

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

Friday 12th July 2019 Annabelle Long talked to us about the 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.

Present: Shelagh Clarke, Des Conway, Dave Groom, Annette Lewis, Irfan Malik, Ingrid Reid, Pauline Sault, Edward Skadorwa, Helen Skadorwa, Colleen Straw, Colleen Ewart, Magrit Mitchell, Mary Spencer, Gillian Dobson, Cynthia Mee (15)

Apologies: John Hackett, Derek Huett, Amanda Roberts, Sue Wilson, Charlie Wilson

Annabelle is working at the University of Nottingham in research on the project PrAISED (among others) looking at patient and public involvement in dementia, Frail older people and Palliative care. She talked about the work they are doing, and that the project offer support to researchers, with 22 on the team with experience in caring dementia people, or who dementia.

This project was started in 2016, funded by the National Institute of Health Research (NIHR). The cost of dementia to the NHS is currently around £26b, with 225000 needing full time care.

It has been found that, for example, the inability to walk and talk at the same time can be a predictor for dementia, so they may fall more easily. Annabelle told us more about the study and what they were doing, using interventions to reduce falls, but then focussing more on trying to help dementia patients maintain independence. She gave us a handout explaining what the team were doing and hoping to achieve.

Local U3A

Cynthia volunteered information about the local U3A, and the practice can put up leaflets about this and the various opportunities eg to join walking groups.

Parkruns

We all discussed the benefits of exercise, and Mary mentioned that some GP surgeries had become Parkrun practices. She is keen to promote this here but the nearest parkrun is in the Forest Rec... a bit distant and steep. Mary does the Colwick Parkrun most weeks.... A GP practice had sent a team there in June.

Primary Care Networks

The set-up of the new Primary care Networks,(PCNs) was mentioned. We are in PCN 5 which covers Bestwood and Sherwood practices. The teams meet every month to discuss health issues and more.

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.

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Our next meetings:

- Wednesday 11th September 2019 6.30pm Kate Horton Greater Nottingham CCG
- Friday 11th October 2019 2pm
- Wednesday 13th November 2019 6.30pm Valentina Lazarevic and Jane Coleman about the research happening at our surgery
- Friday 13th December 2019 2pm Lauren Gascoyne - imaging methods to detect brain disease and Prof Justine Schneider to talk about dementia.

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

Patients may be aware that there is a measles outbreak in Nottingham

Measles is highly infectious – a cough or a sneeze can spread the measles virus over a wide area. If you come into contact with it and are not protected, the chances are that you will be infected.

It is recommended that people who have not had the disease or had 2 MMR vaccinations should be vaccinated as soon as possible. If you are not certain about this please ask a receptionist. People born before 1970 generally DO NOT need vaccination as they will have immunity or may have had the disease as a child.

In the news

A **Footcare Service** was now run by Age UK Nottingham designed for people aged 60+ who have a long-term health condition, are not able to cut their own toenails, are registered with a Nottingham City GP and do not qualify for NHS Podiatry Services. This service is delivered at St Ann's Valley Centre on Mondays, Clifton Cornerstone on Tuesdays and Sherwood Rise Health Centre on Fridays. The initial assessment (including provision of personal nailcare pack) would cost £20 and follow-up appointments will cost £15 for a short soak, nail trim, filing of hard skin and the application of cream. Further details are available direct from AgeUK Nottingham by phone on 0115 844 0011 or on line at ageuknotts.footcareservice@nhs.net. (Thanks to Janet at St Luke's PPG)