

Keith Marshall

From: Barnabas Patient Voices <keith@barnabasvoices.org.uk>
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To: Barnabas Patient Voices
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Attachments: BPV_Minutes_20230315.pdf; Annual_Report_2023.pdf; Plan_2023-2025.pdf; Imperial_PERC.pdf; In_Touch_139.pdf

To All [Barnabas Patient Voices](#) Members ...

[Printed copies to those members without email]

[A copy will also be posted on our Facebook group and website]

[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 update for [Barnabas Patient Voices](#) members.

Coronavirus

There's increasingly little news on Covid these days as everyone, including the government seem to think it's all over. But there is still a lot of Covid around – I have two friends who've just returned from a week's cruise and tested positive; so confined spaces are still a risk. The Zoe study, <https://health-study.joinzoe.com/data> (about the only data now available) is suggesting there are still over a million current infections, and about 70,000 new cases each day. And that's without the burden of Long Covid. And I'm betting on a large spike in cases following the upcoming Coronation weekend – especially as people will likely be indoors as the weather is predicted to be wet.

In good news, at least for some, booster vaccinations are now available for those over 75 and the immunocompromised. If eligible you can book your jab at <https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/>.

Barnabas Patient Voices News

May Open Meeting – AGM

Our AGM is on Saturday 20 May, 11:00, at the Practice. Yes, this is an in person meeting! Please do come along.

The agenda for the AGM will be:

1. Introductions & Apologies
2. Approve Minutes of March Meeting [minutes attached]
3. 2023 Annual Report [attached]
4. Election of Officers
 - a. Chairman
 - b. Vice-Chairman
5. Trials and Treatments: An Open Discussion on Drug Trials and Treatment Experiences, led by Keith & Sheila
6. PPG Awareness Week, 31/05-06/06
7. Member Feedback
8. Practice Updates

- 9. Other PPG Updates)
- 10. Matters Arising, AOB

Practice Manager, Matt, tells me that the Practice will be opened specially and that they will be holding a Coffee Morning from 10:30. So please come along if you can, and do pass on the word to other patients.

2023-25 Plan

An updated copy of our 2023-2025 Plan is attached. We're unlikely to have time to discuss this in any detail at the AGM, but we should do so at the next (July) Open Meeting.

Prostate Cancer Stories

[Prostate Cancer Research](#) have created a huge [collection of stories](#) from men who have undergone treatment for prostate cancer. One of the stories, in the form of [five short videos](#), is from [Barnabas Patient Voices](#) member [Sennen](#). Well done, and thank you, to Sennen.

Local Healthcare News

Health and Care Fair

The NHS and partner organisations are hosting a Health and Care Fair on

- Thursday 11 May 2023
- Greenford Assembly Hall, UB6 9QN
- 3pm to 6pm

At the fair you will be able to find out about a wide range of services to support you and your loved ones on a range of topics, including:

- Mental Health
- Heart Health
- Diabetes
- Blood pressure testing
- Ways to get involved in your community
- Cost of Living Support

The event is completely free and open to everyone, with light refreshments available. Register at <https://www.eventbrite.co.uk/e/health-and-care-fair-tickets-624490857967>.

Community Eye Health Services

Community eye services allow patients to be seen away from the hospital for review and regular monitoring of eye conditions. But provision varies between boroughs, leading to inequalities. To understand how the service works and how it could be better, NWL NHS have a survey at <https://form.jotform.com/230304388075353>.

Additionally they are running several online and face to face drop in sessions to help with understanding a service development. You can register for an event at <https://www.eventbrite.co.uk/e/community-eye-services-in-north-west-london-tickets-626995098217>.

Perinatal Pelvic Health

As part of a new Perinatal Pelvic Health Service pilot, North West London Maternity Service invites all those who are pregnant or have had a baby or babies in the last 12 months to join a free pelvic health class. The aim is to ensure patients are provided with access to education, support and information on pelvic health, during and after pregnancy. The class, which will be run by a Consultant Obstetricians or Gynaecologist, a Specialist Midwife and Specialist Physiotherapist, will include:

- How to effectively practice pelvic floor exercises
- Practical tips to aid recovery after having your baby

- And much more

Anyone eligible can book a free class at <https://www.eventbrite.co.uk/e/pelvic-health-class-for-pregnant-and-post-natal-women-nwl-maternity-team-tickets-406090035227>.

General NHS & Healthcare News

Walkers, Hikers & Mountain Bikers

All walkers, hikers and mountain bikers are being encouraged to check themselves for ticks after a serious virus (in addition to Lyme Disease) has been found in the UK. Media report at <https://www.theguardian.com/society/2023/apr/05/hikers-urged-to-check-themselves-for-ticks-after-deadly-virus-found-in-uk>.

Polio Vaccination Update

UKHSA has announced that the NHS will deliver a second phase catch-up campaign in London. This will offer polio, and routine childhood vaccines such as measles, mumps and rubella (MMR), to unvaccinated or partially vaccinated children aged 1 to 11 years, during summer 2023. Full details in the *Vaccine Update* linked below.

New Rare Diseases Found

In a piece of pioneering research, scientists have identified at least 60 previously unknown, but rare, diseases. This was done by looking at the DNA of babies and parents. As a result many children were given a previously unavailable diagnosis and potentially improved treatment. BBC News report at <https://www.bbc.co.uk/news/health-65266255>.

Cancer-Causing Syndrome Diagnosis

The NHS has begun rolling out a genetic test for Lynch syndrome, an inherited condition that increases the risk of certain cancers, including bowel, ovarian and pancreatic. It is estimated that 1 in 400 people in England have Lynch syndrome, but only 5% are aware they have the condition. Diagnosis not only improves the patient's chances of successful treatment, but also enables relatives to be tested. NHS announcement at <https://www.england.nhs.uk/2023/04/life-saving-nhs-test-helping-to-diagnose-thousands-with-cancer-causing-syndrome/>.

Newsletters

As usual here's our round-up of potentially interesting newsletters received:

- Imperial PERC Newsletter, 04/2023 – attached
 - NHS In Touch #139 – attached
 - Vaccine Update #337 – online at <https://www.gov.uk/government/publications/vaccine-update-issue-337-april-2023> (Sorry no copy for postal recipients as it is 20+ pages – contact me if you need a copy.)
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Enjoy the Coronation and the extra bank holiday, and I hope to see you all at the AGM.

Keith

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