

## **What Happened at the April Elmswood Surgery Patients' Participation Group Meeting**

**Present:** Shelagh Clarke, John Hackett, Irfan Malik, Magrit Mitchell, Suzanna van Schaick, Ingrid Reid, Cynthia Mee, Colleen Straw, Annette Lewis and Dr Chanelle Blackwood

**Apologies:** Amanda Roberts, Mary Spencer, Sue Wilson

The PPG welcomed Dr Chanelle Blackwood to the group and to the Surgery itself.

Sarah Collis and Suzanna van Schaick introduced Self Help UK, an organisation, and registered charity, that started in Nottingham and has been going for nearly 40 years. Self Help groups now have an international profile. Sarah has been Chief Exec for 10 years.

The aims of the organisation is on three fronts: Groups, Individuals and Service Providers. Both the vision and aims of SHUK are around empowerment of people to control their health and well being and to promote and support a national self-care agenda within the health and social care sectors. Currently there are about 300 separate groups in Nottinghamshire

Sarah outlined many different modes of this self-care agenda being worked out in practice. There is a Nottinghamshire Handbook which is updated and published annually. It is then distributed to all GP surgeries, libraries and other places. An on-line version is also available. There is also a phone number, 0115 911 1662 and there is someone there to actually speak to. One of the important ideas is about people being in contact with people, and it starts with the organisation itself. At the moment there are 15 people at the head office on Hucknall Road Nottingham.

A group can be set up and it can apply to SHUK for initial funding. There is a process of making a bid and SHUK will help with the application process, offer training and award finance. There is £10k available every year to help start self-help groups.

The underlying idea is that people with the same condition meet together and this meeting opens up the way of combating isolation and being able to see that people are getting on with their lives as fully as possible. Feedback is that people have less fear and anxiety and feel better about themselves. Also the social contact leads to people being more active resulting in fewer visits to GPs. Groups can be led by both health care professionals and non professionals. Innovate locally, replicate nationally!

In addition SHUK undertakes research on behalf of other organisations, such as MacMillan Cancer Support.

It was appreciated by the meeting that this was a very good organisation and that it was doing excellent work both locally and nationally.

## **Important information regarding your personal data**

As a member of the Elmswood Surgery Patient Group we keep a record of your name and contact details. This information is held on a password protected database on Mailchimp, accessed only by the secretary of Elmswood Surgery Patient Group (currently Amanda Roberts). Your data is not shared with any other organisations/ institutions. The Elmswood Surgery Patient Group will use your email address to communicate with you generally twice monthly (to notify you of the forthcoming meeting

arrangements and subsequently what happened in that meeting). With those mailings will be details of other health and social news we hope might be of interest. We may very occasionally contact you at other times when we are seeking your assistance. If you wish to unsubscribe from these emails, and therefore cancel your membership with us, then you can do so at any time: *click "unsubscribe" at the bottom of this email.*

You are welcome to contact us if you have any questions about this.

#### **Our next meetings:**

- Friday 10<sup>th</sup> May 2019 2pm Valentina Lazarevic and Jane Coleman about the research happening at our surgery
- Wednesday 12<sup>th</sup> June 2019 6.30pm Prof Belinda Winter on Rehabilitation of Sex Offenders
- Friday 12<sup>th</sup> July 2019 2pm Annabelle Long Patient and carer group at the University of Nottingham for research into Dementia, Frail Older People and Palliative Care and particularly research for people with mild cognitive impairment and early dementia.
- Wednesday 11<sup>th</sup> September 2019 6.30pm Kate Horton Greater Nottingham CCG
- Friday 11<sup>th</sup> October 2019 2pm
- Wednesday 13<sup>th</sup> November 2019 6.30pm
- Friday 13<sup>th</sup> December 2019 2pm

Hope to see you at any of our meetings which all take place in the meeting room upstairs at Elmswood Surgery. Please expect the meeting to be an hour and a half. Please note that the surgery **closes at 6.30pm**, so you need to arrive a few minutes before the start time of the evening sessions.

#### **Our surgery's news**

Irfan would like to invite you to his Charity Walk for Peace dinner reception at BaitulHafeez Mosque, 308 Sneinton Dale, Nottingham NG3 7DN on Saturday 20th April starting at 5.30pm. You can reserve places on this link below:

<https://charitywalkforpeace.org/pre-charity-walk-for-peace-2019-reception-east-midlands-region/>

#### **Easter And Spring Bank Holidays 2019**

The surgery will be closed for Bank Holidays on the following dates:

Friday 19th April (Good Friday) & Monday 22nd April (Easter Monday)

Monday 6th May (May day holiday)

Monday 27th May (Spring bank holiday)

Before these bank holidays the surgery will be open until the usual closing time of 6.30, and reopen after the bank holidays at the usual start time of 8am.

Please ensure that if you have repeat medication you order in time to get them. They will take a bit longer than usual to process over these holiday periods

#### **In the news**

##### **Nottingham and Nottinghamshire KEEP OUR NHS PUBLIC (KONP) campaign**

Public meeting **Wednesday 17<sup>th</sup> April** 7pm with Guest Speaker: John Lister (Journalist, academic, editor of Health Campaigns Together newspaper & website) Venue: Mechanics Institute North

Sherwood St NG1 4EZ. In less than 3 years new systems to reorganise the NHS, and make £ billions of savings, have gone through 3 sets of terminology, from 'STP' to 'ACS' to at present 'ICS'. A Long Term Plan for the NHS has just been published which identifies over 60 'aspirations'. More cuts & privatisations are planned. Despite much handwringing, mental health services are getting harder & harder to access. Social care is becoming more & more inaccessible, & only then with rising charges. Public health services – the key to preventable medicine and demand – are also being cut after being transferred from the NHS to cash starved local authorities. By the time our meeting takes place the future of the NHS Treatment Centre (the newish building at the back) will be known. We are waiting to find if it will return to NHS public ownership or continue to profit a private company. In which case we will need to protest! Contact: [nottskonpcampaign@hotmail.com](mailto:nottskonpcampaign@hotmail.com)

### **Primary Care Networks**

Primary Care Networks appear to be the latest organisational change for GPs. There is some background here: <https://www.england.nhs.uk/gp/gp/v/redesign/primary-care-networks/>