

## Barnabas MC PPG

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**From:** Barnabas MC PPG <barnabas.ppg@gmail.com>  
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To All Barnabas PPG Members ...  
(Printed copies to those PPG members without email)  
(Copied to Ealing North North PPG Reps)

Welcome to the April bulletin for Barnabas PPG members. As usual a wide variety of healthcare news and information has washed across my bows this month; here are few of the highlights.

[If you can't read any of the attached documents, or need printed copies of anything mentioned, please contact me and I'll try to send you a copy.]

### **PPG Meeting, Monday 16 March**

Minutes of our March meeting are attached.

### **PPG Awareness Week (1 to 6 June)**

We will be arranging some activities during PPG Awareness Week; we will need to confirm all this at the next meeting. We will certainly be looking to have a presence in the waiting area for some times during the week to explain our work to our patients. We also hope to be able to arrange another coffee morning. So I shall be looking for volunteers at the next meeting (if not before).

### **Defibrillators**

The question of where to find the nearest defibrillator (should one ever need one for a cardiac arrest emergency) was raised at the PPG meeting. Currently the nearest defibrillator to the Medical Centre is at Northolt Fire Station (at the junction of Whitton Avenue West and Northolt Road).

There was also a concern that not all London ambulances carry defibrillators. Dr Parmar has checked on this and we are assured by London Ambulance Service that all ambulances do indeed carry a defibrillator.

In addition the practice is currently in the process of looking to acquire a defibrillator.

### **Sharing Your Medical Information leaflet**

Ealing CCG has recently produced a leaflet "Sharing Your Medical Information" which explains, very simply, the benefits of allowing your medical records to be shared with other clinicians and how the system works. You can pick up a copy of the leaflet at the Medical Centre. The same information is also available at [www.ealingccg.nhs.uk/patientrecord](http://www.ealingccg.nhs.uk/patientrecord).

### **How Patients Can Help GPs Make the NHS Run Better**

This was the title of a short article by a London GP in the *Guardian* of 16 March. The author addresses things that we, as patients, can do to help the NHS, and GPs in particular, run more efficiently. Simple things like keeping our appointments, or cancelling them in good time, as well as actually turning up on time. I've attached a copy of the article; it is also online at [www.theguardian.com/healthcare-network/views-from-the-nhs-frontline/2015/mar/16/patients-help-gps-nhs-run-better](http://www.theguardian.com/healthcare-network/views-from-the-nhs-frontline/2015/mar/16/patients-help-gps-nhs-run-better).

### **Five Prescriptions to Transform the NHS**

On the same general topic the *BBC News* website carried an article in which five leading clinicians each give one way in which the NHS could be made more efficient. Do I need the Doctor? Patients taking more control of their healthcare. The role of the workplace. Improvements in housing. Creating our own health. Again you can find the article online at [www.bbc.co.uk/news/health-32072847](http://www.bbc.co.uk/news/health-32072847).

### **Healthwatch Looks at Access to GPs**

Healthwatch England have written a report consolidating work on access to GP services which has been done by 55 local Healthwatch organisations (including the work we did in Ealing last year). The issues encountered were mostly in three areas: getting an appointment; physical access for the less-abled; communication. While many local Healthwatches are working with their CCGs etc. to address the problems, Healthwatch England are taking up the findings with NHS England and the Department of Health.

There is a summary at [www.healthwatchealing.co.uk/news/disabled-people-struggling-access-gp-appointments-finds-watchdog](http://www.healthwatchealing.co.uk/news/disabled-people-struggling-access-gp-appointments-finds-watchdog)

The report's 4-page Executive Summary is at

[www.healthwatchealing.co.uk/sites/default/files/embargoed\\_primary\\_care\\_exec\\_summary\\_report\\_13\\_03\\_15.pdf](http://www.healthwatchealing.co.uk/sites/default/files/embargoed_primary_care_exec_summary_report_13_03_15.pdf)

The full 38-page report is at [www.healthwatchealing.co.uk/sites/default/files/emargoed-primary\\_care-a\\_review\\_of\\_local\\_healthwatch\\_reports\\_13\\_03\\_15.pdf](http://www.healthwatchealing.co.uk/sites/default/files/emargoed-primary_care-a_review_of_local_healthwatch_reports_13_03_15.pdf)

### **Shaping a Healthier Future Winter Newsletter**

The latest newsletter from the SaHF initiative is available at

[http://www.healthwatchealing.co.uk/sites/default/files/sahf\\_newsletter\\_winter\\_2015.pdf](http://www.healthwatchealing.co.uk/sites/default/files/sahf_newsletter_winter_2015.pdf). The newsletter is not just about what is generally seen as "hospital closures" (although it does address some of the myths around this) but contains lots of information about the general redesign of local healthcare services such as dermatology and diabetes. I've not attached a copy as it is six pages, but as always if you need a printed copy get in touch and I can get you one.

#### **NAPP eBulletin**

The March eBulletin from NAPP is attached. Amongst other things this contains links to early information on the NAPP Conference in June.

#### **Healthwatch Ealing News**

As always there is much more news about the NHS and healthcare than I can cover here. You can find summaries of some of the most important items on the Healthwatch Ealing news page at <http://www.healthwatchealing.co.uk/news>.

Don't forget the **Healthwatch Ealing Drop-in Service** on the last Friday of the month and **Signposting@Healthwatch Ealing**. Find out more at <http://www.healthwatchealing.co.uk/content/find-services>, by phone on 0800 014 7306 or 020 8280 2277 or by email to [signposting@healthwatchealing.co.uk](mailto:signposting@healthwatchealing.co.uk). This month the Drop-in Service will be at the Southall Dominion Centre.

A reminder that you can find copies of the regular Healthwatch Ealing flashes at <http://www.healthwatchealing.co.uk/flash-healthwatch-ealing>. They contain involvement opportunities and items on local healthcare issues. As they are several pages I don't attach them here, but I am circulating them by email when they appear.

#### **Next PPG Meeting**

**Tuesday 12 May, 2pm, St Barnabas Church Hall** when one of our members is going to talk to us about the challenges accessing healthcare in the UK when you come from a different culture.

All our meetings are open to anyone who is a patient, the carer of a patient or a member of staff of Barnabas Medical Centre.

Now to enjoy the rest of the Easter holiday ...

Keith

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