

ELMSWOOD HEALTH CENTRE PATIENT PARTICIPATION GROUP MEETING

Wednesday 14th October 2015 6.30pm

Jenny Brooks from New leaf

Apologies: John Hackett, Philip Martin, Ingrid Reid, Mary Simpson, Ian Trimble

Present: Shelagh Clarke, Jim and Helen Greig, Dr Malik, Magrit Mitchell

Amanda Roberts, Helen and Edward Skadorwa, Angela Thornhill

Next meetings:

- Friday 13th November 2015 2pm Julia Webster and Helen Duszinski from Community Neurology Service and Primary Care Carer Support Service of NottinghamCityCare Partnership on the care provision will have impacted services in the City. Especially changes that might impact upon Carers.
- Wednesday 9th December 2015 6.30pm
- Friday 12th February 2016 2pm
- Wednesday 9th March 2016 6.30pm
- Friday 8th April 2016 2pm
- Wednesday 11th May 6.30pm
- Friday 10th June 2016 2pm
- Wednesday 14th July 6.30pm

Jenny Brooks from "New Leaf" lead a lively session with lots of questions about the Nottingham City Care NHS stop-smoking initiative "New Leaf". They are not anti-smoking. It takes 6 seconds from inhale to seeing the effects of nicotine in the brain. It releases dopamine, a feel-good molecule. Not only is smoking addictive but there are lots of triggers throughout the day and links to behaviour that reminds a person – waking up, having a drink, stress, eating etc. So it usually takes 5 or 6 tries to give up before a person succeeds.

Pipe and cigar is just as bad as smoking cigarettes. E-cigarettes are unregulated and not standardised but the Department of Health think they are 95% OK.

New Leaf can issue nicotine replacement patches but if the client needs a prescription, the client must return to their own GP for the prescription to be filled out within usual timeframes.

Sometimes the delays this causes are not well understood and the receptionists get the worst of this. So Jenny Brooks will see what can be done to minimise this.

New Leaf sees 5000 people a year. The youngest was 9 years old and the oldest 92 years old. Still 70,000 people smoke in Nottingham.

There are various options to help a person give up smoking. A person must want to do so, and nicotine replacement therapy doubles their chances of being successful.

In the New Year, New Leaf has a van in Bulwell Market every Wednesday. Jenny also works in the Respiratory and cardiac wards of the City Hospital to support those who wish to give up smoking.

What is in the News

Patients can choose freely where they have their medicines dispensed

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NHS England has written to all general practices and pharmacies to ask for their help in ensuring that all patients are aware of their right to choose freely where they have their medicines dispensed.

<http://psnc.org.uk/our-news/prescription-direction-update-patient-choice-poster-now-available/>

Finding Our Voice: Loudspeaker Conference on Fri 27 November

Join Nottingham Contemporary Arts for Finding Our Voice, a free conference exploring how the arts and voluntary sector can work together to amplify women's voices in Nottingham.

Over the past three years, we have worked in partnership with Changing Lives to deliver Loudspeaker, an innovative project for women facing complex life challenges, funded by the Esmée Fairbairn Foundation.

The conference will share learning from the programme with delegates from the voluntary, education, health, criminal justice and arts sectors. Through informal panel discussions and creative workshops, delegates will help Nottingham Contemporary Arts draw up a manifesto for how contemporary art can continue to influence future policy.

This conference is open to everyone, although advance booking is essential. A complimentary lunch will be provided for all guests.

For more information please contact Community Programmer Jason McCormack on 0115 948 9783 or email jason@nottinghamcontemporary.org

Can electronic cigarettes help people stop smoking or reduce the amount they smoke, and are they safe to use for this purpose?

Electronic cigarettes may help smokers quit long term but poor evidence means this is uncertain. We also need better evidence on whether they are safe.

http://www.cochrane.org/CD010216/TOBACCO_can-electronic-cigarettes-help-people-stop-smoking-or-reduce-the-amount-they-smoke-and-are-they-safe-to-use-for-this-purpose.