

**MINUTES OF THE GREAT BENTLEY PATIENT PARTICIPATION GROUP MEETING
HELD ON THURSDAY 18th JULY 2019
AT 6.30PM IN THE MITCHELL ROOM, GREAT BENTLEY VILLAGE HALL**

Chaired by Kathy Chilvers
Present: Charles Brown, Vice Chair/Treasurer
+ 10 Members

1. Welcome:

The Chairman welcomed the members and guests Dr Nambi and Jackie Byrd

2. Minutes of Last Meeting:

No points were raised and approval for the minutes of 20th June 2019 was given.

3. Hollies Surgery News

From August 1st there will be extended hours at the surgery. From 7.30 to 8.00 am there will be a doctor available and blood tests also available. These appointments MUST be booked in advance. There may in future be more available. Although there are extended hours for these, the telephones will not be answered until 8.00 am as usual.

4. Social Prescribing

Jackie Byrd is a community link worker for CVS Tendring and spoke to the meeting about Social Prescribing. They have funding for 2 people to deal with social prescribing. The idea is that these staff will work with surgeries and be able to offer appointments and time to explore issues with patients which will relieve pressures from GPs and A&E departments

Jackie is covering rural areas. They would be able to advise patients about things like Weight Management and Walking Groups which are often free or at low cost. They would also be able to help people with volunteering if they were unable to get back into work.

There will soon be a leaflet available and Jackie said that she would be putting an article in the Great Bentley Magazine after a suggestion from one of the members at the meeting.

5. Report from PPG Liaison Meeting 17th July 2019

There were three presentations given at the meeting.

The first was about the National Diabetes Prevention Programme given by Kate Grimwood from One Life Suffolk. This programme is to work with patients who have a high risk of Type 2 diabetes. It consists of 4 stages starting with a one to one assessment and then various group sessions. Patients at risk are being sent a letter about the programme and asked if they wish to join it. There has been a good response so far but group sessions cannot be setup locally until there are sufficient people.

They are working with surgeries to identify those at risk. Dr Nambi commented that Great Bentley surgeries are already involved with this.

The second presentation was from Jane Chapman Estates Programme Manager (Clacton). She spoke about the redevelopment of the Clacton Hospital Site and wanted thoughts on what people thought should be there. It is hoped that Jane will be attending our next meeting to get our ideas.

The final presentation was about self care for minor ailments and keeping a medicine cabinet at home to help with these rather than go to the GP.

6. Local Matters

UK PowerNetworks have provided a priority register to vulnerable people to sign up for help during power cuts. Members at our meeting said that their suppliers also had this in place and knew that such help that could be provided.

7. Date and Time of Next Meeting

19th September 2019 at 6.30