

Parchmore PPG Meeting held on 9th April 2025 at 6.00 pm in the Beulah Wing of Parchmore Medical Centre

Present:

Mukesh Patel - Chair
Raj Rajendran – Vice Chair
Brian Dickens – Group Operations Manager
Dr M Rafique: GP Partner
Mary Jean-Charles - Secretary
Pravin Kapadia – Committee Member
Michael Collins – Committee Member
Alan Mills – Committee Member
Ayaz Ahmad – Committee Member

Apologies:

Dr. Shaikh, Dr. Fernandes, Teresa Chapman

Minutes of last meeting agreed and will go on the website.

One of Dr. Fernandes' trainees, who has been training for the last 18 months has passed out as a GP. He came out with flying colours. He is a new salaried GP who knows patients and the practice well. His name is Kowthem Dharmaraj and we welcome him to the team.

PMC has a new practice website that I hope everyone will have a look at and give feedback on before the next meeting. There have been a few amendments and changes that Brian has put forward. The layout is much better than the last one. It allows the practice to put more information on the front in terms of headlines. It was difficult to do this previously. Now, we have much more control. It is part of the Primary Care network, although it has an NHS look to it. It is not NHS-funded. I hope members have a look, since there are things that I have set up during the week. Not sure how long the contract is for. It may be for another 4 years. Negotiations were done by the PCN. We achieved a cheaper deal and a better look. Obviously, people have been looking at this new website, and there is nothing negative that has come up during the week since it has been up. There is a link to the NHS app as well.

Covid spring booster.

List of those who are eligible. Booster programme goes on until June. There will be quite a few people booked at the beginning. We did approximately. 500 last spring. During the winter, we did 2500. To access, click on the link, and it will come up. Put in your postcode. We are doing a high-risk group now.

We do not buy COVID in. The flu is the one that has to be bought in. It is hard to gauge this. Monitoring is done remotely with COVID-19. Another delivery is done on behalf of the NHS. The staff are good and know how to handle the crowd. Come winter, we do get the crowd.

Prostate Cancer: Teams Webinar

Had a conversation with the PCN. The number of people who would want to be involved is 6,000. Sent batch emails and will do this remotely. 1000 could enter the chat. On the day we had 71 attendees. This was quite good. People are still reluctant to come forward about prostate cancer, they do not want to discuss. We hold a monthly supportive session from one of our patients. Interesting is when we started the Teams call, there were hardly any faces evident. Men did gradually put their faces in. Once they have an increased understanding of testing for it, the situation can be managed. We received really good feedback from the event.

There is a lot of publicity about GPS doing certain things. The Daily Mail is doing a topic on the prostate. At the moment, you have to be a certain age to be tested. However, symptoms are evident a lot earlier. We will be doing another session in the summer and lowering the age. Jeff was very good and well-received. His lived experience resonates with everyone.

Target group 60 plus years. We might do another one in 6 months' time and target a lower age group. The initial stigma is the PSA test. Having a higher reading may not always be a cancer diagnosis. Having a normal one can give reassurance and may not mean that you have prostate cancer. If it is positive this is not always bad news. False positives and false negatives do occur. Examination of the prostate then comes into play. If it is something different, then it will be taken on to next stage. The examination is uncomfortable but it is a good test. You have to couple the examination and symptoms together. Researchers are trying to work on a stick test.

What people want to know is:

Is the target group based on age range or symptoms?

Ethnicity. Age range in the Caribbean can be lower. Demographics. 86 patients are from an ethnic group. Trying to raise awareness of what patients need to be aware of. There is no specific person who is the lead in this regard here. Patients preferred to be examined by male doctors.

What is minimum age?

What are the symptoms?

How can we make people more educated about this – Asian.

Every month, Parchmore have a session on prostate. We have an external organisation that organise this

1st Saturday of every month, 12 to 4 pm.

Group Picnic

28th June Saturday

Social Prescribing

Saera will be coming back to the practice. She has 6 practices to cover.

The social care review is being set up. Brian will be heavily involved in this. Brian is experienced in the community. When we were doing what we were doing, one of the interesting things was that they took the principles of everything we had done and embedded them in the community, replicating what we had done here.

Regards

Mary Jean-Charles
PPG Secretary
Parchmore Medical Centre