

## Keith Marshall

---

From: Barnabas PPG <barnabas.ppg@gmail.com>  
Sent: 18 March 2020 12:32  
To: Barnabas PPG  
Subject: Barnabas PPG Meetings etc.

To All Barnabas PPG Members ...  
[Printed copies to those PPG members without email]

Apologies for an extra email, but I promised a further update on PPG meetings etc.

---

### Access to the Practice

**You cannot now access the Medical Centre without phoning first**; there is an announcement about this on the phone lines.

The Practice website also has the following information:

#### Coronavirus

The NHS and Public Health England (PHE) are extremely well prepared for outbreaks of new infectious diseases. The NHS has put in place measures to ensure the safety of all patients and NHS staff while also ensuring services are available to the public as normal.

Stay at home if you have either:

- a high temperature - you feel hot to touch on your chest or back
- a new, continuous cough - this means you've started coughing repeatedly

**Do not** go to a GP surgery, pharmacy or hospital

You do not need to contact 111 to tell them you're staying at home.

Testing for coronavirus is not needed if you're staying at home.

Read the [NHS advice about staying home including how long to isolate for](#).

Use the NHS [111 online coronavirus service](#) if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

**Only call 111 if you cannot get help online.**

The NHS will contact you from Monday 23 March 2020 if you are at particularly high risk of getting seriously ill with coronavirus. You'll be given specific advice about what to do.

**Do not** contact your GP or healthcare team at this stage – wait to be contacted.

Further information including how to avoid catching and spreading coronavirus is available on [nhs.uk/coronavirus](https://nhs.uk/coronavirus).

Advice accurate as of 14:00 17/03/2020.

---

### PPG Meetings

Thank you to those who replied about the options for the upcoming meeting(s).

As I predicted, I have decided that the 7 April and 9 June PPG meetings are cancelled – however they are replaced by a short catch-up videoconference on each of those dates. Following this I will be sending meeting notices for the videoconferences; these will contain further access details.

The videoconferences will run using Zoom, which is free.

[I know Skype is more familiar for many, but I cannot see a way for you all to “dial in” to me, rather than me having to call and join each of you – difficult when I won't know who wants to attend! Also, in some cases Skype will cost money, whereas the basic Zoom facility is free as long as you have internet access.]

You may be able to join the meeting using your browser. Alternatively download & install the (free) Zoom Client for Meetings app: for PC/Mac this can be found at [https://zoom.us/download#client\\_4meeting](https://zoom.us/download#client_4meeting); for smartphones it's on Google Play or Apple AppStore. The Zoom app is the recommended option. It would be worth setting this up in advance of the meeting; you should then not need to do this again.

You will need to join the meeting via either the link; or by starting the Zoom app, choosing "Join a Meeting" and entering the Meeting ID and password. You will find these in the meeting notices which follow.

I will be on Zoom at the appointed time for those who want to drop in for a quick catch-up on the latest PPG activity, or just a chat. The meeting will last no more than 30 minutes due to the time limit on free Zoom meetings. There will be no formal agenda.

---

#### Other PPG Events

As mentioned in my previous bulletin, all "Meet the Patients" sessions are cancelled until further notice.

Additionally we should not be planning anything for PPG Awareness Week (in early June), nor will we be running the Practice's Annual Patient Survey in June. Depending on the situation the survey may be run later in the year.

The Practice and I will decide later whether it is worth publishing *Barnabas Bulletin* in June.

My monthly members' bulletins will however continue as long as I am able as they do not involve any face-to-face contact.

---

#### Social Distancing

Meanwhile Noreen and I are remaining in home isolation as much as we possibly can. Like many PPG members we're state registered geriatrics with underlying long-term health conditions which put us at additional high risk. However (as long as I remain fit) I'm here on email, Facebook and phone.

---

#### Social Contact

We're all effectively going to be grounded for some while and we'll all need to keep social contact to stay sane. If any of you feel it worthwhile, I'm happy to host a weekly half-hour group video chat. Let me know if you would like this and I'll schedule something.

---

That's all for now. Please everyone take care, follow the advice, and stay well.

Best ...

Keith

---

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/](https://www.facebook.com/groups/barnabas.ppg/)

---

You have received this email as a member or associate of Barnabas PPG.  
If you no longer wish to receive these emails, or remain a member of this group,  
please reply to this email with UNSUBSCRIBE in the Subject line.  
[Please do NOT use "Reply All".]

---