

## Keith Marshall

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**From:** Barnabas PPG <barnabas.ppg@gmail.com>  
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**To:** Barnabas PPG  
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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 March bulletin for Barnabas PPG members.

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### PPG Meeting – Wednesday 13 February – Minutes

The minutes of our meeting on 13 February are attached. We were delighted to welcome one of our new salaried GPs, Dr Elizabeth Fong, to the meeting. As you will see much of the meeting was taken up with a discussion of our priorities for 2019-21, and the revised document of this is also attached, along with the currently outstanding actions log. We will briefly revisit the latter two documents at our next meeting.

Our next meeting is on Wednesday 24 April, 1300 hrs, St Barnabas Church Hall. I hope that we will be joined by one of our GPs to tell us about their job – which is a lot more than just seeing patients for 10 minutes each.

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### New Salaried GP

In the last few weeks the Practice team has been joined by a new salaried GP, Dr Rajee Navaneetharajah (known as Dr Navan). We welcome Dr Navan to the team and hope to meet her at a future PPG meeting.

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### Meet the Patients

On the afternoon of Wednesday 27 February three of us had a very useful "Meet the Patients" session where we chatted to quite a few patients about the PPG etc. Our next session is scheduled for the morning of Thursday 28 March, and as always I would welcome volunteers to help with this.

I am also planning to set up some further sessions at which to demonstrate, and answer questions about, the various online services (see also below): Practice website, booking appointments, requesting repeat prescriptions, NHS 111 online, NHS Choices website, Health Help Now app. Again I would welcome volunteers to help with this. Watch this space for dates etc.

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### Barnabas Bulletin

The March issue of the Practice's newsletter, *Barnabas Bulletin*, should be out in the next week or so. I will send everyone a copy when it is available, and there will be copies available in the waiting area. Again, watch this space.

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### GP Online Services

Are you registered for the Practice's online services? (You will know if you are because you will have a login ID composed of your name and date of birth.) If you are not registered, please do so and encourage others to register. Registration is quick and easy: you just need to visit reception with proof of ID and address (for security), and they can set up your access for you.

Access to the service is either via the SystmOnline link on the Practice website, <https://www.barnabasmedicalcentre.co.uk>, or via the **Health Help Now** smartphone app. Once registered you can book (and cancel) doctor appointments, request repeat prescriptions, and view basic information from your medical records, all online at your convenience.

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### PPG Local Services Directory

One of the suggestions we discussed at our last meeting was that we create a small directory of local facilities: banks, chemists, charity shops, food banks, etc. This would then be made available on the waiting area noticeboard (and elsewhere?) as a help for (especially new) patients. So there are two requests:

- (a) would anyone be willing to take this on as a project for the PPG?
- (b) please let me have suggestions/information to add to the list.

It would be good to build this over the next couple of months and launch it during PPG Awareness Week in June. (Incidentally, we will need to be careful that we do not endorse one commercial operation over any other similar one.)

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### Winter Illnesses

Our local Healthwatch have produced a quick, simple guide to dealing with ten common winter ailments. You can find the article at <https://healthwatchhealing.org.uk/news/10-winter-illnesses-2/>.

## NHS 111 online

While on the subject of illness, here's a reminder that the NHS 111 service can be accessed online as well as over the phone. You can access NHS 111 Online at <https://111.nhs.uk/>. And there are two basic introductory items at <https://digital.nhs.uk/services/nhs-111-online> and <https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-111/>.

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## Hip and Knee Replacements

And now for good news for some of us. A large study of 25 years data by academics at the University of Bristol has shown that most hip and knee replacements last much longer than thought. For instance ...

- **Hip Replacements:** 89% lasted 15 years, and 58% lasted 25 years
- **Total Knee Replacements:** 93% lasted 15 years, and an astonishing 82% lasted 25 years

Recent replacements may last even longer due to improving techniques and technology. There's a BBC News report at <https://www.bbc.co.uk/news/health-47238523>.

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And finally, the usual round-up of recent newsletters:

- **Healthwatch Ealing February Newsletter** may be accessed at <https://healthwatchealing.org.uk/newsletters-v2/>.
- **NAPP eBulletin** for February is attached.

As so often these newsletters contain interesting and useful items which I've not covered above.

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More next month ...

Keith

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Keith Marshall, Chairman, Barnabas PPG  
76 Ennismore Avenue, Greenford, UB6 0JW  
Phone: 020 8864 7993    Mobile: 07847 149 417  
Email: [barnabas.ppg@gmail.com](mailto:barnabas.ppg@gmail.com) or [kcm@cix.co.uk](mailto:kcm@cix.co.uk)  
Facebook: [www.facebook.com/groups/barnabas.ppg/](http://www.facebook.com/groups/barnabas.ppg/)

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