

## Barnabas PPG

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**From:** Barnabas PPG <barnabas.ppg@gmail.com>  
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**Subject:** Barnabas PPG Monthly Bulletin, January  
**Attachments:** Priorities\_Email.pdf; Ebulletin DEC 2016 FINAL.PDF; Ebulletin JANUARY 2017.pdf

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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.]

A Happy New Year to everyone and welcome to the January bulletin for Barnabas PPG members.

If one leaves aside the usual fuss about NHS funding, A&E waiting times, the lack of hospital beds and general government bullying of everyone in the NHS (this weekend seemingly focussing on GPs), there doesn't seem to be a great deal happening in the healthcare arena at present. I suspect this is largely because of a combination of the Christmas/New Year holidays and everyone focussing on the hospital situation and Brexit.

As you will recall from my December bulletin, these bulletins have been retimed for mid-month, and PPG meetings for the first few days of even numbered months. While this does fit better with various pieces of timing, I will now also admit it was partly selfish on my part as I was scheduled to have a total (right) knee replacement on 28 December and knew I would not be in a position to do anything between then and now. The good news is that I had the operation and my recovery is going well; I seem to be well ahead of the expected schedule but will find out more when I go for my next physiotherapy session. I know I'm not the only one around who has had knee surgery, but if anyone is having this scheduled then I (and maybe others) am happy to talk to you about the patient experience and what you might expect – just get in touch. I'm not an expert, but let's use experiences such as this to help each other.

But so to our main business ...

### **PPG Meeting, Tuesday 7 February – Agenda**

Our next PPG meeting is on Tuesday 7 February at 1400 hrs in the "LINK" area of St Barnabas Church Hall.  
As far as I can see the agenda will be:

1. Introductions & Apologies
2. Approve Minutes of Previous Meeting
3. Boots Oldfields Circus Update
4. PPG Priorities 2017-19
5. Share & Exchange
6. Practice Updates
7. Other Updates, Matters Arising & AOB

As you will see I hope that we will be joined by the manager and/or pharmacist from our local Boots to update us on their progress turning the store round.

We will also discuss our priorities for the next couple of years; which brings me to ...

### **PPG Priorities Questionnaire**

In my December bulletin, and an earlier email, I asked you all for your input and ideas on what our PPG priorities should be for the next couple of years. Thank you to those who have sent me their thoughts, but I would still like more! The more input we have, the more likely we are to be representing the true opinions of all the Practice's patients. So if you've not yet contributed, please answer the questions in the attached copy of my earlier email and return it to me by Monday 23 January. I shall then collate all the input and circulate a document as a starting point for discussion at the PPG Meeting.

### **Stay Well this Winter**

Yes, I know everyone is saying it, but it doesn't hurt repeating the message about staying well during the winter. Here are a few top tips from the NHS:

- At the first signs of illness, consult your local pharmacist
- Keep warm: wear several layers of light clothing rather than one heavy sweater
- Try to keep your home (or at least one room) at or above 18°C (65°F)
- Try to stay active

- If you're eligible, make sure you've had your flu jab
- **Please do NOT go to A&E or call an ambulance unless you have a life threatening situation;** if you need advice, talk to your local pharmacist, your GP or call NHS 111.

#### **NAPP eBulletin**

The latest two eBulletins from NAPP (for December and January) are attached. Please take a look at them as they do contain a number of useful and interesting items.

Take care. More next month ...

Keith

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