

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

On Wednesday 14th December 6.30pm Dr Malik and Paul Swift (Nottingham University Hospital historian and archivist) told us about Indian soldiers in World War 1 and the impact of that war on the shape of our Nottingham hospitals. We also had a small fuddle to get us in the Christmas spirit (soft drinks, mulled wine and minced pies).

If you missed the talk, or want to hear more, there is a talk on 24th January at QMC (for more details see below).



There is no meeting of the Patient Group in January - so the next meeting will be Friday **10th February 2017 2pm** when Abi Powell, Macmillan CityCare Cancer Service Project Lead for The Macmillan Nottingham Cancer Support Service will be talking to us.

Apologies: Shelagh Clarke, Brenda Thrower

Present: Jane Coleman, John Hackett, Irfan Malik, Magrit Mitchell, Ingrid Reid, Amanda and Nigel Roberts, Helen and Edward Skardowa, Sue and Brian Wilson, Charlie Wilson

Next meetings:

- Friday 10th February 2017 2pm Abi Powell, Macmillan CityCare Cancer Service Project Lead for The Macmillan Nottingham Cancer Support Service.
- Wednesday 8th March 2017 6.30pm
- Friday 14th April 2017 2pm Changemakers will perform a play they use to raise awareness about cancer (Good Friday)
- Wednesday 10th May 6.30pm Laura Buckley (Research co-ordinator)
- Friday 9th June 2017 2pm
- Wednesday 12th July 2017 6.30pm
- Friday 8th September 2017 2pm
- Wednesday 11th October 2017 6.30pm
- Friday 10th November 2017 2pm
- Friday 15th December 2017 2pm

Hope to see you at our next meeting which will take place in the meeting room upstairs at Elmswood Surgery.

In the news

Attend the [East Midlands Patient, Carer & Public Network Event](#) on **Saturday 14 January 2016 from 10.00 – 2.30 at Burleigh Court Hotel, Loughborough University**. This pioneering event is led by the East Midlands PPI Senate - so led by patients for patients. It aims to inform, inspire, motivate and support public activation in local health and care services. Travel expenses will be reimbursed for East Midlands patient, carer or members of the public. To attend, [book here](#).

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

Nottinghamshire Sustainability and Transformation Plan 2016-21

The plan to transform our health in our region has been published:

<https://www.nuh.nhs.uk/nottingham-and-nottinghamshire-sustainability-and-transformation-plan/>

Tuesday 31 January, Education Conference Centre, Nottingham City Hospital, 10am -12pm. Chief Executive, Peter Homa, is hosting this session to update members and patients on NUH's 2-year strategic plan, which will set out the Trust's priorities over the coming years. NUH's plan will also describe how the Trust will contribute to the delivery of the recently-published Nottinghamshire Sustainability Transformation Plan (STP). The STP is the five-year plan that describes the future strategy for health and social care in our city and county. The plan considers how we can best improve the quality of care, the health and wellbeing of local people, and the finances of local services. The meeting will be an opportunity to ask questions about the NUH plans and the STP and to have your say on the delivery of future health and social care services in your community. To book your place please contact Foundation.Trust@nuh.nhs.uk or call Tel: 0115 924 9924 ext 63953.

Click Homeshare

Click Homeshare matches older people needing practical support and companionship in the home with a younger person in need of affordable accommodation. The project is now operating in Nottingham and the Homesharer provides 10 hours a week of help in the home such as shopping, meal preparation, housework and gardening. For more details visit

<http://www.clickhomeshare.com/>

Armed Forces Covenant

Irfan would like to sign up the PPG and the practice to the Armed Forces Covenant. The Covenant is: To those who proudly protect our nation, who do so with honour, courage, and commitment, the Armed Forces Covenant is the nation's commitment to you.

