



The Calverton Practice Patient Participation Group Minutes of the AGM Tuesday 4th June 5.15pm

Present

Nick Borrett (Chair)
Caroline Borrett
Pat Bosworth
Jackie Guyler
Denise Pilkington (Secretary)
Samantha Round (Project manager Manager CORE)
Julia Stirland

Also present

Frances Leaman (Patient)
Chris Kenny (Patient)

Absent

Diane Bathgate
Margaret Briggs
Chris Jackson
Jan Johnson
Ian Vanner

Also present from the surgery

Dr Caroline Wight

1. Introduction and welcome

Usually, the AGM is a meeting to which a speaker is invited, however this year we have been unable to arrange this. Therefore, Nick began the AGM, with elections of Chair/ Vice Chair and Minuting Secretary, in order to move quickly onto the usual format of a regular meeting and address the main business of the evening – the planning of future events.

All introductions were made later in the meeting – members gave a quick resume of themselves and welcomed Chris and Frances. It was hoped by all those at the meeting that they would attend the next scheduled PPG meeting – Tuesday 30th July.

ACTION FOR

No actions

2. Minutes of previous meeting/ matters arising

Minutes of the last meeting (April 24) and the AGM of 2023 were reviewed – there were no significant matters arising.

- April meeting minutes were agreed as a true record of the meeting. Sam was able to update that the Fashion Show at CORE had raised £980 for the CORE fund.
- Minutes of the AGM meeting 2023 were agreed as a true record of the meeting. The October Health and Well Being Event was still being planned at the last AGM – doesn't time fly? Nick reiterated how successful the event had been, despite the efforts of Storm Babette to stop it. The success of the event was due in no small part to the commitment of the PPG, thanks to all involved. Financial contributions from the Borough and County Councillors were much appreciated. It was noted that Boots had contributed items to the event for which the PPG were grateful.
- Caroline Wight was able to update the meeting that the pharmaceutical license has been awarded to another pharmacist. Caroline suggested that an invitation to the next PPG meeting should be made in order to develop a positive relationship with the incoming pharmacist

DP - Previous minutes to be sent to Jayne Yeomans for publication on the Practice website

DP - invite the pharmacist to a future meeting.

3. Election of Chair, Vice Chair and Minute Secretary

Nick agreed to continue as chair and Denise agreed to continue as Minuting Secretary. Both were elected unanimously.

Julia Stirland was elected as Vice Chair; having been proposed by Caroline Borrett and seconded by Jackie Guyler. She was elected unanimously.

The NAPP Bulletin had been circulated to members before the meeting. Nick asked for a volunteer to read and highlight any items specific interest in the bulletin and report at each meeting. This should be considered by all members and pursued at the next meeting. Nick spoke about, the annual award, the winners and their achievement, national and local pressures.

ALL MEMBERS – to read NAPP bulletin. Consider taking this role.



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The main AGM agenda items had been dealt with at this point and the meeting resumed its usual agenda

4. Practice update – Caroline

Staffing and Personnel: – A new practice nurse has joined team. The practice is now at 50+ personnel including PCN staff. No actions

Events – The Village Get Together was well received. It was a beautiful day, and many people visited the Practice Stand. Nick thanked Caroline for her contribution to the day. Caroline thanked PPG for their support.

Caroline also spoke a little about the pressures of General Practice – the view of being part of the local practice and the importance of liaising with and accessing local services.

5. CORE

Sam updated the meeting with information about the No actions

- Carers Support Information morning
- Dominoes afternoon – which is a Monday afternoon, this has good support from a local volunteer. This activity will offer support for men in particular.

Sam spoke about the relationship between the practice and CORE as being positive and how CORE can help with support in the community.

6 Planning Ahead – using the Annual Survey Feedback

The four main areas of concern for patients who completed the survey for 2024 (either at the surgery or at the Village Get Together) were

- Mental Health and depression (social media etc poor impact on youth in particular)
- Diet and Exercise
- Sleep and insomnia and sleep patterns
- Heart issues – disease and health

Nick suggested that these four areas would be the focus for the PPG over the coming year, supporting the local population to take a proactive and preventative approach to health.

He gave a brief outline of what he thought this might look like: - a smaller ‘event’ might be hosted, with a speaker and discussion, starting at 6.30pm and finishing at 8.00pm. He envisaged that the ‘meeting/ event would occur every two months and would replace a usual monthly PPG meeting thereby putting less pressure on PPG members to attend another meeting that month.

There was lots of discussion about where to begin including how to target groups? Who might attend? How to get message out there??

Clarity was perhaps needed whether this was to support and help people to manage their own health issues or to advertise what the practice can offer?

The PPG would be supporting patients with self-help.

Discussion was had around which focus to being with and it was agreed that we would all bring back ideas about **sleep and insomnia** to the next meeting – Tuesday 30th July.

Caroline advised that there are not currently many services which will support by a referral or a self-referral for sleep, however she will find out about services that are available. She also volunteered to speak to an audience.

Other support was discussed; it is important that support should be backed by robust evidence if it is to be helpful.

Nick was keen to have a timeline attached to our event/ workshop and suggested that our first such event would be in early October – with an ‘event’ every two months - avoiding December. The PPG need to evaluate after the first session.

ALL MEMBERS – for the next meeting

- To bring to the meeting any information of support services for sleep and insomnia.
- To consider how to target groups and advertise an ‘event’ for the patients of the practice.
- To consider venue/ times
- To consider the full timetable over the following months.



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7 AOB

Nick asked all members to look at the NAPP Bulletin and make comments for the next meeting.

Nick spoke about the use of WhatsApp – and how this might help incidental conversation – please consider.

ALL MEMBERS
To consider how to disseminate the useful info in the bulletin.
To consider more active use of WhatsApp

8 Date of next meeting / venue

Nick thanked all for attending and particularly our possible new recruits!

The meeting ended at 6.50pm

The next meeting will be – ***last Tuesday of month - July 30th July at 5.30pm in The Surgery***