

Barnabas PPG

From: Barnabas PPG <barnabas.ppg@gmail.com>
Sent: 17 February 2017 17:07
Subject: Barnabas PPG Monthly Bulletin, February
Attachments: PPG_Priorities_Actions_2017-19.pdf; PPG_Minutes_20170207.pdf; NHS_Costs.pdf; Mark Porter.pdf; Bathroom_Cabinet.pdf; Ebulletin JANUARY 2017.pdf

You are receiving this email as a member (or friend) of Barnabas PPG.
If you no longer wish to remain a member of this group, please reply to this email with UNSUBSCRIBE in the Subject line.
[Please do NOT use "Reply All".]

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 February bulletin for Barnabas PPG members. Although there isn't too much local news, there is a lot in this month's bulletin, so here goes ...

PPG Meeting, Tuesday 7 February – Minutes

First of all the minutes from our meeting of 7 February are attached.
Our next meeting is on Monday 3 April, 1800 hrs in St Barnabas Church Hall when we hope to have someone from Boots Oldfields Circus to update us on their improvement actions and also someone from Ealing CCG to talk to us about current local NHS plans and what they will mean for us patients.

PPG Priorities – Results

You will see from the meeting minutes that we have been discussing our priorities for 2017-19 and concluded that our main focus needs to be to grow the PPG in terms of number of members, especially active members, and overall diversity. We also need to be working with the practice to promote self-care and generally improve patients' knowledge of healthcare services and how to use them. And there is much else we can do if we have sufficient willing volunteers. A copy of the complete plan attached, and we will doubtless revisit this at most of our meetings.

What Does the NHS Actually Cost?

We know that the NHS is under great cost and demand pressures, but do you know what it actually costs when you call an ambulance or visit your GP? I've recently been able to put together some actual data, which is again in the attached document. You might be surprised.

Getting the best from your GP

One of our members alerted me to an article in *The Times* earlier in the week by Dr Mark Porter (a GP in Gloucestershire; not the guy from the BMA) in which he outlined ten things you can do to get the best from your GP practice (and your appointment) – and many of them will also help your GP too. Dr Porter's points are just as relevant to a suburban practice such as Barnabas as they are to his more rural practice. It is well worth reading the copy attached.

What is in Your Bathroom Cabinet – and What Should be There?

Most of us have allowed our bathroom cabinets to become cluttered with useless and out-of-date medicines and other miscellaneous toot. Writing recently in *The Guardian*, GP Dr Ann Robinson details what she believes should be in our bathroom cabinets. Again there's a copy attached, or read the article online at <https://www.theguardian.com/lifeandstyle/2017/feb/06/what-should-i-keep-in-my-medicine-cabinet>.

NHS Health Check

During the week beginning 6 February the BBC News website ran a series of articles and news items under the banner "NHS Health Check". There isn't room to cover these items here but you can catch up on them online at <http://www.bbc.co.uk/news/health-34905806>; they cover a wide range of NHS, and social care, services.

That is just the tip of the iceberg. Suddenly there are a whole host of generally useful articles in the media on our healthcare services (the NHS and social care) – far more than I can cover here, and far more than most of us would want to read.

NAPP eBulletin

Finally the latest eBulletin from NAPP is attached. As always there are some interesting snippets in there.

That's all for now – more next month.

Keith