

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

Wednesday 14th November 2018 6.30pm Dementia Friends with Mark Towlson

Present: Annette Lewis, Irfan Malik, John Hackett, Ingrid Reid, Derek Huet, Shelagh Clarke, Pauline Sault, Dave Groom, Edward and Helen Skardowa.

Apologies: Mary Spencer, Janet Norris, Suzanna van Schaick, Amanda Roberts

Mark Towlson came to update us and talk about Dementia Friends.

Mark started by telling us that Gedling Borough Council has set itself a target of becoming dementia friendly throughout its services. He then asked us how we could explain - to a Martian – how to make a cup of tea. Not as daft as it sounds and we became aware of how much we take for granted, where a person with Dementia might miss one or two of the steps.

Dementia Friends aims to help people with Dementia to live fulfilling lives in the community. Mark said that when most people think about Dementia their immediate connection is negative. To get us to think differently, Mark asked us, in pairs, to complete a quiz. This consisted of a series of incomplete sentences on one side with the completed parts on the other, but in a different vertical order. It was very revealing to see that the sentences were a mixture of facts which helped point us to considering and challenging our assumptions about Dementia, even though we mostly were correct in our replies.

The Alzheimer Society has a good website for anyone who wants to find out more about dementia. There is a good area to answer people's questions. Exercise, good diet and socialising were key ingredients to help stave off the onset of dementia. However once the disease has taken root there is no cure at the moment. There are some treatments that can halt or arrest the deterioration. Also early diagnosis is important in starting any sort of intervention. An early diagnosis can confirm symptoms and help with getting services involved to support both the carer and sufferer.

There are many different types of dementia and these can lead to impacts on motor skills, writing, perception, speech, short-term memory and sequencing amongst other symptoms. Mark suggested we look at the video on YouTube called "The Bookcase Analogy" to give us a way of understanding dementia <https://www.youtube.com/watch?v=kkvyGrOElfA>

Nottingham University is doing research into dementia.

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

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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 14th December 2018 2pm Heather Simpson, Ockbrook practice manager
- Wednesday 13th February 2019 6.30pm
- Friday 8th March 2019 2pm
- Wednesday 10th April 2019 6.30pm Suzanna van Schaick on Self Help UK & her voluntary work abroad with Sarah Collis from Self Help UK
- Friday 10th May 2019 2pm
- Wednesday 12th June 2019 6.30pm
- Friday 12th July 2019 2pm
- Wednesday 11th September 2019 6.30pm
- Friday 11th October 2019 2pm
- Wednesday 13th November 2019 6.30pm
- Friday 13th 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

Flu clinics: This year, following guidance from the Department of Health we have two types of adult flu vaccine. One which has proved to be more effective for those aged 65 and over, and one for the under 65s. We also need to ask for your understanding, as through no fault of ours, the delivery of our flus is not what we had hoped so you may have to wait before we can give you your vaccination. Unfortunately this is out of our control, but we should, by November, have enough vaccine for all who are eligible and want it.

We are sad to report that **Dr Rosalind King** has taken the decision to leave the practice, for personal reasons. She has been a partner for 21 years, and is highly regarded by patients and colleagues. We will miss her greatly. We have not yet appointed a new partner so her usual patients are now allocated between the five other partners.

Food bank: Irfan and the practice are collecting food items for the Salvation Army foodbank in Sneinton on an on-going basis. There will be a box to accept donated items and this will be delivered every Thursday.

Please could the PPG support this initiative? Items required are:

Tinned tomatoes, tinned meat, tinned fruit, rice pudding/custard, fruit juices

Patients registered at this practice are able to access additional routine appointments during **evenings and weekends through the new GP+ Nottingham City service. Appointments are**

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available to see GPs, Practice Nurses, Clinical Pharmacists and Physiotherapists in a fully equipped accessible location on Upper Parliament Street in Nottingham City Centre.

Opening hours are:

16:00 – 20:00 Monday – Friday 09:00 – 13:00 Saturday & Sunday

In the news

<https://www.nottinghampost.com/news/health/city-mental-health-team-axed-2097207>

City mental health team axed on World Mental Health Day

A team of ten nurses who provide mental health care to those in the city were told they were being decommissioned - on World Mental Health Day.

Professional guidance for the recording of medical diagnoses and problem lists in a structured form in patient records

Feedback on [draft professional guidance](#) for the recording of medical diagnoses and problem lists in a structured form in patient records.

<https://www.surveymonkey.co.uk/r/KT3FRZD>

Digital Health rewired conference

[Digital Health rewired](#) conference on 25–26 March 2019 at Olympia. The conference will focus on connecting and integrating health and care through the transformational use of technology and new ways of working. 'Digital Health rewired' is free for everyone from the NHS, public sector, independent providers, charities and education sectors.

<https://digitalhealthrewired.com/register>