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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 June bulletin for Barnabas PPG members. There is a lot in this month's bulletin; so much seems to be happening at the moment.

[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, Tuesday 12 May – Minutes

The minutes from the PPG meeting on 12 May are attached.

Once again, many thanks to Ewa Siwiec for talking to us about the cultural differences in accessing healthcare between Poland and the UK; I think we all found this useful and interesting with many ideas to take away.

Dementia for the Layman

Don't forget the **Dementia for the Layman** session on Thursday 18 June, 6pm at Perivale Community Centre, Horsenden Lane South. This has been arranged by the Ealing NN PPG Network to provide an introduction to dementia. Full details in the attached flyer. Please do come along.

Barnabas Bulletin

The latest issue of the Practice newsletter, *Barnabas Bulletin* is now available. A copy is attached; you can pick up a printed copy at the Medical Centre and also download a copy from the practice website.

PPG Awareness Week (1 to 6 June)

This bulletin comes to following the end of PPG Awareness Week. During the week some PPG members have spent time in the waiting area talking to patients about the work of the PPG and also conducting a short survey for the Practice. Many thanks to those of you who helped with this and got over 200 completed surveys! I now have the onerous task of keying and analysing all the data to present to the Practice!

Also at the end of the week, on Saturday morning, we held a coffee morning at the practice. Although not hugely well attended (where were you PPG members?!) there were several new faces and we collected just over £6 in small change for Noreen to spend in charity shops on more stock for the book exchange.

These two activities have generated a handful of new PPG members, so a warm welcome to those who are receiving this bulletin for the first time.

Long-Term Condition Self-Management Programme

This is a new programme, commissioned by Ealing CCG, which aims to help those with long-term conditions (like diabetes or heart disease) better manage their condition, improve their quality of life and reduce unplanned medical interventions. There is more about the programme in the attached copy of *Barnabas Bulletin* and in the attached flyer.

Minor Ailments Service

This is another new service commissioned by Ealing CCG. The aim here is to encourage people to seek treatment for minor ailments (like head lice, warts or constipation) from their pharmacist rather than needing a GP appointment. Again there are more details of the service in the attached *Barnabas Bulletin* and there is a short explanatory video online at www.youtube.com/watch?v=naRO3QZURi8.

Self Care Forum

Alongside the two new services mentioned above, the [Self Care Forum](http://www.selfcareforum.org) aims to bring awareness of how we can be healthy for all our life. It is about preventing ill health by choosing healthy options that will impact positively on physical health and mental wellbeing, taking care of our own minor ailments at home or understanding how to manage more serious conditions. It is important to improve people's health literacy – to help them remain healthy for their whole life. Find out more at www.selfcareforum.org.

Maternity Services - Ealing Hospital

The Maternity Service at Ealing Hospital closes later this month with the facilities being transferred to other local hospitals. All women who are directly affected should have received an explanatory letter, or you can find out more at www.lnwh.nhs.uk/services/a-z-services/m/maternity-ealing-hospital/.

West Middlesex University Hospital NHS Trusts Rated as Requires Improvement by CQC

Meanwhile CQC have inspected West Middlesex Hospital and rated it as "Requires Improvement" against 4 out of 5 inspection criteria; more information at www.cqc.org.uk/provider/RFW. CQC are certainly demonstrating that they have teeth: they have recently rated a local care provider as "Inadequate" and given them a few months to significantly improve; and several other local services have also been rated as "Requires Improvement" or "Inadequate".

Doctors being encouraged to avoid 'too much medicine'

Doctors are becoming aware that there are many current healthcare interventions which have no material impact on their target ailment. As a consequence the Academy of Medical Royal Colleges is to draw up list of 100 such interventions which clinicians will be advised to avoid using in attempt to curb unnecessary care – which causes the patient unwanted stress and costs the NHS money. There was an article on this in the Guardian on 12 May, which can be found online at www.theguardian.com/society/2015/may/12/doctors-to-withhold-treatments-in-campaign-against-too-much-medicine.

NAPP eBulletin

The May eBulletin from NAPP is attached.

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. 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

Monday 13 July, 6pm, Barnabas Medical Centre.

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.

More next month.

Keith

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