

Barnabas PPG

From: Barnabas PPG <barnabas.ppg@gmail.com>
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To All Barnabas PPG Members ...
[Printed copies to those PPG members without email]

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

Welcome to the December bulletin for Barnabas PPG members.

PPG Meeting, Monday 14 November – Minutes

The minutes of our AGM on 14 November are attached.

2017 Meeting Dates

As you will see from the AGM minutes, our meeting dates for 2017 have been fixed. The meetings will be:

Tuesday 7 February 1400 hrs
Monday 3 April 1800 hrs
Tuesday 6 June 1400 hrs
Monday 7 August 1800 hrs
Tuesday 3 October 1400 hrs
Monday 4 December 1800 hrs (AGM)

All the meetings will be in the "Link" area of St Barnabas Church Hall.
Please put the dates in your new diary.

Because of the re-timing of the meetings to the start of the month these bulletins will move from early in the month to mid-month from January.

Barnabas Bulletin

The latest issue of the Practice's quarterly newsletter, *Barnabas Bulletin* is now available. A copy is attached and you can pick up copies from the medical centre.

PPG Priorities for 2017 and Onwards

Something else you will see in the minutes is that we will be discussing our priorities for 2017-19 at our next meeting. We need your input and ideas, so I emailed everyone a couple of weeks ago. A copy of my email is attached; please do let me have your input.

Prescription Flowchart

And one more thing from the meeting minutes ... I had promised to create a chart to show how a repeat prescription flows through the system from request to collection from the pharmacy. A copy of the flowchart is attached – I hope it makes sense, if not I'm happy to try to explain! Notice that the blue part is where you request a prescription online and the red is where the prescription is sent electronically to the pharmacy.

Prostate Cancer Group

Back in November, BBC Breakfast featured the Prostate Cancer Group which our Vice-Chairman Sennen Chiu belongs to. You can find a copy of the short video at <https://www.facebook.com/bbcbreakfast/videos/1486070474740419/>.

Stay Well this Winter

This winter's "stay well" campaign by the NHS is majoring on the degree to which we can all self-care but using our local pharmacy for advice etc., rather than always seeking a GP appointment. You can find the information at <https://www.nhs.uk/staywell/long-term-health-conditions> or pick up a leaflet from the Medical Centre. There are also some handy hints and tips in *Barnabas Bulletin*.

There's a reminder that pharmacists can do as much as your GP for your sore throat from BBC News at <http://www.bbc.co.uk/news/health-37961366>.

The Get West London local news website also has some useful reminders about how not to catch norovirus and flu at <http://www.getwestlondon.co.uk/news/west-london-news/norovirus-flu-winter-illness-season-12179158>.

What is it like to be Visually Impaired?

Those of us with good eyesight are likely to have relatively little clue what it is like to suffer from a permanent visual impairment. The Guardian has produced a really interesting site which shows what it is like to suffer from a couple of the more common sight diseases. Find the demonstration at <https://www.theguardian.com/fight-for-sight/2016/oct/31/interactive-see-everyday-situations-as-visually-impaired-people-do>.

Bladder Incontinence

It's a taboo subject. But we are going to talk briefly about it anyway. Many British mothers suffer from bladder incontinence, but it seems that the French don't. That's because the French treat the problem. Find out how at <https://www.theguardian.com/commentisfree/2016/nov/02/french-mothers-bladder-incontinence-nadia-sawalha>.

NHS Structures are Complex and Confused

This is the conclusion reached in a review by former Health Secretary Alan Milburn for consultants PwC. According to a BBC News item (<http://www.bbc.co.uk/news/health-37846112>):

The PwC report was critical of the changes introduced in 2012 by then Health Secretary Andrew Lansley, which have resulted in the creation of "myriad" national organisations, including:

- § NHS England
- § NHS Improvement
- § Health Education England
- § Public Health England

... ..

The review said many of the functions of these competing organisations could be gradually merged.

NAPP eBulletin

The latest eBulletin from NAPP is attached. This month's eBulletin contains quite a few very useful articles, some of which I've mentioned above. One notable item mentioned there, which I have not covered, is the "My Medication Passport" project. I am looking at this to see if it is something that we, as a PPG, can usefully promote – more, I hope, at our next meeting.

Healthwatch Ealing

And finally a word about our local Healthwatch. As some of you will know, local councils are required, by law, to establish and fund a local Healthwatch group. Ealing Council put the contract to run Healthwatch Ealing out to tender some while back and it now looks as if the present provider has lost the contract to an organisation called Your Voice in Health and Social Care (YVHSC) who I believe also run Healthwatch Hounslow and Healthwatch Tower Hamlets. However the decision has yet to be ratified by the council. If agreed YHSC will take over on 1 April 2017. More when I know more.

Just a reminder that from next month this bulleting will appear in mid-month.

Meanwhile, here's wishing everyone all the best for a peaceful and happy Christmas and good luck for 2017.

Keith

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