**Musters PPG meeting**

**1st October 2020 6-7pm via Microsoft Teams**

**Attendees**

Paul Midgley, Petra Westlake, Mike Prior, Barbara Worts, Tammie Daly, Niamh Gibbons (Social Prescribing Link Worker), Janet Coleman

**Apologies**: Wanda Martin, Tom Wedgewood, Helen Neville, Christine Jones

**Focus Topic - Social Prescribing**: Niamh Gibbons

* Team 7 strong now
* NG covers Central West Bridgford inc MMP

Telephone based services – other HCPs refer to them (including receptionists). Provide support for social isolation and loneliness, weight management, mild Mental ill-health and motivational support. Patients surveyed prior to starting work and post to access and evaluate the outcomes (using Patient Activation Score – PAM).

Currently provide up to 12 sessions, most don’t need that much, normally once a fortnight or once a week, people gain independence and then reduce their need so can go to once per month. The service is a lot more flexible now not f2f as it is telephone based and can now be offered during extended hours to fit around work etc.

With lock down, signposting to local groups is more challenging, as they have moved online/ not running or not accessible. So the SP team are linking users to some outdoor gardening projects such as Cotgrave community project. One of the allotments in Ruddington has set up a volunteering scheme there. Hoping to get a West Bridgford project going. PM mentioned Notts wildlife trust running volunteer sessions behind the embankment practice at Gresham Marsh (contact Ben Driver)

Next week SP Team are setting up some virtual groups such as coffee mornings, benefits and support and planning a mindfulness group. Also plan to set up a face book page to continue with health and being support.

The overall approach is about making lifestyle changes. If more is required referred to more expert services. MP questioned what happens to patients with more complex needs? Niamh confirmed that if patients have more complex needs they can get referred quickly.

Have a patient information leaflet – PDF provided. Also have a newsletter and are collecting case studies to demonstrate how the interventions impact.

Does Musters Medical practice feedback to you? Yes we attend the MDT meetings, but MMP don’t refer as much as the other practices. ACTION: Christine support with the referrals and help inform the support staff about the service – e.g. through NG doing a training session with them.

Is there a website? Can patients contact you online? NG needs to follow up to get added to practice websites. SP info is on St Georges website and also being added onto the Partners Health website. ACTION: NG to provide copy to Christine Jones for MMP website. ACTION: PW to add info/link to MMP Facebook page

MP concerned about areas of unmet need. CJ mentioned at previous meeting that many patients come in because they are lonely and need to talk to someone. NAPP patient group conference award to most best PPG group awarded due to their service for the lonely. Concern is patients that most need SP service are the least likely to come forward and / or participate if they cannot easily find out about the service.

SP long term: aim is to become a recognised asset within 5 years. Try to get message out to the including WB wire. Has funding till at least 2024 through the PCN DES so has time to become properly established. Also it’s a nationwide scheme.

Mike Prior mentioned cancer support through and post treatment that was offered under “Lets live well in Rushcliffe”

OTHER BUSINESS:

Flu Jabs Supply problems anticipated later in season. By appt this year.

NEXT MEETING:

3rd December 6-7pm on Teams. Invitation already sent out.