

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

Friday 11th May 2018 2pm Valentina Lazarevic (CRN) and Jane Coleman talked to us about our surgery's Research activity

Present: Heidi Beard, Jane Coleman, Shelagh Clarke, Gillian Dobson, John Hackett, Derek Huett, Ingrid Rennie, Amanda Roberts, Helen and Edward Skardowa plus another unidentified.

Apologies: Mary Spencer, Irfan Malik, Sue Wilson

Important information regarding your personal data

The new EU-wide General Data Protection Regulation (GDPR) comes into place on 25th May 2018 and will replace the Data Protection Act. 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.

Valentina told us about the way research is undertaken. She then emphasised how well our surgery does compared to other research-active GP practices in the region. Jane Coleman (doctor) and Mary Spencer (practice manager) are trained for Good Clinical Practice and Jane and Heidi Beard (Practice nurse) are trained for the proper (ethical) way to get patients signed up to trials.

Last year our practice's obligation was to work on any five trials. We actually worked on 9 studies. Most were funded by the NHS through the National Institute for Health Research (NIHR) but two were industry trials. For these two we only recruited person for each trial but this was still considered a success! Trials within our surgery included diabetes, education for those with long term conditions, the genetic component of thinness, depression, childhood eczema and the value of positive mood for the efficacy of 'flu jabs. This forthcoming year smoking cessation support and chronic headache treatments will be in the research mix.

The value of being in a research active practice includes: access to interventions not otherwise on offer, giving back to society, even more knowledgeable doctors, giving back to society, pleasing the care quality commission, financial incentives.

We then had a presentation about the Join Dementia Research programme www.joindementiaresearch.nihr.ac.uk and looked at the JDR booth in the waiting room on the way out.

If you want to make a suggestion for research, this is the link <https://www.nihr.ac.uk/research-and-impact/research/suggest-an-idea-for-research/>

Our next meetings:

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- Wednesday 13th June 2018 6.30pm Trevor Clower on options for continuing care following death of a carer
- Friday 13th July 2018 2pm Ian Trimble
- Wednesday 12th September 2018 6.30pm
- Friday 12th October 2018 2pm Sally Bell will be talking to us about lifestyle medicine
- Wednesday 14th November 2018 6.30pm
- Friday 14th December 2018 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

Friends and Family Test

We have 100 responses to the Friends and Family Test over the last year. 94% of these say that they would be extremely likely or likely to recommend the practice to somebody if they needed care or treatment! (The Friends and Family Test is a quick indicator of how well an NHS provider – in this case our surgery – is doing).

Bank holidays

The practice will closed over the "May Day" break from 6.30pm on Friday 4th May, until 8am on Tuesday 8th May, and again for Spring Bank Holiday from 6.30pm on Friday 25th May until 8am on Tuesday 29th May.

Training afternoons

Every two months (but sometimes more often) the practice will be closed on a Tuesday afternoon to allow protected staff training time. We need to do this to keep up with changes and developments which affect the practice. On these afternoons the phones will be switched off for up to five hours, reception may be closed, and any urgent needs will be directed to the out of hours service. **The next date is 15th May 2018**. Please remember you should not try to collect prescriptions or forms on that afternoon, as we will be closed for 5 hours.

Some of the surgery staff are doing the **Women-only Race for Life** on Sunday June 3rd <https://raceforlife.cancerresearchuk.org/find-an-event/victoria-embankment-5k-2018-06-03-0000> . All funds raised will go to Cancer Research on all cancers. There should be a box at reception for all donations, or donating on line is possible through the Cancer Research UK website <https://raceforlife.cancerresearchuk.org/about-us/donate> and just click on "DONATE".

In the news

NHS England seeks GP and patient views of online consultations
<https://digitalhealth.net/2018/05/nhs-england-online-consultation-review/>

NHS Digital accused of failing to protect patient data
<https://www.ft.com/content/0bb530fe-3f41-11e8-b7e0-52972418fec4?accessToken=zwAAAWLJFTjQkc8LTD-P0ER6NO34FKXJBj-xA.MEUCIQCqi->

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NHS National Data Opt-out Programme available from 25 May 2018.

<https://www.digital.nhs.uk/national-data-opt-out>

The 2018 Nottingham and Nottinghamshire Carers Road Shows

This year is the sixth year of the Summer Road Shows for carers. Each year they are bigger and better with more and more people visiting. The shows were started by and are still organised by Trevor Clower, who is an unpaid carer. The Carers Road Show offers free support for all unpaid carers, no matter what the circumstances of the person they are caring for. The unpaid carer can sign up for the support they qualify for there and then at the stall. Alternatively the carer can simply browse and take away information. Pop along to one or more of the shows and see for yourself the range of help and support there is available.

Venues in our area:

Tuesday 25 th May	Mary Potters Health Centre, Hyson Green
Friday 18 th May	Sue's Drop In, Methodist Church, Front St, Arnold
Friday 1 st June	Riverside Health Centre, Bulwell
Friday 13 th July	Valley Health Centre, St Ann's
Wednesday 1 st August	Southglade Park Life Festival, Top Valley
Tuesday 14 th August	Mary Potters Health Centre, Hyson Green
Friday 7 th September	Riverside Health Centre, Bulwell

On Saturday May 12th there will be a public meeting at the Friends Meeting House on ***The Crisis in Nottingham Health Care: the truth behind the headlines*** at which the Shadow Secretary of State for Health is scheduled to speak. <https://www.sochealth.co.uk/events/can-labour-healthcare/>

Older Citizens 'Ageing Well' Day

Wednesday 23rd May 2018, 10.00 am to 3.00 pm, The Old Market Square, Nottingham

Do you want to know more about what is available for older people across the city?

Find out about what is on offer for people in the city as they grow older. Information and advice will be provided on a wide range of services and support including:

- Health and care services
- Support in the home
- How to stay fit and well
- Dementia awareness
- Staying safe and warm at home
- Bone health
- Heart checks
- Carers information
- Volunteering opportunities
- New ways to meet people

For more information contact Clare Routledge on 0115 8763514 or e-mail clare.routledge@nottinghamcity.gov.uk

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Keep the Kimberley Fencing Club Open

<https://you.38degrees.org.uk/petitions/keep-the-kimberley-fencing-club-open>

Have you heard of [What Matters to You Day](#) on 2 June 2018. It's a campaign when health and care staff should change the focus of conversation with people from asking 'what's the matter with you?' to 'what matters to you?'

[Join the Patients Association](#). In the spirit of equity, they've removed their previous membership fee, meaning those on lower income can join! They hope the free membership will encourage more people to join and ensure a stronger, collective voice for change.

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. These meetings will all be held at: The Exchange Building , Alfرتون Road, Nottingham NG7 3NW

For more details contact: jonathan.wright3@nhs.net

The Nottingham Keep our NHS Public group meets on the last Thursday of each month at the Visitor Centre, Castle Rock Brewery (Vat & Fiddle), 12 - 14 Queensbridge Rd, NG2 1NB from 7.30pm More information about the group: <https://keepournhspublic.com/support-konp/find-a-local-group/nottingham/>