

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

Wednesday February 5th 2020 at 6.30pm Libby Laing ran a focus group on Patient Medicine Review procedures

Present: Shelagh Clarke, Alan Diamond, Derek Huett, Ingrid Reid, Amanda Roberts, Suzanna van Schaick, Charlie Wilson

Apologies: Sue Wilson, Irfan Malik, Mary Spencer

There will be a memorial service for John Hackett, who was our Chairman, on Saturday 15th February at 2.30pm at St Martin's church on Trevose Gardens in Sherwood.

Libby Laing from the medical school at Nottingham University and her colleague Mark from Manchester University ran a focus group on Patient Medicine Review procedures. Some general practices in the United Kingdom are using a computer programme to help find patients who may need their medicines reviewing. They asked us about this process both in terms of our experience of medicine reviews and what we thought about them in principle. This is a "belt and braces" process to make sure that the current medicine prescribing safeguards are even more robust. We also talked about financial justifications. The focus group comments will be anonymised and grouped with other focus groups and the results are expected to be available next year. Those of us who wanted to know the results will be told to them then.

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 March 13th 2020 at 2pm Sarah Collis about Healthwatch
- Wednesday April 8th 2020 at 6.30pm Vicky Brotherton about Modern Slavery
- Friday May 15th 2020 at 2pm
- Wednesday June 10th 2020 at 6.30pm
- Friday July 10th 2020 at 2pm
- Wednesday 9th September 2020 at 6.30pm Valentina Lazarevic and Jane Coleman on Research at our surgery

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

- Friday October 9th 2020 at 2pm
- Wednesday November 11th 2020 at 6.30pm
- Friday December 11th 2020 at 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

ParkRun marshalling on 29th February Along with several other practices, towards the City centre, our practice is taking over the volunteer positions at Colwick Parkrun on the 29th Feb. This **does not** involve running or walking the course, unless you volunteer as a tail walker. It needs quite a lot of people to make this work, and I am sure others will fill in gaps who are not GP related, but as we are trying to promote the benefits of exercise....?? It means being on Colwick Park by about 8.15am..... on the 29th February. Mary Spencer, the practice manager, is co-ordinating this. Can you let her know if you can help? And contact Amanda if you need a lift (you can respond to this email).

Clinical Trials Day is Wednesday 20th May 2020.

We are hoping to promote research within the practice on that day, and will be getting some promotional material from the clinical research network. We are looking for volunteers from the PPG to help with this promotion.

In the news

Nottinghamshire Carers' Hub

Drop in session at City Hospital (Outpatients, North Corridor): Thursday 13th February or 12th March, 12-3pm

You may not see yourself as one, but if you are supporting a relative or friend of any age who has a learning disability, mental health issues, a history of substance misuse, a serious health condition, is physically disabled, or is elderly and frail, then you are a Carer.

Look after yourself as well as the loved one you care for. Get in touch today.

Email: hub@carerstrustem.org

<https://carerstrustem.org//hub>

Have your Say. Nottinghamshire Healthcare Trust and Nottingham City and County Councils are working together to develop mental health sanctuaries. A calm non-clinical safe space for anyone experiencing an emotional or mental health crisis. They are seeking peoples views about what the service should look like a gather views about what this type of service should be like, particularly from people who may use it. Please contact Jonathan Wright jonathan.wright@nottshc.nhs.uk for a questionnaire.

4 questions to **get the most from your GP consultation**

<https://www.choosingwisely.co.uk/about-choosing-wisely-uk/>

Protecting our environment and safeguarding our future, one inhaler at a time

<https://uk.gsk.com/en-gb/responsibility/our-planet/complete-the-cycle/>