

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 October bulletin for Barnabas PPG members. There isn't a lot other than our own news this month. That is partly as there don't seem to be too many health stories around, and those that I have seen in the last few weeks have either failed the "so what?" test or have turned out to be of little usefulness as the research being reported is at too early a stage.

Facebook Group

The above nudges me to remind those of you who use Facebook, that we do have a Facebook group where various healthcare stories and information are posted. Many of these stories do not make the cut here as they are not always of wide relevance or are used as jumping-off points for discussion. You can find the group at <https://www.facebook.com/groups/barnabas.ppg/>.

PPG Meeting – Tuesday 2 October – Minutes

The minutes from our last meeting on 2 October are attached.

You will see from the minutes that we had a long discussion about dates for meetings in 2019. Nothing has been decided yet, so if you've not already expressed an opinion you still have a chance to influence the decision.

PPG AGM – Monday 2 December

Our next meeting is the AGM on Monday 2 December, 1800 hrs in St Barnabas Church Hall. Full agenda next month. As well as the formal AGM business we will spend time looking at our outstanding projects, priorities and actions. We may also spend some time beginning to look at what should be our priorities for 2019-21.

Priorities for 2019-21

While mentioning priorities for the next period, I would like everyone to put on their thinking caps. Next month, or maybe in December, I intend to ask everyone to give their input and help decide where we should be putting our efforts from April 2019. I then intend that we discuss this in detail at our first meeting in 2019. April sounds a long way off, but it will rapidly creep up on us!

Meet the Patients

We are planning to be in the waiting area on Thursday morning this week (25 October) for our monthly "Meet the Patients" session. Do drop by.

Self-Care Week

Self-Care Week runs from 12 to 18 November. To support this we will be running two "Meet the Patients" sessions that week on the morning of Tuesday 13 and the afternoon of Wednesday 14 November. During these sessions we hope to be able to demonstrate the Health Help Now app (see below), the Practice's online services, and NHS 111 online. If you can volunteer to help with either (or both) of these sessions, please get in touch.

Health Help Now App

Health Help Now is a smartphone app designed to provide local healthcare advice and information. As such it is tailored to each specific area, and this has now been done for Ealing. The app is available as a free download from the iPhone App Store or from Google Play; the attached card gives more details. When you first use the app you will be asked to select your area; Ealing should be listed. The app has been piloted in a number of areas over the last year and appears to be quite useful; I'm sure it will be added over time.

Just one more general news item this month ...

Shared GP appointments

One idea which has surfaced recently is shared GP appointments. This seems to be essentially where the GP gets a group of patients with similar problems together to discuss treatment, self-help, etc. which will benefit them all. The idea is that the GP has

to say things once and thus potentially saves time. There's a story at <https://www.bbc.co.uk/news/uk-45770998>. It will be interesting to see if the places trialling this do see any long term benefits.

We'll be back next month, but meanwhile look out for ghosts and errant fireworks.

Keith

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