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From: Barnabas PPG <barnabas.ppg@gmail.com>
Sent: 17 January 2018 17:35
To: Barnabas PPG
Subject: Barnabas PPG Monthly Bulletin, January
Attachments: PPG_Minutes_20171204.pdf; PPG_Log.pdf; Strengthening_PPG-Practice_Relationship.pdf; PPG_Priorities_2017-19_Action+Status.pdf; PPG_Governing_Document_2018_draft2.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.]

Welcome to the January bulletin for Barnabas PPG members. A happy New Year to everyone!

PPG Meeting – 4 December 2017 – AGM Minutes

Finally! The minutes of our AGM on 4 December 2017 are attached.

PPG Meeting – 5 February 2018 – Agenda

Our next meeting is on Monday 5 February 2018, at 1800 hrs, in the Link area of St Barnabas Church Hall. We will be concentrating on our future direction and plans.

As far as I can see at the moment, the agenda will be

1. Introductions & Apologies
2. Approve Minutes of Previous Meeting
3. Governing Document Revision [document attached]
4. PPG Direction and Plans:
 - a. Strengthening PPG-Practice Relationship [document attached]
 - b. PPG Priorities [document attached]
 - c. PPG Action Log [document attached]
5. Practice Updates
6. PPG Updates
7. Other Matters Arising & AOB

Please read the attached documents before the meeting.

2018 Meeting Dates

Just to remind you, our meeting dates for this year are:

Monday 5 February	1800	Church Hall (Link)	PPG Meeting: Focus on actions & futures
Tuesday 10 April	1300	Church Hall	1300: Open Forum: Clinical Pharmacist (tbc) 1400: PPG Meeting
Tuesday 5 June	1300	Church Hall	1300: Open Forum: Self-Care (tbc) 1400: PPG Meeting: PPG Awareness Week
Monday 6 August	1800	Greenwood Pub	Informal Summer Social
Tuesday 2 October	1300	Church Hall	1300: Open Forum: subject tba 1400: PPG Meeting
Monday 3 December	1800	Church Hall (Link)	PPG AGM

As an experiment, we are going to run some "open forum" sessions over lunchtime. The idea is that these sessions are open to everyone to come along, listen to the speaker and mainly to ask questions. To be successful these meetings will need a good attendance, so please spread the word. If the open forum sessions are successful we will look to make them a regular feature. Please put the dates in your new diary.

Meet the Patients

Again, to remind you that this year's "Meet the Patients" sessions are on:

- Mornings (0900-1200): Tuesday 30 January, Thursday 22 March, Friday 27 April, Wednesday 6 June (which is in PPG Awareness Week), Tuesday 21 August, Thursday 25 October, Friday 23 November
- Afternoons (1400-1700): Wednesday 28 February, Tuesday 22 May, Thursday 28 June, Thursday 26 July, Wednesday 26 September, Tuesday 18 December

The sessions are an opportunity to chat with patients about the PPG's work, and more generally about the practice, the NHS and how health care is provided; they are also an opportunity to explain about things like booking appointments online and self-care. We really need volunteers to help run these sessions, so if you are able to spare some time and help us with these sessions it would be appreciated; please get in touch.

Patient Experiences, Hints & Tips – Keep them Coming, Please!

We are still collecting notes on your experiences of treatments or procedures, so that we can provide them (anonymously!), via the practice website, as a help for others. So if you've had a recent treatment or procedure (for example, hip replacement, colonoscopy, started on anti-coagulants or insulin, needed hearing aids) please write some notes on your experience and any hints or tips which others may find helpful. You can leave the notes (in an envelope for me) in the repeat prescription box or email them to me – please include your contact details, just in case we need to clarify anything. I will then put all these together for the benefit of other patients and we'll be loading them on the new Practice website when that goes live. Your contact details will not be published; you will remain entirely anonymous.

NHS 111 Campaign

Earlier this week Public Health England launched a new campaign in London (also the Midlands and East) to make people aware of the NHS 111 service. Research has shown that while public awareness of NHS 111 is high and still increasing, understanding of the role of service is low and there are still far too many people attending A&E who could, and should, be treated elsewhere. You may already have seen TV adverts or picked up a leaflet from the Practice, a hospital or your dentist. The campaign will run for eight weeks.

A Doctor's Nine Step Plan to Solve the NHS Crisis

Dr Gautam Das writing in the *Independent* on 6 January proposes a nine steps to solve the NHS's crisis. A couple of the proposed steps are radical changes (and won't be universally welcomed), but none of them is new and none appear to be on the government's agenda. You can find the article at <http://www.independent.co.uk/voices/doctor-nhs-underfunding-plan-pay-disease-illness-waiting-times-a8145281.html>.

Why is this Winter's 'Flu such a Problem?

For those with a more scientific mind there was an interesting article in *Scientific American* on 9 January on why this year's 'flu is a particular problem. Essentially one of the circulating strains (called H3N2) has mutated since the vaccine was initially created – unusually this appears to have happened both "in the wild" and within the vaccine production process. H3N2 is also more persistent and infectious and it is known that years where it is the dominant strain are generally the worst years for 'flu. That's no consolation if you are unlucky enough to get the 'flu, so please try to stay healthy! The full *Scientific American* article is at <https://www.scientificamerican.com/article/ldquo-the-problem-child-of-seasonal-flu-rdquo-beware-this-winter-rsquo-s-virus/>.

HWE Newsletter

Healthwatch Ealing have published their latest, and very useful, newsletter. It is 12 pages, so I haven't attached a copy but you can find it at <https://healthwatchealing.org.uk/newsletters-v2/>.

More next month!

Keith

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