

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

Friday 11th October 2019 2pm Speaker: Kathryn Jack about Hepatitis C
Present: Dr Irfan Malik, Heidi Beard (practice nurse), Mary Spencer (PM), Dave Groom, Pauline Sault, Ingrid Reid, Derek Huett, Cynthia Mee, Colleen Straw.

Apologies: Richard Buckland, John Hackett, Janet Norris, Amanda Roberts, Suzanna van Schaik, Rose Thompson, Sue Wilson

Kate Jack is nurse working in viral hepatitis at NUH. She is very keen as part of her role, to raise awareness of this. She gave a very interesting and enthusiastic talk.

There are some patients who are more at risk of getting one of the Hepatitis viruses. (There are apparently 5 (A, B, C, D, E)

Hepatitis B is manageable, and now apparently Hepatitis C is curable.

It is a blood borne virus and can arise from blood transfusions of infected blood, tattoos, IV drug use with dirty needles etc. Hence those from some countries may be more likely to become infected due to less awareness of using clean equipment, little blood donor screening, etc. Many less wealthy countries do not have access to single use equipment, may have street barbers using unsterilised cut-throat razors etc.

Hepatitis B is usually monitored, and may not always be active, or damaging the liver. The major problems arise when the virus starts damaging the liver.

BME groups are more prone to becoming infected.

Parkrun practice

Mary Spencer chatted briefly about the new exercise initiatives which we are wanting to engage with. We are meeting and discussing with other Nottingham practices about getting more staff and patients active... and the benefits thereof. Elmswood is now an official "Parkrun" practice (for those who don't know this is a free 5k run/ jog/ walk every Saturday in parks all over the UK and the world, at 9am). Mary and Sam and a couple of GPs do this, already.

There are many health benefits to getting more active, and we want to encourage both staff and patients.. there are also several groups throughout Nottingham engaging in less strenuous, smaller scale activities. Mary has also put some laminated sheets in the waiting room about getting active.... However small and low key it is worth giving it a go.....

Important information regarding your personal data

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

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:

- 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.
- Wednesday February 5th 2020 at 6.30pm
- Friday March 13th 2020 at 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

It is flu time! The under 65 vaccine is now available for at risk categories. The over 65 vaccine is already being dispensed. Call the surgery and book your jab.

In the news

Translation services

Kate Horton (kate.horton6@nhs.net) has been asked to organise some focus groups to enable her to find out more about patient / carer / family experience of accessing and using translation services within GP services. Within the City of Nottingham they currently commission face to face translation services for patients at pre-arranged appointments within their practices and the services commissioned are being reviewed the Clinical Commissioning Group. As part of this review it's vital for us to understand the patient perspective, from barriers to experience and as such she is trying to make contact with anyone who may have experience and would like the opportunity to give her some feedback. If you have had any experience or need of the translational services, please contact her.

Have you, or someone you care for, ever used Ear, Nose, Throat and Audiology services in Nottinghamshire?

If so, our Clinical Commissioning Group would like to hear what you think about those

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

services.

Locally, the Greater Nottingham and Mid-Nottinghamshire CCGs are reviewing the Ear, Nose and Throat and Audiology services they commission to ensure they meet the needs of patients and deliver excellent patient outcomes.

They would love to hear your feedback.

Please complete our short survey and tell us what you think and the survey will close on Monday 21st October 2019.

Please complete [the survey](#) and tell them what you think.

Under the knife

A new documentary film which will be shown around the country at independent cinemas week beginning 14th October. There will be 2 screenings in Nottingham, the Savoy Cinema Derby Road on Monday 14th October at 6pm (nearly 'sold out') and Friday 18th October 6.30pm lecture room 1 at the Medical School QMC. The film is free but tickets can be reserved at <http://www.undertheknifefilm.co.uk/screenings> . *"This film is a weapon in our struggle to save the NHS. Armed with the evidence so eloquently provided here, we can win this battle."* **Ken Loach - Film Director** (but not director of this film).

Rose Thompson

Rose is a member of our PPG as many of you will be aware. At the beginning of October she won the **Nottingham Black Achievers Lifetime** award.

Rose was also interviewed on BBC Radio Nottingham on Tues 8th Oct, just after 3pm by Alan and as October is both Black History Month and Breast Cancer Awareness raising month, she was able to raise awareness about the importance of **Breast cancer awareness**, including, awareness of secondary breast cancer symptoms, if it returns. Many cancer patients and health professionals fail to spot the symptoms of secondary breast cancer, particularly if patients have been clear of cancer for years. Both her sisters were impacted by this and picked up too late.

At the end of September, Rose joined **Sistas Against Cancer**, (the support group that started as an outcome of my family history and personal cancer experience), to launch their photographic portrait exhibition at the **New Art Exchange**. It is a plea to include diverse photos in health and cancer service information resources, that is repeated every decade. It is also highlighting the importance of peer and professional support which is now known to help to prolong lives. Seven members of the group, including Rose agreed to be photographed and their comments are beside the A2 size photos on the Gregory Boulevard Gallery stairs. The photos are designed to be viewed from the first floor to Rose's photo on the ground floor. The exhibition funded with Self Help UK Macmillan Beyond Diagnosis and New Art Exchange funding, will be on until Nov 10th and is expected to tour nationally.

You might enjoy this: **"Our Nottingham things"** video

<https://www.youtube.com/watch?v=hpHxoeexfjg>