It is a pledge that together we acknowledge and understand that those who serve or who have served in the armed forces, and their families, should be treated with fairness and respect in the communities, healthcare, economy and society they serve with their lives. What do you feel about this? Find out more here: <https://www.armedforcescovenant.gov.uk/about/>

Christmas Day Volunteering

On Christmas Day Irfan is volunteering at St Mark's Church, De Vere Gardens, Woodthorpe - helping to host 50 local people to have an enjoyable Xmas dinner. We know it is a long shot but he would welcome volunteers from the PPG who wish to join him.

Get involved. Clinical Research Network East Midlands seek [volunteers to join the Division 4 Steering Group and the Dementia Challenge Steering Group](#). Here's an [Expression of Interest Form](#).

Applications deadline is 5 January 2017.

Have your say and know your rights. Have you been waiting for surgery over 18 weeks? The Patients Association would like to hear about your experience. [E-mail their policy team](#).

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

The East Midlands Respiratory Programme have produced [videos for patients, carers and health and care professionals about correct inhaler techniques](#).

Read this [Guardian article](#) highlighting that although the public have been locked out STP plans – it's not too late to increase engagement in the design, commissioning and delivery of care.

The Herbert Protocol

Nottinghamshire Police has adopted the Herbert Protocol – a system to help find people with dementia related illnesses should they go missing. Families and carers are encouraged to complete a form stored at www.nottinghamshire.police.uk/advice/missing. Once completed, print the form off and keep it somewhere which is safe and easily accessible. In the event that someone goes missing, the form can then easily be handed to the police. Give copies to family, friends and trusted neighbours - the police will only ask for the form if the person is reported missing. The Herbert Protocol initiative is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia.

Relaxed performances of Jack and the Beanstalk

This pantomime season the Theatre Royal is delighted to offer two relaxed performances of Jack and the Beanstalk with the Chuckle Brothers. These performances are especially adapted for customers with a wide range of disabilities or those on the autistic spectrum. The show is the same but with small changes made to the lighting and sound in order to provide a more relaxed and supportive environment for those watching. Performances will take place on **Wednesday 5th January at 1.30pm and 7.15pm**. For more information and to book tickets please contact Caroline Pope on 0115 989 5627 or email caroline.pope@nottinghamcity.gov.uk

Museum Care Ambassadors – an opportunity to support older citizens

The Museum Care Ambassadors programme aims to support older citizens in Nottingham, in particular those in care, to interact with collections in our museums and galleries in a new way.

Commencing in May 2016, volunteers have been trained to work with older audiences, handle resources and develop creative and interactive workshops. Using these skills, 31 people have piloted approaches in three care settings. A striking example of this is 'Nottingham sites past and present' an oral history session that took a new direction and resulted in an impromptu group sing along where older people, some with dementia and other multiple complex health issues, raised the roof with "The White Cliffs of Dover". If you would like to be involved in this exciting project and make a difference by bringing joy to others, the next training sessions start in February 2017. For more information please contact project officer zoe.sussmeyer@nottinghamcity.gov.uk

Take part in [research study with the Nottingham Hearing Biomedical Research Unit about Television Viewing Experience and Domains of Hearing Loss](#). **Survey closes 27 February 2017.**

A Potted History of QMC - 40th Anniversary

Tuesday 24 January, D Floor Restaurant QMC. 4.30pm - 6pm.

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

2017 is the 40th Anniversary of Nottingham's Queen's Medical Centre. As a teaching hospital and medical school it was first conceived in 1965 when a decision was made in parliament to establish the first medical school in the 20th century outside London. As a consequence, establishing the QMC was for those who were its creators, no easy task, and for many years they had to fight off stiff competition from those who were against its construction.

For the first time members of NUH have the opportunity to come to an illustrated talk, to be given by Paul R. Swift, Honorary Archivist of our hospitals. Paul will talk you through how the QMC's creators managed to fight off those who were against its construction, and how the QMC has become one of the world's leading teaching hospitals in research and medical innovation.

If you haven't already confirmed your place please register by emailing ft@nuh.nhs.uk or calling 0115 9249924 x63953.

Other groups of interest

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

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.

Next few meetings:

Monday 16 January 2017, 1.00pm – 3.30pm

Tuesday 7 March 2017, 10.00am – 12.30pm

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