

WHITTINGTON MOOR PATIENT PARTICIPATION GROUP

MINUTES OF THE MEETING HELD ON MONDAY 7th SEPTEMBER 2015

- 1. Present:** Dr Kim Cooke, Val Johnson, Sybil Waplington, Debbie Rutter, Maureen Goodall, Chris Henson, Colin Henson Enid Krygier, Patricia Staley.
- 2. Apologies** received from: Hilary Hicklin, Geoff Scott
- 3. Minutes of last meeting:** Dr Cook confirmed that Dr Reynolds and Dr Stoodley are able to give cortisone injections.
- 4. Matters Arising from previous Minutes:** Dr Cook requested that any actions be made clear on any future minutes.

Ground Rules: on reverse of the Agenda.

A new member – Patricia Staley was welcomed to the group.

Bev Munoz-Pujol was welcomed to the meeting to provide information on “Live Life Better Derbyshire”.

Live Life Better Derbyshire is a free health and wellbeing service for over 16 year olds which includes:-

- Improve your wellbeing
- Lose weight
- Stop smoking
- Get active

Bev distributed a number of leaflets providing more information on the services and what is available.

She also informed the group that the Practice has a Well Being Worker called Julie Baddams. Patients do not need a referral to make an appointment with her. Julie is available at the Practice one day each week and can assist with getting access to the groups listed on the Live Life Better Derbyshire leaflet.

Members were also shown leaflets on:

- Diabetes & You which is a group education programme for people with or who have recently been diagnosed with Type 2 diabetes.
- Living with Long Term Conditions Programme – a programme for anyone living with any long term health condition who wants to achieve the best quality of life
- Connect 5 – details of an event taking place on the 24th September for patients to find out what the local community can do to help with mental health and well being

5. Practice Update

The group were informed that a board had been put up in the Waiting Room showing names and photographs of members of staff at the Practice.

Two new Doctors had started at the Practice, Dr U Khan until January 2017 and Dr T Ojo for 4 months.

Zena Freeman has joined the current team of 3 Prescription Clerks.

A new Practice Nurse, Dee Dislins will join the practice in October.

6. **Flu Saturday** will take place on Saturday 10th October and a posters have been displayed informing patients of this, Sybil and Debbie will attend with the book stall and also information on the PPG Group
7. **Carer Friendly Practice** – Members of the CCG and Care UK will attend the next Quest training session. The carers champion for the practice is Kay Ulivi, Health Care Assistant.
8. **Dementia Friendly Practice** - the Practice is to become Dementia friendly, and is asking patients and members of staff to knit twiddle pockets. A twiddle pocket is a pocket or glove that has attachments added to it inside and out that patients can twiddle and fiddle with. They are used to calm patients with Dementia or Alzheimer's, by giving them something to do with their hands.
9. **Derbyshire safe Place Scheme** - the Practice is now registered as a Safe Haven. Beverley Robinson, Practice Nurse is the practice lead.
10. **Book Money** – 6 BP machines and a Sphygmomanometer with a large cuff have been purchased for the practice and Breathe Easy have purchased a Sphygmomanometer with a large cuff for the practice. Thank you to Breathe Easy for their generous offer.
11. **Locality Update** -

Sybil gave the group a brief update on issues discussed at a recent locality meeting which included:-

The provision of Wi-Fi in practices is definitely going ahead at no cost to individual practices.

Newbold Surgery agreed to invite the PPG to their meetings if they had any speakers attending.

Debbie informed the group that she had been asked to become a lay member on the 7 Day Service Steering Group at Chesterfield Royal Hospital.
12. **North Derbyshire CCG Patient Survey** – To be included on the agenda for the next meeting due to time restraints.
13. **Email Contact**
The Chairperson, Secretary and Practice Manager to meet to discuss how to move this project forward.

ACTIONS

A poster is to be produced and displayed with information about the Practices Well Being Worker Julie Baddams and also leaflets to be made available on Live Life Better Derbyshire.

PPG Information leaflet to be produced.

Next Meeting: To be held at 6.30pm on Monday 30th November 2015 at 6.30pm at the Practice