

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

Wednesday 12th September 2018 6.30pm Deena El Shirbiny was talking about Social Prescribing

Apologies: Magrit Mitchell, Sue Wilson, Mary Spencer, Shelagh Clarke, Amanda Roberts

Present: Derek Huett, Dr Malik, Ingrid Reid, Suzanna Van Schaick, Edward Skardorkwa, Charles Wilson, John Hackett.

We were “challenged” by Dr. Deena El Shirbiny and given lots of information about how the focus of the NHS over the next time period is going to move from the professionals in the system trying to “fix” patients, to patients taking a more active role in the health and patients being seen and treated holistically.

With an aging population, more patients with chronic ,(long-term), and multiple conditions are going to present themselves to healthcare professionals. Some stats: 25% of patients coming to appointments have long-term conditions; 50% of GP appointments are concerned with long-term conditions; 70% of NHS spending is on long-term conditions.

The future focus will be on person-centred care:

- changing the question from what are you suffering from to what matters to you as a patient.
- holistic approach to long-term and multiple conditions
- care to be joined up: eg discharge form hospital to involve GP, cares, family etc
- professionals working collaboratively
- developing patients’ information to take care of their dignity with compassion and be patient-centred
- looking at well being and outcomes holistically, eg health, emotional, psychological etc

The NHS will be targeting health literacy. This has to with the language used by GP’s so that the information given to patients is actually understood by them. In addition ways of accessing health services in the community like support groups. It seems that over 50% of adult patients do not understand what their condition means! Also patients don’t necessarily want to ask about their condition, but want to know its impact on their lives. In addition what about those patients for whom English is not their first language. Is a 10-minute appointment appropriate to someone with multiple conditions? Patient knowledge is important though and we were assured that the Royal College of GP’s is moving their training in this direction.

Deena gave some examples of social prescribing:

Walking groups, housing/benefits advice, art groups, befriending services, museum visits, mental health groups. Resources in the community is the key and she suggested that a PPG was an avenue into accessing these services and groups or starting them up ourselves. A database would be useful and it appears that the local authority is going to be tasked to create and maintain one.

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In practices with this kind of approach, patient's satisfaction ratings went up, there was more value for money and the health professionals moral improved.

There is a practice in Beeston that has arranged local agencies to come in and "display" their wares. Trevor Clower is someone who we could organise to arrange one of his "Roadshows" in Sherwood next summer? Also there are patient experts on conditions who might be willing to talk to people with the same condition.

Deena was clear that this change in approach is going to take a long time to implement, but that it requires committed health-care professionals in pockets across the country to start the ball rolling.

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.

Our next meetings:

- Friday 12th October 2018 2pm Sally Bell will be talking to us about lifestyle medicine
- Wednesday 14th November 2018 6.30pm Dementia Friends with Mark Towlson
- 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

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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

Dr King is moving on to other activities and leaving the Elmswood within the month. We wish her every success and will miss her.

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 now have clinics available to book, and would ask patients to book in as soon as possible.

The first Saturday clinic is on 22nd September, but because of the timing of vaccine deliveries this one is for 65 and over patients only.

The second Saturday clinic is on 13th October when we will have vaccine available for all.

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

In the news

Dignity in Dying

Earlier this year, leading medical journal The BMJ, called on the British Medical Association (BMA) to [poll its members on assisted dying](#). Despite that, and several motions tabled for discussion, **no time was allocated by the BMA to discuss assisted dying at its 2018 annual meeting**. Polls have found that a majority of doctors support assisted dying, but the BMA has never polled its members and continues to oppose change on behalf.

Adults social care strategy consultation

Nottingham needs a sustainable social care system to help people live better lives. Despite a growth in demand for health and social care services, funding to Councils from Government has fallen significantly in recent years and so maximising the effectiveness of the money Nottingham City Council spend is more important than ever. To be sustainable they need to be:

- Supporting people to do what they can for themselves
- Helping friends and families to provide the best possible support for each other
- Providing connections to others who can help from within Nottingham's caring communities.

This strategy sets out how they intend to better support adults in Nottingham. At the heart is the development of a financial strategy to enable a sustainable social care system. They

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

are calling our strategy Better Lives Better Outcomes, which reflects their ambition for Nottingham to be one of the best cities for adults in need of support to live well.

You can access the online survey and strategy summary document through the link below:
<https://www.nottinghamcity.gov.uk/engage-nottingham-hub/open-consultations/adult-social-care-strategy/>

Printed copies of these are available on request and also an easy-read version of the questionnaire as well as a full version of the strategy. If you require printed copies of any of these, please can you contact Tomasina Wallman,
tomasina.wallman@nottinghamcity.gov.uk.

Help to shape the future of health and social care: public event – Thursday 13 September

The latest in a series of public briefing and feedback events will give people the chance to find out more about plans to better join up health and care in Greater Nottingham.

Patients and citizens can give their views and ask questions at the special event on:

- Date: Thursday 13 September
- Time: 3.30pm arrival for 4pm start until 6.30pm
- Location: John Godber Centre, Ogle Street, Hucknall, Nottingham, NG15 7FQ

The event is being organised by the Greater Nottingham Transformation Partnership, which is made up of local NHS organisations and other health providers, Nottingham City Council and Nottinghamshire County Council. To reserve a place at the event, please contact gn.tp@nhs.net or call 0115 883 9325

Greater Nottingham Clinical Commissioning Group Annual Public Meeting

(APM) on Wednesday 26 September 2018, between 6-8pm, at the Nottingham Conference Centre (near Theatre Royal), Burton Street, NG1 4BU. Please register your place. Click here to book through Eventbrite or call the communications team on 0115 8839325