

## Barnabas PPG

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**From:** Barnabas PPG <barnabas.ppg@gmail.com>  
**Sent:** 16 November 2018 16:28  
**To:** Barnabas PPG  
**Subject:** Barnabas PPG Monthly Bulletin, November  
**Attachments:** PPG\_Minutes\_20181002.pdf; Annual\_Report\_2018.pdf; Priorities\_Survey\_1.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 November bulletin for Barnabas PPG members.

**Included below there is piece on setting our priorities for the next two years: please respond to the survey!**

### PPG Meeting – Monday 3 December (AGM)

Our next meeting is the AGM on Monday 3 December, 1800 hrs in St Barnabas Church Hall.

The agenda is likely to be:

1. Introductions & Apologies
2. Approve Minutes of Previous Meeting [copy attached]
3. Chairman's Annual Report [attached]
4. Elect Chairman and Vice-Chairman (if required\*\*)
5. 2019 Meeting Dates & Venues
6. Priorities & Projects Update/Review
7. Practice Updates
8. Other PPG Updates
9. Matters Arising & AOB

\*\* As our Chairman (that's me) and Vice-Chairman (Phyllis Stubbings) were elected at last year's AGM for a term of two years we will hopefully not need to have any elections this year.

### Chairman's Annual Report

Attached is a copy of my Annual Report of our activities during the 12 months ending 31 October 2018. As you will see we continue to make significant contributions in a number of areas, but of course there is much more we could do with more active volunteers.

### PPG Priorities for 2019-21

I need your help, please! We need to start thinking about our priorities and activities for the two years beginning next April (so that's 2019-21). To start this off I have put together a short questionnaire for you to complete online at <https://www.surveymonkey.co.uk/r/X6DRRHC>, or if you prefer there is a print document attached. The survey is just four questions and it should take only 5 minutes, so there is no excuse for not doing it! You may remain entirely anonymous if you wish.

The survey is not just limited to PPG members; other Barnabas patients are equally welcome to give us their input, so please share it. I will also be asking the Practice for their input.

The deadline for responses is early January. This will give me time to collate all the responses and bring the results to our first 2019 meeting for discussion.

**We need everyone to complete the survey and help shape our activities. Yes, even your views are valuable!!**

### Meet the Patients

The week now ending (12-16 November) has been Self Care Week. To support this we held two "Meet the Patients" sessions. Unfortunately these were not greatly productive as we accidentally picked two sessions (Tuesday morning and Wednesday afternoon) when the Practice was unusually quiet.

We will be in the waiting area again on the afternoon of Tuesday 18 December, so please stop by for a chat or, better yet, come along and help us "Meet the Patients".

### Online Resources

The wi-fi in the waiting area is now working (although you'll need the password!) so it was a pity this week's "Meet the Patients" sessions were so quiet as they were our first opportunity to demonstrate the online services, particularly:

- the Practice website, <https://www.barnabasmedicalcentre.co.uk/>

- the SystmOnline online access to booking appointments, requesting repeat prescriptions, etc. (accessible from the Practice website)
- the NHS 111 online service, <https://111.nhs.uk/>
- the new Health Help Now smartphone app (which can be installed from Google Play Store or Apple App Store)

If you are not already registered for SystmOnline (Patient Online Services) you can do so by taking proof of identity to Reception. The three other online facilities are open access.

The Practice would like us to promote and demonstrate the online services, so in addition to “Meet the Patients” I hope to be able to hold some further demo sessions in the waiting area. If any member has a laptop, tablet or smartphone and could show other patients how to use the online services, then please get in touch and we’ll arrange some dates.

And now to a couple of more general items on medicines ...

### Medicines A-Z

Medicines A-Z, <https://www.nhs.uk/medicines/>, is an NHS website which provides patient-orientated information about many commonly prescribed medicines. It is a useful first port of call to find out about the medicines you have been prescribed.

### Drug Interactions

Many of us are unaware of the way that the drugs we’re prescribed may be affected by foods or dietary supplements, so I was interested to see two recent articles on this. First of all there was a warning in the *Daily Telegraph* (25 September) under the banner **Pensioners warned not to mix statins and herbal remedies**; you can read the article at <https://www.telegraph.co.uk/news/2018/09/24/pensioners-warned-not-mix-statins-herbal-remedies/>. More recently I spotted an article **Six surprising drug interactions you should know about** online at <https://theconversation.com/six-surprising-drug-interactions-you-should-know-about-106726>. (Thanks to Malcolm Cory for spotting the first of these articles.)

That’s all for this month, but I will circulate the NAPP monthly bulletin and any useful NHS consultation events as and when I receive them.

Best ...

Keith

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