**CAVERSHAM GROUP PRACTICE**

Caversham Patient Participation Group (PPG) meeting was held on 10th October 2017 from 6.30-8pm

**MINUTES**

**Present**

Representing Caversham Group Practice Dr Stephen Amiel (SA), Dr Jane Myat (JM), Sheetal Shah (SS), Maianga Cardoso (MC), Clare Coleman (CC) and PPG Vice Chair Kathy Elliot (KE)

Apologies: Roderick Allison (RA)

For confidentiality purposes, names of patient attendees are omitted from the version of these minutes uploaded to public websites. Copies of minutes are distributed to the PPG mailing list.

1. **Welcome & Introductions:** KE opened the meeting by thanking those present for attending
2. **Camden Active Health – Promotion of Physical Activity and healthy walks**:

Mary Gillard (MG) from the Council and Ajay Gajree (AG) from Exercise Referral Programme attended the meeting. MG spoke about healthy walks in Camden, support and training available for older people on exercise and getting active. There is a current pilot happening at Caversham where a gym instructor takes people on healthy walk from practice to an outdoor gym and trains them in using equipment and exercise. The uptake has been very low.

There are currently 5 walks running in Camden including 2 for carers. There were discussions on how we get other people involved and inform them about it. Few suggestions received were:

* Walks should be interesting with reasonable access to a bus stop
* If walks can be combined with neighbouring practices
* The walks could be different routes however agree on a day per month

 Actions agreed were:

* Patients would inform SS if they wish to lead on this and arrange a walk. MG would offer support and training
* Patient MF would promote it on social media to get wider engagement
* SS to raise it at a NW5 neighbourhood meeting, advertise on practice website, display notices in waiting room and also publicise walks via sending text messages to patients

AG spoke about the exercise/weight management service. The referrals are received via GPs. Patient are invited for a welcome meeting followed by 12 week adult weight management programme and physical activity. Patient are also followed up following the 12 week period and offered discounted gym memberships to ensure they stay motivated. There have been good results last year. There is wide gap identified in uptake on patients who are referred by GP but do not engage in programme. AG is working with SS and James Wigg practice in exploring possibilities of holding welcome meetings at the practice to improve patient engagement

1. **Carers - Support Services available in Camden**: Caroline Allouf from Camden Carers Services spoke about some of services available for Carers
* Support for any carer from 18 years and over
* There is Support and information Team. This is run by support workers
* Young adult carer worker for 18-25 years old carers
* Health Team doing health and lifestyle consultations, look at physical and mental well being
* Breaks and activites team
* Counselling services

The aim is to take a holistic approach for carer and cared for. There was a discussion bout the expereinces of both PPG members and the Practice.

It was agreed that learning from the joint project between Camden Carers anf Adelaide Medical Centre would be shared at a future PPG meeting

1. **Listening space Update** – JM updated all patients on the Listening Space community garden. Practice raised money with patients andTransition Kentish Town. The plan is for garden to be open everyday from 5pm-7pm in the evening next year in summer.

A mid winter gatering event is beingp lanned on 2nd December.

There is a patient gardening group every Thursday from 2-3pm. Anyone is most welcome to join the group

SS mentioned about planning a Carer event next year with Camden Carers Service

KE encouraged PPG members to look on the website – [www.thelisteningspace.uk](http://www.thelisteningspace.uk)

1. **Current Pressures on the NHS Effects on the Practice**: JL spoke about huge cuts in NHS. A letter has been sent by 5 borough leaders to Simon Stevens on Sustainable and Transformation Plan (STP) stating how plan was not being implemented. He felt that there have been further cuts since. JL will send the letter to SS to be circulated with minutes of the meeting

SA mentioned about difficulty in offering a service not commissioned by the CCG and its effects on secondary care. GPs at the Practice act as advocates for patients and take this very seriously. The main pressures are coming from benefits system, housing crisis and local authority. One of the current pressures is health visiting service where no there is no longer a named health visitor for the practice, reduced services for baby immunisations commissioned, and contact with the practice has been reduced to reviewing impact on vulnerable families. These are hidden cuts affecting the practice. The primary care services are reducing. JL will speak to the council about Health visiting service in his next meeting.

**CCG/CPPEG Update** – KE irculated latest PPG newsletter. The GP Extended hours service contract has been given to AT Medics. There has been loads of engagement with patients including discussion at the PpG Forum. More information is available from RA & KE.

There is a diabetes event on 16th November at Queen Crescent community Centre. RA will send information to PPG nearer the time. Members requested if diabetes could be looked at with neighbouring practices.

1. **Dates for next year** –Dates suggested for next year are:
* 23rd January 2-4pm
* 3rd April 6.30-8pm
* 3rd July 6.30-8pm
* 2nd October 2-4pm
1. **Any Other Business:**
* MF mentioned about repeat prescription procedure where his script was recently not done but no reason was given. SS explained this was partly addressed in last meeting with a training session. She will look into it further and feedback at the next PPG meeting

 **Date of Next Meeting:** 23rd January 2-4pm