

**MINUTES OF THE GREAT BENTLEY PATIENT PARTICIPATION GROUP MEETING
HELD ON THURSDAY 21st March 2019
AT 6.30PM IN THE MITCHELL ROOM, GREAT BENTLEY VILLAGE HALL**

Chaired by Kathy Chilvers
Present: Charles Brown, Vice Chair/Treasurer
Barry Spake Communications Officer
Surgery Guest Dr Nambi
+ 13 Members

1. Welcome:

The Chairman welcomed the members and Surgery Guest Dr Nambi and Guest Speaker Cheryl Lomas

2. Minutes of Last Meeting:

No points were raised and approval for the minutes of 21st February 2019 was given.

3. Presentation from Cheryl Lomas about the pilot being run in Tendring about exercise

Laura explained that she was from Active Essex and that 2 years ago the National Lottery made an award to Sport England of £100 million. People could make a bid for a share of that money and 12 were selected. 3 councils were successful and Essex was one of these. Tendring has the highest amount of inactive people at 33% and it is also an area with a high level of deprivation. In view of this there is an amount to be spent to make improvements in the amount of activity of its residents.

They are looking doing things differently than before as reduced cost of activities (ie special prices at Leisure Centres etc) is not working.

Laura gave some examples of what had been discovered so far in another area. In Hackney there was a local park that was not being used very much at all. They did a survey and people said that they did not use it as if they went for a walk there was nowhere to sit and have a rest, there were no lights when it got darker in the evenings and there were no toilets. Therefore if money was spent on these would that make the local people be more active and use the park.

There had been other ideas such the park runs which are happening all over the country be renamed to park walks as people think that you have to run to be able to take part, free bikes to be able to cycle along the sea front and using function rooms in pubs for free activities. Another suggestion was to go to clubs where people were already gathered and tag on a short exercise session at the end of the clubs activities.

Our members at the meeting were asked for suggestions and the ensuing discussion brought up the difficulties that cyclists make in many places for us to walk safely Some of the earlier suggestions from the other areas were quite popular.

If any of our members would like to offer more suggestions please our Chair know or you can send them directly to Cheryl by email at Cheryl.Lomas@ActiveEssex.org

4. Hollies Surgery News Dr Nambi

Dr Nambi reported that the DNA for this month was 75 which was up on last month's figure of 60. The surgery patient numbers have grown and there is a new Registrar in place at the surgery.

There is going to be a NE Essex study in diabetes. There is a possibility that there may be a group session in the village hall for those with pre-diabetes. More details will follow if this happens.

Following on from Cheryl's presentation Dr Nambi gave the members a quiz on the most inactive countries, asking the members whether the population of these countries were mostly active or inactive. This was great fun and although we all thought that the USA was the most inactive it seems that out of 47 countries (including the USA) we were actually the most inactive. He also explained that 30 minutes exercise per day could make a great difference and this could be carried out in many ways and not necessarily in one stint. The members at the meeting all thoroughly enjoyed this.

5. Report from last meeting of local PPG's and Health Forum

It was confirmed that the main topics at both forums was transport between hospitals and to hospitals with the proposed changes to different sites in the future and the performance of ACE in the group of surgeries they were working with. Both are ongoing issues with further talks and meetings about both going on at the moment.

6. NHS News

Work has begun to build the new cancer centre at Colchester hospital and plans to transform and extend the main entrance of the hospital have also now been approved.

The NHS Long Term Plan for Colchester and Tendring – patients have an opportunity to have a say about this. There is an online form that can be completed and the members were shown a sample or a couple of the questions. The form can be accessed here:

<https://www.surveymonkey.co.uk/r/L3MFRFV> .One of our members also let the meeting know that a paper version was available in the main entrance of the hospital and walk in centre.

Non return of walking aids has been highlighted in a recent report where they said nearly 78% of these were never brought back by English hospital patients. This is costing the MHS millions so they will be looking into this further to see what can be done. Ipswich hospital now can now return these items to dedicated on-site recycling containers. Our chair has asked if this will be extended to Colchester hospital.

The NHS App as mentioned by our speaker in our February is gradually being rolled out across England and they expect all surgeries to be connected to this by 1st July 2019.

7. Virtual Members

No comments from virtual members this month. It would be appreciated if any virtual members would like to give feedback on Cheryl's presentation and put forward any suggestions or ideas that they might have.

8. Any other business

9. Date and time of next meeting

Thursday 18th April at 6.30 pm