

## Keith Marshall

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From: Barnabas PPG <barnabas.ppg@gmail.com>  
Sent: 31 May 2020 12:49  
To: Barnabas PPG  
Subject: Barnabas PPG Monthly Bulletin, May  
Attachments: PPG\_Minutes\_2020\_VideoConf\_Notes.pdf; Accessing services easy read\_.pdf; Accessing Services.pdf; NAPP\_150\_Bulletin.pdf; PPG Newsletter-May 2020 final.pdf; Parkinson's UK.pdf

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 May bulletin for Barnabas PPG members. There's a lot to report this month ...

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### Coronavirus

#### Getting Help when Needed

Attached is a new flyer on getting help, and also an easy read version.

#### Government Guidance

The latest government guidance on social distancing etc. can be found at <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing>

And the latest on shielding is at <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

#### NHS Volunteer Responders

Information on NHS Volunteer Responders, and how to request the assistance of a volunteer can be found at <https://volunteering.royalvoluntaryservice.org.uk/nhs-volunteer-responders-portal>

#### Research & Experience Surveys

Understandably there are a lot of Covid-related surveys being run at – some to provide feedback on our experiences and how things have been handled; others for various academic/medical research studies. Over the last couple of weeks some PPG members have completed a number of surveys. Here are a few you might wish to complete.

- Healthwatch Ealing “Experiences” Survey: <https://healthwatchealing.org.uk/news/have-your-say-complete-our-covid-19-survey-now/>
- COVIDENCE UK Research Study (Queen Mary College London and several others): <https://www.qmul.ac.uk/covidence/>
- CovidLife Study (how Covid-19 is affecting you and your life): [https://edinburgh.eu.qualtrics.com/jfe/form/SV\\_3Fc6S8ttNkyDHNP](https://edinburgh.eu.qualtrics.com/jfe/form/SV_3Fc6S8ttNkyDHNP)
- SleepQuest Study (sleep & Covid): [sleepqueststudy.co.uk](https://sleepqueststudy.co.uk)

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### PPG News

#### PPG Meetings

We are continuing with our (roughly) fortnightly 30-minute videoconference meetings, which are open to all. These calls are intended as an opportunity for some social contact as well as allowing us to discuss any PPG updates etc. A few quick notes (not full meeting minutes) are attached.

As we can't see us wanting to meet face-to-face (even if allowed) for some time we've agreed to extend these calls through to the end of August. The dates/times for future meetings are:

- Tuesday 9 June, 1300-1330
- Monday 22 June, 1130-1200
- Friday 3 July, 1600-1630
- Thursday 16 July, 1800-1830
- Wednesday 29 July, 1100-1130
- Tuesday 11 August, 1830-1900 (replaces the scheduled “social” meeting)
- Monday 24 August, 1330-1400

Days and times vary to allow as many as possible the chance to join at least occasionally. Join the calls on Skype by going to

<https://join.skype.com/gnj1q1FQs7GA>.

Please join us.

## PPG Face-to-Face Activity

All face-to-face PPG activity is suspended until further notice. This includes not just PPG meeting, but also "Meet the Patients", annual Practice survey, PPG Awareness Week activity etc. We will resume as soon as it is safe and sensible to do so.

## What does everyone use for Instant Chat?

Do we want to have an instant messaging group, as another means of keeping in touch during these interesting times? If so, what app do people use: Messenger, Whatsapp, something else? Let me know and I'll see what can be set up.

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## Local Healthcare News

### Healthwatch Ealing Services

Healthwatch Ealing are now providing services using Zoom videoconferencing and Whatsapp messaging. See <https://healthwatchealing.org.uk/> for further details of how to access HWE.

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## General NHS News

### Organ Donation

A reminder that from 20 May organ donation in England is "OPT OUT". Everyone is assumed to be eligible as an organ donor unless they have positively opted out. Full information on organ donation can be found at <https://www.organdonation.nhs.uk/helping-you-to-decide/about-organ-donation/get-the-facts/>.

### Seek Help for Cancer Symptoms

Many are apparently concerned about getting (non-Covid) medical issues checked out during the pandemic. However the NHS is emphasising that you should seek medical help if you have any concerns about your health at this time (and especially if you think you may have cancer). GP Practices are still operating (just differently, to maintain safety) and your concerns will be addressed. There's more at <https://www.england.nhs.uk/2020/04/nhs-warning-seek-help-cancer-symptoms/>.

### Return to Routine Operations

The NHS is planning how to restart routine as the Covid case-load is receding; this includes elective surgery and transplants. More information at <https://www.england.nhs.uk/2020/05/nhs-roadmap/>.

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## Newsletters

As usual a quick round-up of newsletters received which may be of interest.

- Self-Care Forum Newsletter at <https://mailchi.mp/8eae7d6c93ce/scf-newsletter-may-20200512>
  - NAPP Bulletin attached
  - Ealing CCG PPG Newsletter attached
  - Parkinson's Newsletter attached (useful info for all)
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More next month. Meanwhile stay safe and enjoy the sunshine!

Keith

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