



PPG Meeting

Date: 23 February 2023

Venue: Kingsmead Medical Centre Meeting Room

Present: Valerie Mais, Mo Morron, Ellie Thomas, Les James, Eamy Eldho, Mandy Skelding-Jones, Lindsey Stott, Norma Broadhurst, Lee Brown.

Apologies Beth Hanson, Eva Grice.

1. Introduction

Lee volunteered to chair the meeting.

2. Minutes and Action Log

The minutes for February 2023 were approved and the Action Log reviewed.

3. The Leg Club Closure

Norma reminded PPG of the origins, rationale and success of the Club in providing holistic care for its members. It had started in September 2018 and had built up to a hundred members, with twenty five attending its weekly sessions at the Lighthouse.

For a number of reasons Norma and other key members of the leadership of the Club had had to step down. Despite intensive efforts no successors had been identified. Financial and staffing pressures meant that there were no plans by the CCG to restart it.

The CCG had provided start up funding for the Club to buy equipment and rent space. Of this, £306.00 remained. This was donated to a new project to help house bound people remain socially active.

The Constitution the Club worked under stated that outstanding funds should go to the central Leg Club administration. Norma and the leadership of the local Club discussed how best to use the remaining funds on supporting local activities to tackle social isolation.

There was also around £9,000.00 in the Club's bank account that had been generated by fund raising activities in the local community. The leadership and volunteers of the Club met and debated how to distribute the funds for the benefit of the local community and to reduce personal and social isolation. Norma consulted the national Leg Club on the local plan and

gained its agreement to the approach. A presentation was then arranged at the Lighthouse for the charities who would benefit and to give them more public exposure. Funds were given to:

Re-Engage	£260.00
Men in Sheds	£200.00
Weaverham Scouts	£250.00
Gro Zone	£250.00
Dementia Support	£600.00
Stroke Club	£250.00
Lighthouse Cafe	£300.00
Sticky Fingers	£400.00
Air Ambulance	£250.00
Community Support Food Hubs	£200.00
Warm Faith	£200.00
Tiny Steps	£1,000.00
St Luke's Hospice	£1,000.00
NSPCC	£1,200.00

In addition £2,000.00 was returned to the central Leg Club.

Norma explained what each charity did to help keep people involved with the community and in contact with others.

PPG praised Norma's outstanding efforts, determination and perseverance in setting up, successfully running and sensitively closing the club, and distributing remaining funds to worthwhile local charities. Norma thanked PPG and reflected on the personal return she gained from her involvement.

4. Northwich Care Community Meetings

Mo attends the Care Community Meetings on behalf of PPG. The meetings bring together a range of interest groups to help them understand what others are doing, exchange ideas and link actions. It seeks to build on local goodwill and solidarity to help groups achieve their aims.

The last meeting focussed on data from CWAC, NHS and mental health, and considered whether more needed to be collected to help decide priorities for 2023-24. This year's priorities are mental health, social isolation and obesity. The new data will, hopefully evidence what has worked and what can be learned and shared.

The meeting noted the existence of a number of deprived areas in Northwich and the need to take action to ameliorate people's life chances. Data showed links between obesity and deprivation. The childhood obesity data was used to initiate the Active Cheshire project to work with local schools in deprived locations to encourage more activity in younger children.

Mental health data confirmed the need to prioritise support in this area. In particular more need to be done for people in the 50-59 age range. This group were found to have the highest level of issues.

Mo highlighted some other local initiatives seeking to help deliver priorities. The Rotary Club is working on ways of making Northwich dementia friendly.

There is also the 'A Mile a Day Keeps the Doctor Away' family fitness initiative to tackle childhood obesity through early intervention involving the wider family and school engagement in four primary schools.

Other reports at the meeting covered a friendship bench in Roker Park; a sculpture trail being developed by the Lion's Club with three special needs schools; subsidies for Age UK 'Bright Memories'; and 'Little Lungs' non-clinical support for parents of 0-5 year olds with respiratory ailments.

Mo had a particular interest in raising the involvement of young people in Care Community meetings and activities. She had briefed the meeting on their involvement in the Covid and Flu Clinics and participation in PPG. Young people's involvement had been accepted in principle. The practicalities need to be worked out.

She had also attended a meeting on Enhanced Access. She did not think the terminology was helpful in explaining what it aimed to do. At the meeting she found out it was an enhanced access hours service that aimed to make it easier to get an appointment at more flexible times in the evening and weekend with a range of medical professionals across Northwich surgeries.

In discussion, Mandy outlined the different ways each Practice approached the provision of enhanced access.

PPG thanked Mo for attending these meetings on its behalf and for her feedback.

5. Bright Memories Dementia Services Activity Group

Ellie has become a volunteer at 'Bright Memories'. The group is for people with mild and moderate Dementia. She supports the Monday meeting which is attended by six men. The aim is to have ten in the group. There are three staff/volunteers. The session runs from 10 - 3 with a range of activities, exercises, interactions and discussions to stimulate mental and physical health.

Age UK uses Maintenance Cognitive Stimulation Therapy to provide structured and monitored activities proven to help maintain memory and mental functioning. Participants are given a baseline assessment and then assessed after 24 weeks on the impact of the therapy. Results show some positive maintenance of well-being.

Ellie will provide further updates in the future.

6. Practice Update

A new Care Co-ordinator will be recruited to help analyse information and data to identify initiatives and projects that can source funds for the Practice.

7. Patient feedback

- i. There had been confusion over the location of a GP appointment. A patient had made an appointment at Danebridge. On attending she was informed it had been moved to Kingsmead. She had not been told of the change. This had caused stress and anxiety.

Lindsey apologised and described what should have happened. She will remind her team of the process to be followed.

- ii. A patient had ordered a repeat prescription on line. He got a message that it had been 'rejected'. This had caused concern. However 2 PSCs had dealt sensitively and effectively with the issue, explained why it had happened and how it would be resolved. The patient wanted to thank the PSCs.

- iii. A patient had received an unexpected message on her NHS App from Danebridge. She asked how and why the message had come through the App.

Lindsey explained the linkages and why the message had been sent.

8. Any Other Business

There was no other business.

9. Next meeting

16 March 2023

Possible Agenda Items: PPG Rebranding
 PPG rep for Cheshire West Chairs Group.