

Keith Marshall

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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.

PPG News

PPG Meeting – Wednesday 16 October -- Minutes

The minutes of our meeting on 16 October are attached.
The latest updated PPG activity and priorities logs are also attached.

PPG Meeting – Wednesday 11 December -- AGM

Our next meeting is on Wednesday 11 December, 1300 hrs in St Barnabas Church Hall.
This meeting is our Annual General Meeting, so please make an effort to attend if you can.
Full agenda to follow in next month's bulletin, but it will include my Annual Report, Election of Chairman/Vice-Chairman, 2020 Meeting Dates and the discussion of "Be a Better Patient" held over from the last meeting.

Meet the Patients

We will be in the waiting area again on the morning of 27 November for another "Meet the Patients" session.
We really do need more volunteers for this, so if you can help talking to patients and fielding questions then please come along.

Local Healthcare

Hillingdon and Mount Vernon Hospitals

Boris Johnson has been pulled into the row about the awful state of Hillingdon Hospital (which is in his Constituency). *Guardian* report at <https://www.theguardian.com/politics/2019/oct/22/boris-johnson-drawn-into-row-over-unsafe-hillingdon-hospital>.
A couple of weeks earlier an NHS report condemned Mount Vernon Hospital as "so dilapidated and short-staffed that it cannot provide basic elements of treatment". There's a *Guardian* report on this at <https://www.theguardian.com/society/2019/oct/03/mount-vernon-nhs-cancer-hospital-neglected-should-be-closed-report>.
Hillingdon and Mount Vernon Hospitals are part of the same NHS Trust.

General NHS News

Self-Care Week, 18-24 November

Although we have nothing planned for this year's Self-Care Week, if you are interested you can find lots of information on the Self Care Forum website at <http://www.selfcareforum.org/events/self-care-week-resources/>.



Electronic Prescriptions

There is to be a further (national) roll-out of electronic prescriptions, although it is not clear how this is going to add to what we've been doing for the last few years. NHS news item at <https://www.gov.uk/government/news/national-roll-out-of-electronic-prescription-service>.

Blood Pressure Drugs Work Better at Night

In another *Guardian* article it is reported that research has shown (some?) blood pressure medication is more effective if taken at night. As yet the researchers don't understand precisely why this is, but it is thought to be tied up with our internal biological clocks. As always the advice is not to stop taking your prescribed medication, or change your medication routine, without checking with your doctor. The Guardian report is at <https://www.theguardian.com/society/2019/oct/23/blood-pressure-drugs-work-far-better-if-taken-at-night-study-shows>

Global Recall of Zantac

As you may have seen in the press, GlaxoSmithKline is recalling the popular heartburn medicine Zantac globally, after concerns were raised over contamination with a carcinogenic impurity. There's a report (sorry, the *Guardian* again) at <https://www.theguardian.com/business/2019/oct/09/zantac-in-global-recall-over-unacceptable-levels-of-potential-carcinogen>

Travel to NHS Services

Healthwatch England have issued two items on how people travel to and from NHS services. In a report they say that more focus is needed on how people travel to/from NHS services.

In a second article there is advice on the possible travel support available.

The report is at <https://www.healthwatch.co.uk/news/2019-10-02/more-focus-needed-how-people-travel-and-nhs-services> and the advice article at <https://www.healthwatch.co.uk/advice-and-information/2019-09-26/do-you-need-help-travelling-nhs-services>.

Newsletters

Finally, this month's influx of newsletters which may be of interest.

- Ealing CCG's PPG Newsletter for October can be found at <https://www.ealingccg.nhs.uk/media/162242/PPG-Newsletter-October-FINAL.pdf>.
- NAPP October bulletin is attached.
- NHS In Touch bulletin no.101 is also attached.

That's all for this month; more in early December.

Keith

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