

Keith Marshall

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 June bulletin for Barnabas PPG members.

Open Forum & PPG Meeting – 5 June

We had a disappointingly small turnout for our June meeting, despite the Open Forum with a speaker from London's Air Ambulance, and despite having promoted the session with other local practices. Nonetheless we raised £120 for the Air Ambulance, for which they were duly grateful especially as the donation went in my name and they can claim Gift Aid on it. I've not yet been able to complete writing the minutes of this meeting, mainly due to the time I'm spending on the Practice's annual survey. I'll distribute them as soon as possible.

Next PPG Meeting – 6 August

Our next meeting is our **Summer Social on Monday 6 August at the Greenwood pub from 1800**. Do come along and have a drink and a chat (PPG-related or not!). This is open to all. Practice staff are especially welcome – it would be nice to be able to say "thank you" with a drink!

Barnabas Bulletin

The June issue of the Practice's newsletter, Barnabas Bulletin, is available. A copy is attached.

Annual Patient Survey

We are coming towards the end of this year's survey; the last day when we will be in the waiting area is Monday 25 June. After four of the five scheduled days we have over 270 responses.

If you haven't completed the survey yet, please do so. A form is attached. You can either drop your completed form in the repeat prescriptions box at the Practice, or send it back to me (by post or email), to arrive by the end of Friday 29th please.

Meet the Patients

Noreen and I are planning to be in the waiting area for our monthly "Meet the Patients" session (where we talk to patients, provide information and answer questions) on the afternoon of Thursday 28 June and again on the afternoon of Thursday 26 July – although if anyone can volunteer to help with this it would be appreciated.

PPG Vice-Chairman

I regret that for family reasons Phyllis Stubbings is having to stand down as our Vice-Chairman, although hopefully this will be only short term. We wish Phyllis and her family well and hope that we'll see her again soon.

And now for a few items of more general NHS news ...

Travelling with Medication

The Foreign Office is warning holidaymakers to check the rules on carrying medicines abroad in order to avoid falling foul of local laws. Some commonly-prescribed medicines are "controlled drugs" in certain countries, for example cold remedies containing pseudoephedrine are banned in Japan. There's more in a BBC News report at <http://www.bbc.co.uk/news/health-44330909>, which contains links to the appropriate Foreign Office websites.

Healthy ageing and caring

NHS England, in partnership with Age UK, Public Health England, the Chief Fire Officer's Association, and older people themselves, has published a **Practical Guide to Healthy Ageing**. You can find more information, and a link to the booklet at <https://www.england.nhs.uk/ourwork/ltc-op-eolc/older-people/healthy-ageing-caring/>. There is also a **Practical Guide to Healthy Caring**.

CPR rarely works – why do people have so much faith in it?

According to a senior doctor, CPR is a brutal and usually unsuccessful procedure. George Huntingdon, in the Guardian, asks why we continue to have so much faith in it. The full article is at <https://www.theguardian.com/healthcare-network/views-from-the-nhs-frontline/2018/jun/04/cpr-misconception-death-doctors>.

Find out why your data matters

The NHS has published information on how your confidential medical information may be used for research and planning – and how you can choose to opt out. You can find the information at <https://www.nhs.uk/your-nhs-data-matters/>; this includes a link to the online form to opt out (or you can opt out by phone on 0300 303 5678, or by post).

And finally ...

Tax rise need to help pay for £20bn NHS boost, says PM

There has been a lot made of the government's promise of an additional £20 billion funding for the NHS, which has been announced to coincide with the NHS's 70th birthday in a couple of weeks' time. Having committed to this, the government now tell us that most of it will have to be paid for by increasing taxes. There's a BBC News report at <https://www.bbc.co.uk/news/health-44516123>

More next month!

Keith

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