Keith Marshall

From:	Barnabas Patient Voices <keith@barnabasvoices.org.uk>
Sent:	09 November 2026 11:34
To:	Barnabas Patient Voices
Subject:	Barnabas Patient Voices Monthly Update, November
Attachments:	PA_News_Oct.pdf; PPGukNews - 31 October 2026.pdf; BPV_Minutes_20260912.pdf; Barnabas_Stats_Poster_2026Q3.pdf

Email to All **Barnabas Patient Voices** Members …
Printed copies to members without email
A copy will also be posted on our Facebook group, *https://www.facebook.com/groups/barnabas.ppg*, and website, *https://barnabasvoices.org.uk/*.
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 update for **Barnabas Patient Voices** members.
Apologies for this month's update being slightly late, but I'm currently trying to beat off Covid – despite having had my autumn booster.

Special Reminder
Traditional analog landlines (the Public Switched Telephone Network, or PSTN) will be completely switched off by 31 January 2027. **That's less than 3 months away.**
The landline phone service itself is **not** being abolished, but the underlying technology is being replaced by digital voice systems (such as Voice over Internet Protocol, VoIP) that operate through a broadband connection.
This means you need to take action, if you have not already done so. Your phone provider (probably BT) may already have contacted you. But if not, or you are in doubt, please call provider NOW for advice.
As always there's more background and advice online at:

- *https://www.openreach.com/big-switch-off*
- *https://www.which.co.uk/reviews/broadband/article/digital-voice-and-the-landline-phone-switch-off-what-it-means-for-you-aPSOH8k1i6Vv*
- *https://www.ageuk.org.uk/information-advice/money-legal/consumer-issues/changes-to-landline-telephones/*

Infectious Disease Update

Covid
Yes, as my wife and I have found out recently, Covid is still with us. However it looks as if the autumn wave we predicted peaked in late October; rates are generally falling, especially in London. Nevertheless it is still worth taking precautions, especially in busy areas and healthcare settings – Noreen thinks she picked up Covid in the hospital.

Flu
The flu season having got off to an early start, the national data is suggesting that infections have levelled off. If this year follows the normal pattern we can expect infections to rise again and peak around the end of the year or in January.

More data on Covid and Flu at *https://www.gov.uk/government/statistics/national-flu-and-covid-19-surveillance-reports-2026-to-2027-season/national-flu-and-covid-19-surveillance-report-29-october-2026-week-44*

Barnabas Patient Voices News

November Open Meeting – Agenda
This month's Open Meeting is on **Wednesday 18 November, at 13:00, over Zoom**.
I know some of you dislike Zoom, but this seems a good way to meet during the colder months of the year; it is also easier for members of the Practice staff to join us without sacrificing their Saturday morning.

The agenda for the meeting will be:

1. Introductions & Apologies
2. Approve Minutes of September Meeting [attached
3. [I'm still hoping one of the Practice clinicians will attend and talk]
4. Proposed 2027 Open Meeting Dates
5. Member Feedback
6. Practice Updates
7. PPG Updates
8. Matters Arising, AOB

Everyone is welcome; please join us if you can.
The Zoom link for the call is:
https://us02web.zoom.us/j/7279594414?pwd=VmYwODdoWGg2eTFvTlVjVlZyRmhSQT09

Proposed 2027 Open Meeting Dates
Following the precedent of recent years, I am suggesting the following dates for meetings in 2027:

- Wednesday 20 January; 13:00 on Zoom
- Saturday 13 March;10:30 at the Medical Centre
- Saturday 15 May;10:30 at the Medical Centre
- Saturday 17 July;10:30 at the Medical Centre
- Saturday 18 September;10:30 at the Medical Centre
- Wednesday 17 November; 13:00 on Zoom

The dates are, of course, dependent on the agreement of the Practice.
We will have a chance to discuss the dates at the Open Meeting (see agenda above), and the confirmed list will be published following the meeting.

Meet the Patients
Unfortunately, currently having Covid, has meant that recent scheduled "Meet he Patients" sessions have been cancelled, along with other visits to the Medical Centre to check over the books and noticeboards. Normal service will be resumed as soon as possible.

Barnabas Practice News

Sallian has Retired
After many years' service, the Practice's senior receptionist Sallian Amon-Ra retired in late October. We wish her a long and happy retirement.

Practice Appointment Statistics
I've finally managed to extract the publicly available data on the Practice's appointments over the three months, July to September. My summary poster is attached. What the poster doesn't show is that the Practice is performing fairly well in line with the national averages.

Local Healthcare News

Northwick Park Hospital Improves

Recent CQC inspections at Northwick Park Hospital have resulted in the ratings for emergency and children's services to be upgraded to "good". The end-of-life care service retained its "good" rating. However the hospital overall is still rated as "requires improvement". Local media report at *https://harrowonline.org/2026/11/02/northwick-park-services-improve-but-hospital-still-requires-improvement/*.

General NHS & Healthcare News

This section, like the previous one, contains items which are likely to be of interest to our patients. We will generally not include items such as national political positions unless there is a fairly direct effect on us.

You and Your General Practice

The NHS have issued an updated version of the You and Your General Practice "charter" which defines what patients should expect from their GP practice and how to use their services. Find the full document at *https://www.england.nhs.uk/long-read/you-and-your-general-practice/* or on the Practice website *https://barnabasmedicalcentre.co.uk/*.

NHS App

Two recent updates to the NHS App:

- A function to send alerts through the App when prescriptions are ready to collect from the pharmacy is gradually being rolled out across the country. Not all pharmacies are yet included although all pharmacies in Boots and Asda stores apparently are. More at *https://www.england.nhs.uk/2026/10/nhs-rolls-out-prescription-ready-alerts-on-smartwatches-and-mobiles/*.
- Changing your address is now possible in he NHS App. This is important if, for instance, you move. Your new address will be checked against the catchment area of your current GP and if necessary you will be prompted to change practice.

Confirm Your Home Address

We are aware that some patients will receive an email requesting that they confirm their home address with the NHS. If you receive such an email it is important that you action it; the email will contain a cut-off date and if you do not confirm as requested by this date the NHS will start the process of removing you from your practice's list. This is all part of the continual work to clean up GP lists and remove patients who have moved away etc. There's more information at *https://confirm-your-address.account.nhs.uk/*.

Newsletters

A round-up of potentially interesting newsletters received since the last update

- **Patients Association Weekly News** for 09/10, 19/10, 23/10, 30/10 – attached as a single (large) PDF
- **PPGukNews** for October – attached

Please share healthcare news! (But not anything about your personal care.) Please be brief – just a link to a news item is fine. Email to me at *keith@barnabasvoices.org.uk*, or leave me a note with reception at the medical centre.

So that's all for this month. I hope to see you all at the Open Meeting on 18th. Meanwhile stay safe!

Keith

Barnabas Patient Voices

Keith Marshall, Chairman, **Barnabas Patient Voices**
Phone: 020 8864 7993 – Mobile: 07847 149 417
Email: *keith@barnabasvoices.org.uk*
Web: *https://barnabasvoices.org.uk*

You have received this email as a member or friend of **Barnabas Patient Voices**.