St John’s Way Medical Centre – Patient Participation Group (PPG)

MINUTES OF SJW PPG Meeting on 21st March 2018

**Present at the meeting:**

**Patient Representatives:** Committee Chair- Jan Pollock ( JP); Mary Slow, Committee Treasurer (MS); Christina Sanchez de Beggs, Committee Secretary (CSB); Ann Price (AP); Len Smith (LS); Nancy Scully (NS); Jan Manderson (JM); Thomas Forde (TF); Joyce Digby (JD); Rina Silverman (RS);

**Guest Speaker:** Brian MacKenna, Deputy Head, Medicines Management Team, Islington Clinical Commissioning Group (CCG) (BM)

**SJW Staff:** Jennifer Scott, minute taker (JS); Penny Borrow, Development Director (PB); Carole Stagg, SJW’s Health Coach (CS)

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| **Agenda Item** | **Action** |
| **Agenda Item 1 – Introductions & overview of Agenda from the Chair:** Jan introduced Brian MacKenna from Islington CCG’s Medicines Management Team; everyone introduced themselves; Jan then gave an overview of the agenda and the meeting started. |  |
| **Agenda Item 2: Guest Speaker – Brian MacKenna Islington CCG:**BM gave an overview of his role - he advises Islington GP practices and local community pharmacies on medicines and prescribing. He has also been involved in an Islington wide consultation about over-the-counter medications. (Although now finished, SJW patients were invited to take part in this consultations earlier in 2017.18 by sending their comments and/or attending patient consultation meetings.)NHS England proposes to enable patients to have quicker access to Minor Illness advice and treatment via local pharmacies using a Minor Ailments Scheme where patients can either pick up a voucher in their local surgery or direct from pharmacies. This scheme will also reduce demand on overstretched GP appointments. There are 33 minor ailments - including sore throats, mild conjunctivitis ear wax etc - for which treatment is easily available over the counter at pharmacies. It is proposed that GPs will cease prescribing these except in specific circumstances, eg essential for treatment regime in the case of a long term condition. Islington CCG has hosted consultation meetings about the Minor Ailment Scheme. BM stressed that some ‘minor’ conditions manifest alongside chronic long term conditions and medication will not be taken away from patients who are genuinely in need of them for their long term condition management. The feedback from the consultation is now being analysed; it includes a lot of comments re health & social difficulties for patients who are non-workers or who suffer from physical or mental health problems or social vulnerability.Guidance will be released to the CCG once NHSE has concluded analysis of its nationwide consultation.General Q&A session followed.Noted that Islington is one of 8 out of 33 London boroughs that has a Minor Ailment Scheme in operation.Noted that NICE website gives evidence based medicines information here: <https://bnf.nice.org.uk/guidance/> ; and the British National Formulary is also available here: <https://bnfc.nice.org.uk/> . BM informed thet group that the consultation closed on 14th March and outcomes will probably be available within the next 2 months.Brian was thanked for coming to talk at the meeting.**POST SCRIPT – NHSE GUIDANCE SINCE ISSUED ON 29.03.18**<https://www.england.nhs.uk/medicines/conditions-for-which-over-the-counter-items-should-not-routinely-be-prescribed/><http://www.pulsetoday.co.uk/clinical/clinical-specialties/prescribing/nhs-england-issues-guidance-to-curb-over-the-counter-prescribing/20036459.article><https://www.prescqipp.info/resources/category/414-items-which-should-not-routinely-be-prescribed-in-primary-care-patient-leaflets>  |  |
| **Agenda Item 3: Minutes & Matters arising from previous Meeting****(**last meeting was on 6th Dec 2017 - minutes previously circulated and available at the meeting)Matters arising:Item 6 - brief discussion on pollution around the Archway area – Archway has higher than average pollution; PJB tried to arrange for someone from Better Archway to come and talk to the PPG, but unsuccessful for this meeting. |  |
| **Agenda Item 4: PPG Group - Sing for Health**It was reported that this marvellous group, led by Guillermo Rozenthuler – a very talented musician and teacher - started on the 16th Jan and ran for 10 weeks. On average, 13 patients attended each week and it was great and very enjoyable. Patients reported that they found it far less frightening than they had initially thought – some were nervous because they felt they “can’t sing”, but this group wasn’t about singing from a song sheet; nor was it to do with keeping rigidly in time or in tune… it was a whole body and voice workout that was immensely envigorating and fun.CS, SJW’s Health Coach gave brief feedback from some of the patient Mental Health and Wellbeing (WEMWBS) questionnaires that were completed by members of the Singing Group. People’s mental health and wellbeing scores were noted when people first started coming to the group; they were noted again half way through the course and then again at the end. To start with scores were quite negative, but by the end of the 10 weeks people who’d scored at the lower end of the scale were reporting much more positive mental health and wellbeing.Some expectations at beginning: * Meet new people
* Learn to sing
* Have fun

Halfway through people reported that they were relieved to find that they could “sing without being judged”At very end people said:* Expectations had very much been met
* Enjoyed singing
* Anxiety has reduced

All participants said they would like the Singing Group to continue and it was agreed that the PPG will consider running more sessions later in the year. |  |
| **Agenda Item 5: PPG Groups - Grow Your Health Gardening Club and Art for Health**The next group – **Grow your Health Gardening Club** - is due to start in April so PPG members were encouraged to sign up if interested. It was agreed that we’re going to try and run the Gardening Group as a more sustainable long term group, and, rather than employ a teacher, we have someone wonderful called Caroline Humphries, who has agreed to kick it off and do some voluntary mentoring for anyone who turns up, but with a view to getting people involved and working and learning collaboratively together. It was reported that we have also been extremely lucky that Girdlestone Community Centre leader, Jan Manderson, has offered the Girdlestone Community Garden plot for PPG use – this plot was set up using funding from a variety of sources; it won awards in the past, but has now fallen into disrepair. Our PPG can use it and bring it back to life!!! Huge thanks to Caroline and Jan for getting the Gardening Club off the ground.The first meeting will be on Tuesday 10th April 2018 at 10am and, thereafter the group will meet weekly Tuesday mornings. As it “grows!”, people will be able to drop in at other times by arrangement.Following on in the autumn – watch out for news about the next group, **Art for Health**!!! |  |
| **Agenda Item 6: 20- minutes – Open Forum Discussion*** There’s a community event at the Caversham on the 19th May – a leaflet was circulated at the meeting and had previously been sent to all PPG members. It’s a free event that starts at 2pm.
* Watch out for news of SJW’s Grow for Health Open Day – planned for Tuesday 29th May at 10am at Girdlestone Community Garden… more details to follow
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| **Agenda Item 7: Dates & Chair for next Meetings*** Either Rina or Christina will chair the next meeting
* Next SJW PPG Meetings: Wednesdays 20.06.18 (AGM), 12.09.18, 05.12.18
* Next whole Islington Patient meeting still to be confirmed
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