

## ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

Wednesday 12<sup>th</sup> June 2019 6.30pm Prof Belinda Winder on the problem of sexual abuse today - and how we can keep communities safe.

**Present:** Shelagh Clarke, Des Conway, Alan Diamond, Dave Groom, John Hackett, Annette Lewis, Irfan Malik, Ingrid Reid, Amanda Roberts, Pauline Sault, Edward Skadorwa, Colleen Straw.

**Apologies:** Magrit Mitchell, Mary Spencer, Suzanna van Schaik, Sue Wilson

Belinda is Professor in Forensic Psychology and Heads the Sexual Offences, Crime and Misconduct Research Unit at Nottingham Trent University and gave us a brilliant insight into the world of sexual offending.

The impact on every aspect of an abused person's life is enormous. Victim statements can be harrowing. But the way such crime is reported and dealt with by society is also having a detrimental impact on our children in particular. They are taught "stranger danger" and retained within the home environment, leading to a lack of exercise and obesity. 80% of sexual offending takes place in the home. Again 80% of crimes have no previous offence and only 7-8% re-offend.

There are many factors that contribute to a person becoming a person with sexual offending convictions. Isolation, early sexualisation, inappropriate home circumstances, early sexualisation, issues of power. Not all those who offend against children are paedophiles and not all paedophiles go on to carry out crimes.

Five years ago, Belinda was instrumental in setting up a charity called Safer Living Foundation <http://saferlivingfoundation.org/> which uniquely is a collaboration between a university (Trent) and a prison (HMP Whatton). Among their initiatives are: Circles of Support and Accountability (to help those convicted be less isolated), the Aurora Project (signposting, support and therapy service for individuals) and the Corbett community Centre.

Safer Living Foundation has opportunities for volunteering and we could display a poster about the Aurora project in our waiting room. Belinda offered to return in six months and tell us of progress.

### **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:**

## ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

- 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 Valentina Lazarevic and Jane Coleman about the research happening at our surgery
- 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

There may be quite a few new people registering with our surgery as two other local GP practices are due to close in the next few months.

### In the news

#### Consultation launched on proposal to merge the Nottingham and Nottinghamshire CCGs

<http://www.nottinghamnortheastccg.nhs.uk/nhs/ccgs-merger/>

This is the link to the Consultation on the merger of the Notts CCGs. It is also a useful guide to the configuration of the various new structures of the NHS that we might have to understand! **Closing date 17 June**

<http://www.stpnotts.org.uk/media/1740102/item11ench2nottscgconsultation.pdf>

Nottingham University Hospitals wins Nottingham Treatment Centre contract

<https://www.nottinghampost.com/news/nottingham-news/nottingham-university-hospitals-wins-nottingham-2893406>

**Foot care in Nottingham.** There is a new foot care service run by Age UK in Nottingham

**Apply to [join Healthwatch Nottingham and Nottinghamshire Board of Trustees](#).** They seek people with expertise in business, finance, marketing, legislation, HR and research and people who reflect the diversity of the community. **Applications close Monday 17 June 2019.**

On Wednesday 12th June Carers Federation are holding an **event for carers** from 1pm - 6pm. This is open to all young and adult carers, and their family, who live in Nottingham and Nottinghamshire. No booking is required. The Carers' Cafe will be open and serving food and drinks throughout the event. There will be information stands and free services and activities running throughout the event, including a hairdresser/ barber, massage, music and quizzes, craft and outdoor activities (weather permitting)

For more Information contact: Carers Federation, 21-23 Pelham Road, Tel: 0115 9629310

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[h.johnson@carersfederation.co.uk](mailto:h.johnson@carersfederation.co.uk)

### **Dementia Friendly Swimming**

Adults with dementia can enjoy a relaxed swim session at three of the City leisure centres: Ken Martin Leisure Centre, Harvey Hadden Sports Village, Clifton Leisure Centre  
Call Customer Services on 0115 876 1600 for more information.

### **Heritage Tours at St Ann's Allotments**

Last Wednesday of the month from March to September 2019

St Ann's Allotments Visitor Centre, 121 Ransom Road, Nottingham NG3 3LH

Meet at the Visitor Centre 5-10 minutes before start. A guided tour covering 700 years of history. Includes a visit to the Heritage Display Garden. Tours last approximately 90 minutes. Cost is £5 per person and booking is essential.

Email [info@staa-allotments.org.uk](mailto:info@staa-allotments.org.uk) or call 0115 960 2282.