

**MINUTES OF THE GREAT BENTLEY PATIENT PARTICIPATION GROUP MEETING
HELD ON THURSDAY 15th March 2018
AT 6.30PM IN THE MITCHELL ROOM, GREAT BENTLEY VILLAGE HALL**

Chaired by Melvyn Cox
Present: Barry Spake Communications Officer
Charles Brown, Vice Chair/Treasurer
Kathy Chilvers, Secretary
Surgery Guest Dr A.Nambi (not present)
Guest Speaker Gabrielle Springett
+ 15 Members

1. Welcome:

The Chairman welcomed everyone to the meeting.

2. Minutes of Last Meeting:

No points were raised and approval for the minutes 18th February was given.

3. Guest Speaker Gabrielle Springett

Gabrielle is a Community Capacity Builder for the Essex Lifestyle Service and she talked about what the service is and what it covers. It is a **FREE** service to support lifestyle changes. These changes cover Healthy Eating, increasing Physical Activity, Stopping Smoking/Drinking , Managing Long Term Conditions, Self-Esteem and Resilience and more.

Gabby covers the NE East Essex area i.e. Colchester, Clacton Manningtree, Jaywick. They hold clinics in these areas often in local libraries, community halls and GP surgeries. For those unable to travel to these venues they also offer home visits and sessions by telephone call. You do not need to have a GP Referral to be able to access these services, you can just call yourself. The initial phone call may take about 10 minutes to take your details and have an initial discussion about what support you wish to have. The telephone number is 0300 303 9988 and their website is www.essexlifestyleservice.org.uk Leaflets are also available in our surgery with their details.

The service works closely with other organisations and if it is something that their coaches and practitioners are not able to help with something that may need more specialist help, they are able to signpost you to the appropriate services

The support that you will receive can be up to 12 weeks if necessary and they will follow up after 6 months and then a year to see how you are doing and whether you need any further support.

The members then asked a variety of questions which Gabby answered. The main points coming out from the answers to these were:

- The service basically was about setting goals with the client and then supporting them to achieve these goals.
- Regarding exercise – the support could range from simple walking targets to referring the client to local exercise classes.
- People could be referred to go to a gym if appropriate but this could involved having to pay but often the first few sessions might be free and a discounted rate after that might be given.
- Regarding pain management – this is an area where they probably would refer you to a specialist
- It is basically 1 to 1 but you could come with someone else or even a small group. You would be able to talk about this.
- There is no age limit at all – anyone can refer themselves.
- Clinics are mostly weekly from 8am to 8pm

4. Short Refreshment Break:

Refreshments were organised and served by Alan and Judy Bishop at their own expense and Judy provided a range of her homemade cakes and scones.

5. Hollies Surgery News – Dr A. Nambi

Unfortunately Dr Nambi did not attend so there was no surgery news.

6. NHS NEWS ITEMS:

a) Diabetes Care in Suffolk and North East Essex has been graded excellent.

b) Details about the cases of Dr Hadiza Bawa-Garba and a GP in Wales were given to the members. In both cases there was the death of a child. In one the Doctor concerned had been struck off and the other the GP had been given a “slap on the wrist”. This was discussed by the members and the overall feeling was that given the different circumstances of the two cases, justice had not been done in either case, one was far too severe and the other not severe enough.

c) Bonus Payments in the NHS. These can be up to £77,000 and mostly go to consultants. There are awarded for a certain year but when granted they continue for another 4 years after that irrespective of the performance in the following 4 years. This obviously is of great cost to the NHS. The members discussed whether they thought this was appropriate.

7. Any Other Business

Sepsis was discussed, what it is and recent cases that they knew of it. The members suggested that it would be very useful if a future meeting could have a speaker to talk about this.

Melvyn Cox thanked Gabby for her talk about the Essex Lifestyle Service and Judy and Alan Bishop for the provision of the excellent refreshments.

8. Date and Time of Next Meeting: Thursday 19th April 2018

The meeting closed at 19:35hours.

Kathy Chilvers

Secretary