



The Calverton Practice Patient Participation Group

Minutes of the Meeting: Tuesday 30th July 2024

Present

Nick Borrett (Chair)
Caroline Borrett
Pat Bosworth
Chris Kenny
Frances Leaman
Denise Pilkington (Secretary)

Also present

Dr Phil Raynor joined the meeting briefly

Absent

Diane Bathgate
Margaret Briggs
Jackie Guyler
Chris Jackson
Jan Johnson
Sam Round
Julia Stirland (Vice Chair)
Ian Vanner

1. Introduction and welcome – Attendance/ Apologies/ membership

- Apologies received from members – Margaret Briggs, Jackie Guyler, Sam Round, Julia Stirland, Ian Vanner, Chris Jackson and Dr Caroline Wight
- New members, Chris Kenny, Frances Leaman are joining the membership. The constitution states ‘The group will consist of up to 15 members who are registered patients of the practice’ We have 13 members. Nick was clear that it remains important to recruit more patients to the PPG

2. Minutes of previous meeting/ matters arising

- Invitation to the new pharmacist – this needs a follow up who. Denise- to send letter and invite the senior pharmacist to one of our meetings. **ACTION:** -Denise to contact pharmacist
- Invitation to the Community Mental health member - Nick suggested that we wait for Caroline’s return. **ACTION:** - Nick to contact Chris with bulletin contact details
- NAPP Bulletin – the most recent was distributed to all members before the meeting. Nick is keen that this is summarized for all meetings. Chris Kenny volunteered to undertake this and brief the appropriate meeting after the NAPP bulletin has been distributed. Nick thanked Chris for this – and will liaise with Chris as needed
- New member recruitment and increasing patient awareness of our existence is needed – we need to think about this after the summer- Autumn
- Ideas/ contributions from all members for a sleep workshop - Item 5

3. Practice update – Surgery rep

No report this meeting

4. CORE update - Sam

No report this meeting

5. PPG Focus – Workshop/ focus groups with – insomnia as first topic

There was much discussion around this – how can we as a Patient Participation Group support patients with self education?

It was agreed that Sleep Deprivation would be the first topic – this had been returned as a concern for many of those who had returned the PPG ‘quick questionnaire’ at the Calverton VGT.

It was discussed as to whether a speaker or signposting was preferred.

The format and venue were discussed – the options including the surgery or elsewhere. The meeting agreed that a speaker and the use of an outside venue were preferred.

Nick had been given details of

- The Sleep Station - (NHS endorsed sleep improvement programme)
- The Sleep Charity - based in Doncaster

Nick will research their resources and the capacity for a speaker to attend our event. The provider will have to have the support of the practice. (There was discussion over alternative

ACTION

Nick to research more into both organisations and find costings for a speaker and resources.



The Calverton Practice Patient Participation Group Minutes of the Meeting: Tuesday 30th July 2024

therapies, which it seems likely the Calverton Practice can't support)

Venue: - The Village Hall was a preferred venue and a future date in October was suggested.

Date: - **Tuesday 9th October 6pm – 8pm.** Denise will investigate the size of the room at the Village Hall and book for 09/10/24. It was suggested that the Parish Council have reduced rates for nonprofit organisations – Denise to look into this too.

Number of attendees: - It is anticipated that the event will attract approximately 30 – 40 people: this is depending on the capacity of the room.

ACTION

Denise to book the VH room – check out capacity of room- for 09.10.24 5.30pm – 8.30pm

The varied and personal nature of sleep gave rise to further discussion – it was acknowledged that causes of sleep deprivation are many and varied and not all sufferers can find solutions, whilst insomnia is not a disease it was acknowledged that insomnia and sleep disorders can drain energy and affect mood.

There was some concern as to who might be invited and who might attend – it was suggested and agreed that the invitation would go out to all the adult practice patient population via the surgery Mjog texting service, with additional promotional fliers and posters circulated and displayed in the villages.

ACTION: -Mjog text wording to be agreed at the next meeting and scheduled ahead of the 9th October.
Needs a PPG member to liaise with Jayne Yeomans.

Tickets were suggested but no decision made as to whether they will be needed.

ACTION: - Posters and fliers to be organised.
Needs a PPG member.

6. Pressure on NHS and primary care services – comments on BMA safe working guidelines

Dr Phil Raynor spoke very briefly with reference to the recent BMA ballot involving GP partners/contractors in England who have voted overwhelmingly in favour of collective action.

From BMA website

'Seven in ten eligible members voted in the non-statutory ballot, with an overwhelming 98.3% of members voting yes, indicating that they are willing to take action to save general practice.

The BMA now urges GP partners/contractors to start taking at least one of the actions detailed below, starting 1 August 2024. These actions will be easy, safe and sustainable. Above all they will turn up the pressure on the Government to do the right thing for general practice and patients. We need a new contract that is fit for purpose, one that provides the investment and workforce needed to reset general practice and provide patients with family doctors.'

The practice has already some boundaries to the workload in place including limiting appointments and triaging – including directing patients to using NHS 111 service.

7. AOB- none

8. Date of next meeting -

It was agreed that as the last Tuesday of August is also the day following the Bank Holiday Monday, it would be more appropriate to meet the following week.

The next meeting is therefore **Tuesday 3rd September 2024**

It was agreed to start the meeting at **5.15pm**