

ELMSWOOD SURGERY PATIENT PARTICIPATION GROUP MEETING

Wednesday 13th July 6.30pm

Present: Paula Brady, Shelagh Clarke, John Hackett, Irfan Malik, Amanda Roberts, Edward Skadorwa, Rose Thompson, Charlie Wilson

Apologies: Mary Simpson, Sue Wilson,

Research activity

Jane Coleman and research co-ordinators Laura Buckley and Steph, told us about the practice being research active. It is our own doctors and practice managers who decide who to invite to participate in a trial, which preserves our privacy. Patients will hear about research studies via letters from the practice, posters and leaflets within the practice or via their clinicians. They would need to consent to take part. Types of involvement include questionnaires, interviews, clinical consultations etc. Only if we positively respond to an invitation do the research team get our details. Elmswood Surgery is a Level 1 practice on the scheme and they engage with up to 3 research studies over the financial year period. They are also signed up to a Nottingham City CCG scheme directly with the CCG that requires a further three studies to be completed. They are all through the National Institute of Health Research (part of the NHS) and ethically approved. Currently the practice is part of three national research projects:

- HEAT (Helicobacter Eradication Aspirin Trial) is a large scale outcomes study designed to see whether a one week course of H. pylori eradication reduces hospitalisation for ulcer bleeding in patients using aspirin.
- The FAST study is a major research project designed to assess the safety of drugs commonly used to treat gout in general practice in Scotland, England and Denmark. The study commenced in 2011. <http://www.fast-study.co.uk/>
- ALLHEART study into heart disease.

In addition anyone (patient, carer or healthy volunteer) can sign up for Dementia Research <https://www.joindementiaresearch.nihr.ac.uk/>

Making Waves

Julie Gosling, of Making Waves talked to us about The True Colours project which ran last year as part of the "back to work" initiative. True Colours was designed to improve well-being through learning which has been tailored to the needs of the participants through co-production methods. The kinds of courses included painting, fitness, healthy drinks, and gardening. It reached out to many including asylum seekers and refugees. Some discussion ensued about a new government initiative to embed mental health support units in job centres and GPs.

Future Pulse

Rhianna told us about her involvement in Future Pulse - a project in which young people shape the future of health services in Nottingham. They produced Vox-Pop interviews for Kennet FM and as a result have been to showcase their work at a NHS England conference in London. Rhianna has just won a Young Creative Award.

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Next meetings:

- Friday 9th September 2pm Changemakers with a great talk & play about cancer related issues & screening tests
- Wednesday 12th October 6.30pm
- Friday 11th November 2pm Pete McGavin, Joint Chief Executive of Healthwatch Nottingham about Healthwatch and how we might be able to work together
- Wednesday 14th December 6.30pm WW1 Indian soldiers project
- Friday 10th February 2017 2pm Abi Powell, Macmillan CityCare Cancer Service Project Lead for The Macmillan Nottingham Cancer Support Service.
- Wednesday 8th March 2017 6.30pm
- Friday 14th April 2017 2pm
- Wednesday 10th May 6.30pm Laura Buckley (Research co-ordinator)
- Friday 9th June 2017 2pm
- Wednesday 12th July 2017 6.30pm
- Friday 8th September 2017 2pm
- Wednesday 11th October 2017 6.30pm
- Friday 10th November 2017 2pm
- Wednesday 13th December 2017 6.30pm

Are you free early evening on Wednesday 17 August?

The surgery is volunteering at the Salaam Shalom Kitchen at the Bridge Centre on Gregory Boulevard (5pm to 8.30pm) and they need PPG to help please. The local charity, Salaam Shalom, is a pop-up kitchen where Jews and Muslims (and Christians and people of no faith) serve up to 100 of Nottingham's needy.

Irfan is organising the food, you are needed to help serve it up and generally be around on the night. Volunteers for the evening can have a vegetarian meal there also. More information about the charity is on these two links: <https://www.facebook.com/salaamshalomkitchen/> and http://www.huffingtonpost.com/2015/06/08/salaam-shalom-kitchen-nottingham_n_7538358.html

PASAD – Schizo-Affective, Hearing voices or Paranoia support group, morning meetings in Broxtowe Day Service. For more details phone Lydia 07914791074. Meetings are always the second Thursday in the month

CityCare Patient Experience Group

This group is open to any residents in the City and by attending you will get updates on the over 60 health services provided by the CityCare: and be able to voice your experiences too. The next few meetings are:

Tuesday 12 July 2016, 1.00pm—3.30pm

Meetings are held at Nottingham Community and Voluntary Service (NCVS), 7 Mansfield Road, Nottingham NG1 3FB in the Ash Room

Nottingham City CCG Commissioning Strategy 2016-2020

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Could you spare 5 minutes and complete the survey (Please click here to access the [short online survey](#). You will be able to complete this survey between 9 May 2016 and 12 August 2016.)

Doctors urge public to only come to QMC Emergency Department in a real emergency
<http://www.nuh.nhs.uk/communications-and-media/news/2016/june/doctors-urge-public-to-only-come-to-ed-in-a-real-emergency/>

NHS Nottingham City CCG are asking Patients to express their interest in becoming a Patient Leader. This will involve working alongside City doctors and health managers and to sit on our People's Council to improve local services. Training and development will be provided. http://www.nottinghamcity.nhs.uk/images/stories/docs/Have_your_say/Your_voice/Patient_Leader_Programme_role_description.pdf

The Department of Health think a new strategy for carers is needed that sets out how more can be done to support them. It needs to reflect their lives now, their health and financial concerns, and give them the support they need to live well while caring for a family member or friend.

The Department of Health want to hear from carers, those who have someone who care for them, business, social workers, NHS staff and other professionals that support carers.

The closing date for the consultation is **31 July 2016**. This will help to make sure they hear from all those they would like to reach and understand the complex diversity of caring roles – both carers and those they care for.

Further information is available through the link below:

consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers

Notts Healthfest

Friday 8 July (11am-4pm) Old Market Square, Nottingham City Centre

<http://www.nottinghamshirehealthcare.nhs.uk/nottshealthfest>

Tips on getting more from your GP's appointment

Forget Mondays & Google your symptoms first -

<http://www.telegraph.co.uk/women/health/dont-come-on-mondays-and-google-your-symptoms-first--gps-tips-o/>

Nottingham Trent University are carrying out a study about the **impact of financial hardships on older adults and their health and wellbeing**. Participants will receive a £10 high street voucher for taking part. If you're interested in taking part, contact [Dr Rebecca Stack](#) – 0115 848 5980 or [Dr Alexander Meredith](#) – 0115 848 5631 by **26 July 2016**.

Podiatry

From 1 October 2016 Nottinghamshire County Health Partnerships (NCHP) will take over the Podiatry contract from CityCare. There is currently no information about where NCHP will be providing the new service.

OUT of Hours service

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They have been very busy at NEMS over the past couple of weeks as they are now also responsible for all the out of hours patients in the Mansfield area, Sutton in Ashfield and Kirkby in Ashfield and also in the Newark area.

Prostate Cancer checks

Open to all men, but organised through the BME Prostate Cancer group, there will be a drop-in service at the Afro Caribbean National Artistic Centre at 31 Hungerhill Road, <http://acna.org.uk/> On Wednesday 20th July from 9am to 3.30pm.

Tray Mondo event

In August at the New Art Exchange on Gregory Boulevard.