

## **VALLEY ROAD PATIENTS' GROUP- STEERING GROUP MEETING:**

**Held MONDAY 10 January, 2022 at 10.30am on Zoom**

### **Notes of meeting**

- 1. Present:** Sandra Jones, Stephanie Bradley, Felicity Forde, Beverley Bowen, Yasmin Hodge, Suzy Lamont, Jenni Rogers (Streatham Common Practice) and Graham Peck (The Exchange Surgery).
- 2. March event at Baldry Gardens**

There was a useful discussion on how to identify the various topics that could be covered but the key issue was to try and identify the target audience. Jenni outlined the ways on which she had organised the monthly presentations she used run prior to Covid, how she marketed the meetings to patients and the kind of ongoing activities following a presentation (eg establishing a support group with a hospital, local community group etc)

Yasmin proposed that we do a brief survey to patients to see what topics would interest them so we could then prepare a programme based on the most popular topics. The survey would also include a question on whether people would prefer to attend in person or online.

It was agreed that it would be very good if the text for the survey could be sent out by all surgeries in the Streatham PCN and that Kemi would canvass her fellow Practice Managers to see if they would be willing to send out the survey to their patients.

The aim would be to have live presentations in one or two of the large rooms in Baldry Gardens which would be filmed live on Zoom (or other platform) and the presentations then made available on the websites of the surgeries. It was agreed that, if possible, technical help be sought with the live streaming to ensure it goes smoothly. It may also be possible to have a room dedicated to providing printed information on other topics.

The issue of texting patients with information was discussed and it was noted that there are some patients who object to receiving a text that is not related to an appointment or prescription. Jenni noted that Streatham Common Practice sees texts on providing health information as part of its remit, so such texts are part of their reaching out to patients and encouraging patients to take responsibility for their health.

With regard to marketing of the event, the following ideas were suggested:

- Create a list of possible participants based on the survey responses
- The surgeries send out a text announcing the event and how people can register for it.
- A small flyer could be handed out at the various vaccine clinics
- Pharmacies be encouraged to let patients know about the event initially by speaking with them and/or by inserting a flyer with the prescription

### **Suggested topics to be included on the survey**

- Advance care planning
- Dementia awareness (Tony O’Flaherty from Homeinstead)
- Hypertension awareness
- Diabetes – peer support, information groups/regular online forums on self-management
- ‘Compassionate Neighbours’ – recruiting people to give friendship support to people in last year/months of life
- Obesity
- PCOS (polycystic ovary syndrome)
- Prostate issues
- Isolation experienced by new mothers
- Support for carers
- Skincare/dermatology
- Breathing issues (excellent person at St Thomas’)
- Fibromyalgia
- Smoking cessation
- Pain management

Whilst we can use Baldrey Gardens to have the event, the date will be dependent on a day when the centre is not being used for vaccinations.

Once the programme is clearer it will then be possible to set a budget based on the following:

- Live-streaming
- Gits for speakers
- Refreshments
- Printing of fliers

### **Proposed schedule for organising the event:**

- Yasmin to draft the survey by 10 January and then send it to this group for any comments/suggestions
- Surgeries to send out the link to the survey by text on 17 January which should include some wording on why this information is being sought by 1 February
- 7 February this group to meet again (on Zoom) to discuss the survey results and agree which topics should be included in the event.
- During Feb the speakers to be confirmed
- March – marketing and registrations, finalisation of arrangements etc

## **Actions :**

- **Everyone** to offer ideas on any other topics which could be included on the survey and send to Suzy by 5.00pm Wednesday 12 January so Yasmin can include them when she drafts the survey the next day at the surgery.
- **Jenni** to find out from Clare McCartney how many participants Baldry Gardens can take in the various rooms
- **Jenni** to send Suzy the list of topics she has used in the past to gauge patients' interest
- **Suzy** to confirm a date when Baldry Gardens will be available at the end of March.
- **Kemi** to urgently seek the views from her fellow Practice Managers on their willingness to text their patients with the survey.

**Date of next meeting: Monday 7 February, 2022 at 10.00am (Suzy to send invite)**

## **Part 2 – VRS Patient Group only**

### **3. Notes of the previous meeting – 10 Nov, 2021**

The Notes from the previous meeting were agreed as a true record of the meeting.

### **4. Matters arising from previous meeting.**

**Noted: Item 5 - Lambeth Project Funding** – as the PCN is likely to fund the March event and Streatham Action is looking at undertaking research within the Streatham community, it will now not be necessary to seek funding from Lambeth Community Funding.

### **5. Update from the surgery**

Kemi reported that a new receptionist had started at the end of 2021.

### **6. Postponement of Christmas Party for Chair exercise attendees**

In view of the ongoing uncertainty with regard to Covid restrictions and people's willingness to get together, it was agreed to defer a decision on when to have the party to the next meeting.

### **7. Any other business - none**