

From: Barnabas Patient Voices <keith@barnabasvoices.org.uk>
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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 June update for [Barnabas Patient Voices](#) members.

Coronavirus

Sadly Covid is still here. And although the country as a whole seems to have accepted that we just have to live with it, that doesn't make it any easier for those of us who are (or feel) extra vulnerable, or who have family members who are. I'm hearing too many stories of friends and acquaintances who've dropped their guard, thinking they were safe, only to find they've been caught out. There are also too many cases of Long Covid for comfort. But then we all have to make our own judgements of the risks, and act as we feel best for us in our particular circumstances.

Meanwhile the numbers, such as they are with little or no official testing and reporting, are still not brilliant. The Zoe Covid Study, <https://health-study.joinzoe.com/data>, is still reporting around a million current infections (that's around 1 in 60 people) with around 50,000 new cases a day.

What more can one say, except take care and be understanding of those who still feel vulnerable.

[Barnabas Patient Voices News](#)

AGM & Open Meeting, 20 May

We held our AGM and Open Meeting on Saturday 20 May at the Medical Centre. This was our first in person meeting in three years, and how good it was to see everyone again.

For the AGM part of the meeting, I presented the annual report, and I and Harsha Mortemore were re-elected as Chairman and Vice-Chair, respectively, for the next 2 years. Following on from that we had an interesting discussion about being on medical trials – both clinical trials of new rugs and the more mundane non-invasive studies. Many thanks to Sheila Hayles for sharing her experiences in detail. The in person meeting was good from both a social perspective and as it seemed to be more effective; so we agreed to look at the options for holding more of our meetings in person.

Our thanks to Matt and Dr Bhatoa for giving up their Saturday morning to attend the meeting. The full minutes of the meeting are attached.

July Open Meeting

Our next Open Meeting is scheduled for Tuesday 18 July, 10:00. Watch this space for the venue. The agenda will be in my next monthly update, and I hope to be able to include an further short talk in the agenda.

PPG Awareness Week

As I write we are in the middle of this years PPG Awareness Week, which runs 31 May to 6 June. Unfortunately we've not been able to get our heads round any special activities this year – but there's always next year, by when hopefully everything will be even easier! However anything members can do to promote the group and encourage patients to join is always welcome.

Practice News

Barnabas Bulletin, June 2023 Issue

The latest issue of the Practice's newsletter, *Barnabas Bulletin*, is now available – in time for PPG Awareness Week. A copy is attached and you can also read it online on our website at <http://barnabasvoices.org.uk/latest/> and download it from <https://barnabasvoices.org.uk/wp-content/uploads/2023/06/BB35.pdf>.

The next issue of *Barnabas Bulletin* is due out in September. The newsletter is produced for all the Practice's patients, so please let me know if there is anything you would like to see covered, or if you can offer us an article.

Local Healthcare News

Ealing Health & Care Residents Forum

The next Health and Care Residents Forum is on Tuesday 6 June, 16:00-18:00, at Northolt Grange Baptist Church, Tithe Barn Way, Northolt UB5 6NN.

You can also join online; there is a link in the agenda which can be downloaded at <https://tinyurl.com/45bdtw56>.

The areas for discussion will include

- Feedback from residents: What issues are most pressing that you would like us to talk to you about?
- Presentation: Community mental health
- Presentation: Dying Matters

Unfortunately I will be unable to attend due to a diary conflict, so if any of our members does attend I'd appreciate a quick update.

NHS North West London Five-Year Health & Care Plan

NW London NHS are working on a new five-year health and care plan with the aim of improving services and access in our area. The public are being invited to help shape the plan. There are more details online at <https://www.nwlondonicb.nhs.uk/strategy> and a survey at <https://form.jotform.com/231352708924356> (with the bribe of a chance to win £100 voucher).

Community Musculoskeletal Services

Do you use community Musculoskeletal (MSK) services? This includes podiatry, lower limb, foot and ankle services; orthopaedic and spinal services; rheumatology services; MSK pain management services and MSK physiotherapy services. If you do, NW London NHS are looking for your feedback. Find out more at https://www.nwlondonicb.nhs.uk/application/files/6816/8492/5130/Community_MSK_flyer.pdf and there's a feedback survey at <https://form.jotform.com/231382611573352>.

General NHS & Healthcare News

Map of Medicine

I recently found a YouTube video which introduces all the areas of medicine, and medical science, placing them visually on a map. Although the video is quite long (it's almost an hour!) and contains a couple of "sponsorship breaks" it is well worth watching if you want to better understand what all the branches of medicine do and how they can fit together. Watch the video at

<https://www.youtube.com/watch?v=CkwSeMrOPjc>.

Tackling Major Conditions

The six major health conditions – cancer, cardiovascular disease (including stroke and diabetes), chronic respiratory diseases, dementia, mental ill health and musculoskeletal disorders – affect millions of people in England with data showing that one in 4 suffer from 2 or more of these major long-term conditions. The government are inviting views on how best to prevent, early diagnose, treat and manage these conditions, and thus reduce the burden on both patients and the NHS. There is more information at

<https://www.gov.uk/government/news/government-invites-views-on-tackling-major-conditions-in-england>.

Seven Things to Improve NHS Care

A recent report from the National Institute for Health & Care Research (NIHR) has highlighted seven areas where there are existing treatment options which provide equally good care and outcomes at a lower cost to the NHS. These range from plaster casts for broken wrists to Hospital at Home for older people. Read the report at <https://evidence.nihr.ac.uk/collection/7-findings-could-save-nhs-money-improve-care/>.

Virtual Wards

If you're interested to find out more about Hospital at Home, there are an interesting few items on Virtual Wards at <https://www.england.nhs.uk/virtual-wards/>.

GP Access Recovery Plan

The government are also planning to ease access to GP appointments by empowering community pharmacists to treat, and prescribe medication for, some common ailments including earache, sore throat, and urinary tract infections. They'll also be able to supply oral contraception to (some) women without the need to speak to a GP or nurse; and blood pressure monitoring will also be extended. NHS press release at <https://www.england.nhs.uk/2023/05/patients-to-benefit-from-faster-more-convenient-care-under-major-new-gp-access-recovery-plan/>.

Rise in UK Measles Cases

There is concern over the current rise in measles with the first four months of this year seeing as many cases as the whole of 2022. This is at least in part due to the falling level of immunisation, and parents are being encouraged to ensure their children's vaccinations are up to date. BBC report at

<https://www.bbc.co.uk/news/health-65481976>.

Whooping Cough Vaccination in Pregnancy

Whooping cough (pertussis) rates have risen sharply in recent years and babies who are too young to start their vaccinations are at greatest risk. Pregnant women can help protect their babies by getting vaccinated – ideally from 16 weeks up to 32 weeks pregnant. NHS information at

<https://www.nhs.uk/pregnancy/keeping-well/whooping-cough-vaccination/>.

Newsletters

And finally a round-up of potentially interesting newsletters received in the last few weeks.

- NHS In Touch #140 – copy attached

- Vaccine update #338 – online at <https://www.gov.uk/government/publications/vaccine-update-issue-338-may-2023>
 - NAPP eBulletin #73 – copy attached
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According to the weather people's seaweed we're due some nice weather for the next couple of weeks, so enjoy the summer!

More next month ...

Keith

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