

## MINUTES FROM PATIENT PARTICIPATION GROUP

TUESDAY 13<sup>th</sup> November 2012

### Attendees:

From the Practice:

- Dr Vino Ganespathy
- Carol McAndrew
- Mandy Weale

Patients:

- Kenneth Leedham
- Stephen Neal
- Robert Hargreaves
- Barbara Hargreaves
- Barbara Bown
- Tom Goode
- Jacqueline Evans
- Dippica Mistry

Apologies:

Helen Vickrage  
Sheila Whitehead  
Sandra Archer

Minutes from last meeting were approved and signed off.

Lorraine Stenhouse joined us from Weight Management to talk about the service they offer at the Hurst Lane Clinic and other local areas. Patients should approach their GP or Nurse for referral which will then be faxed to Hurst Lane Clinic and a letter will be sent to the patient with three options depending on the patients BMI, although it is all about making small lifestyle changes:

1. NHS involvement with Weight Watchers on prescription – 12 week course to use over 16 weeks.
2. Attend group education Size Wise classes – 12 week course including activity sessions. There is a £10 charge for the full 12 weeks, however if you attend 8 out of 12 and manage to lose weight you get the £10 refunded. This is nutrition advice for 45 minutes and a qualified trainer to offer exercise for 45 minutes.
3. Clinic appointments offering one to one sessions with Dietician – a year support with initial assessment and further five appointments spread over six months. Then a final 3 appointments spread over the next six months. With this self management is encouraged and the counselling sessions are held at Manor House Lane Surgery.

There is also a drop in service locally at St Mary's Church Hall – you don't need to have an appointment for this. Here you can be weighed as often as you like. If you would like to stay for exercise there is a £2 charge.

We have information on all these services here at the surgery in the waiting room.

We discussed how one of the PPG's at another surgery arranged a diabetic evening for their patients with various stalls on nutrition, glucose monitoring advice, healthy lifestyle, etc. It was such a successful evening and as we have a high number of type II diabetic patients we talked about arranging our own diabetic evening.

Care Quality Commission (CQC) – all GP surgeries have to register by April 2013, this involves making sure we are following correct procedures and have all necessary policies in place. One of the items brought to our attention was 'do you think patients should be involved with decisions affecting the Practice?' All PPG members thought for important information, for

example a change in opening hours of the Practice the PPG members said they would like to be informed, decisions that will not affect patients they do not need to be informed on.

Antibiotics awareness week is 18<sup>th</sup> November 2012; we discussed the sensible use of antibiotics and displayed the leaflets on our notice boards. Dr Vino explained how patients should finish the course and only take antibiotics when absolutely necessary.

It is that time of year again to get ready for the Practice Annual Questionnaire, Carol sent a copy of the new questionnaire to all PPG members previously to look at and we only had a couple of minor amendments, Carol will arrange for these to be handed out to patients and put a link on the website.

Robert and Carol to attend the area PPG meeting at Old Silhillians next Wednesday 21st November 2012 at 11am.

Chair and Secretary:

**Chair: Stephen Neal      Secretary: Jacqueline Evans**

**PPG Newsletter responsibility: Barbara Bown, Helen Vickrage and Jacqueline Evans  
- please let Carol McAndrew have any ideas for the newsletter.**

**NEXT PPG MEETING ARRANGED FOR TUESDAY 5<sup>th</sup> FEBRUARY 2013 AT 6.30pm**