, Angela Thornhill, Dave Groom.

**Broxtowe Youth Homelessness** work to prevent homelessness by speaking to schools and colleges. They provided training to build confidence and make those who are homeless more employable and support those who have been through the training thereafter for potentially several years by providing advice, sign-posting and an ear to listen, as required. They also provide boxes of essentials (food, toiletries or home essentials).

The age range for support is 16-25 year olds. Any homeless youths within the Nottingham area can go on their courses. Any homeless youths within Broxtowe or graduates of the course can get the boxes.

The main reasons for homelessness is domestic violence (parental or partner), fleeing dangerous situations, parental evictions. In the UK as a whole, parental evictions is the number one reason. Foster care which is discontinued at 16 can be another reason.

Homelessness can include those who sofa-surf, live in hostels etc. Framework and Derventio Housing Trust in Derby provide homeless hostels. Often those who are homeless also have mental health or self-harm concerns. The cost of living in a hostel is £300 a week (which reflects the supported living help provided) which is paid as housing benefit if the person is in education or unemployed but as soon as they get a job, this has to be paid – which disincentivises the work ethic.

### **Walk for health**

A group meets every Monday 10.30am at the Sherwood Community Centre for a stroll around Woodthorpe Park. There are a few steps, but the walk is not too demanding. The leader has first aid knowledge and the group is friendly. Most of the participants are women (but men would be equally welcomed) who are recovering from a long illness and trying to get back some stamina. Dr Trimble confirmed the value of exercise and indicated that it is thought that daily dog walking contributes to a further 4 or 5 years of life. The PPG is urging the practice to promote this to patients as appropriate.

### **Raising antibiotic resistance awareness**

Nottingham City Clinical Commissioning are interested in hearing from any patient group member who would like to help promote this across the city. If you would like to get involved I can then make contact with Sue Hall [hallsue241@googlemail.com](mailto:hallsue241@googlemail.com) . Incidentally, Dr Coleman is Elmswood Surgery's antibiotic champion. Nottingham Trent University has a public lecture on the threat to the world of antibiotic resistance

[https://www.ntu.ac.uk/apps/events/15/home.aspx/event/176451/default/distinguished\\_lecture\\_series\\_professor\\_john\\_watson](https://www.ntu.ac.uk/apps/events/15/home.aspx/event/176451/default/distinguished_lecture_series_professor_john_watson) 13 April 6pm-7.15pm.

**Next meetings:**

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- Wednesday 11th May 6.30pm Zenn Athar will be telling us about what is happening in mental health service provision
- Friday 10th June 2016 2pm Steve Upton, Assistant Director of Urgent Care and Transformation, CityCare, about community care bed provision
- Wednesday 13th July 6.30pm Lisa Robinson, Director of Bright Ideas Nottingham about The True Colours project which is currently a pilot project and will conclude at the end of the financial year. However it is expected to be repeated the following year. Bright Ideas Nottingham has a number of projects to talk about including Future Pulse - a project in which young people shape the future of health services in Nottingham.
- Friday 9th September 2pm Changemakers with a great talk & play about cancer related issues & screening tests
- Wednesday 12th October 6.30pm
- Friday 11th November 2pm
- Wednesday 14th December 6.30pm

**PASAD – Schizo-Affective, Hearing voices or Paranoia support group**, morning meetings in Broxtowe Day Service. For more details phone Lydia 07914791074. Meetings are always the second Thursday in the month. Dates:  
Thursday 14<sup>th</sup> April 2016 Tardive-Dyskinesia

### **CityCare Patient Experience Group**

This group is open to any residents in the City and by attending you will get updates on the over 60 health services provided by the CityCare: and be able to voice your experiences too. The next few meetings are:

Wednesday 20 April 2016, 1.00pm—3.30pm

Thursday 2 June 2016, 10.00am—12.30pm

Tuesday 12 July 2016, 1.00pm—3.30pm

Meetings are held at Nottingham Community and Voluntary Service (NCVS), 7 Mansfield Road, Nottingham NG1 3FB in the Ash Room

### **Inside Out of Mind**

There is a screening of the critically acclaimed play 'Inside Out of Mind' at the Bonington Theatre on 26<sup>th</sup> April 'Inside Out Of Mind' is the product of Justine Schneider (Professor of Mental Health and Social Care at the University of Nottingham) and playwright Tanya Myers, drawing on ethnographic observation from dementia wards. The result is a thought provoking play which was shortlisted for the Best Arts Project in the National Lottery Awards in 2015. For more information or to register to attend (tickets are free but places are limited), please visit <http://www.joco.gb.net/shop/>

### **Consultation concerning children, young people and adults with learning disabilities and/or autism who display behaviour that challenges including mental health conditions.**

On behalf of Nottinghamshire Health and Social Care Services, Nottingham City Clinical Commissioning Group have launched a twelve week consultation and short survey about the proposed transformation of care and support for individuals so that their care is focussed on keeping children, young people and adults with learning disabilities and/or autism who display behaviour that challenges including mental health conditions healthy,

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well and whenever appropriate supported in the community rather than staying in unnecessary inpatient settings.

To find out more read [the consultation document here](#) and then complete the [short online questionnaire here](#).

An 'easy read' version of the consultation document [is available](#) and an easy read version of the [questionnaire](#).

Alternatively, to ask for a copy to be sent to you please call 0116 295 4183 or email [engagement@ardengemcsu.nhs.uk](mailto:engagement@ardengemcsu.nhs.uk)

### **Dr Ian Trimble**

We are sad to announce that Dr Trimble is retiring from General Practice on 30th June 2016. He has been a GP at this practice for 26 years and will be greatly missed, by both staff and patients. Dr Vinay Shankar, who previously worked here as a registrar will be joining us in September.

### **May Bank Holidays**

The surgery will be closed on Monday 2nd May and Monday 30th May for bank holidays. During these times, if you have a *very urgent medical problem, for example chest pain, or extreme breathing difficulties*, please call 999. For something less urgent but that will not wait until we are open again, either call the surgery number (0115 9858822) and your call will be diverted to the out of hours service, or dial 111.

### **NHS111 contract awarded**

NHS Nottingham City Clinical Commissioning Group (CCG) has announced that Derbyshire Health United (DHU), in collaboration with East Midlands Ambulance Service (EMAS), has been chosen by 19 CCGs to provide the NHS111 telephony services across the East Midlands for the next five years. DHU currently provide the service for Derbyshire, Nottinghamshire, Northamptonshire, Leicestershire and Rutland. EMAS will be working with them to provide the new service in those areas and across Lincolnshire from 1 October 2016.

The new 24/7 NHS111 telephony service will provide a population of more than 4.8 million with health advice or signposting to the most appropriate service.

Attend [Leicester & Loughborough Biomedical Research Unit FREE Public Lectures](#). All held at Loughborough University they're for anyone interested in research and diet, lifestyle and physical activity. Refreshments are provided at 6pm and lectures start 6:20pm. Book by emailing [Alison Stanley](#).