

**MINUTES OF THE GREAT BENTLEY PATIENT PARTICIPATION GROUP MEETING HELD ON  
THURSDAY 19<sup>th</sup> April 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 George Pontikis  
Guest Speakers Charlotte Ready and Cherry Rowbotham  
+ 15 Members

**1. Welcome:**

The Chairman welcomed everyone to the meeting. An apology was given from Dr Nambi to the members regarding his absence from the March meeting.

**2. Minutes of Last Meeting:**

No points were raised and approval for the minutes 15<sup>th</sup> March was given.

**3. Guest Speakers Charlotte Ready and Cherry Rowbotham**

A presentation was given explaining the Health in Mind service which is free. After an introduction to what Health in Mind is they explained what was on offer and what is covered. There are things such as 1 to 1 sessions, online courses and short face to face courses to help with a range of different problems that people may be experiencing such as Mood problems eg depression, low self esteem, Anxiety eg phobias, panic attacks, OCD. They use a range of different techniques and if they are not able to help with a certain problem, they are able to signpost where help for that could be obtained.

There is a pdf document sent with these minutes that explains in more detail what the service is about. There is also a website for Health in Mind <http://www.healthmind.org.uk> When you reach this website you then have to click on the Great Bentley Surgery to be taken to the local Health In Mind site.

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

- The service caters for age 16 plus
- Group sessions are in Tendring and Colchester
- They do 1 to 1 as well as group sessions although at present there is a waiting list for this
- There is at present nothing especially for bereavement or memory problems although it is possible that another group might actually be suitable for this. This can be discussed in the initial phone call with the individual and appropriate action taken.
- They are putting on new courses over time and if there is a specific need for one they may be able to cater for that.

**4. Hollies Surgery News**

Dr Pontikis reported that there was no further news about a new surgery. A further meeting with the CCG and the doctors is to take place in May.

At the surgery March was busier than February. The figures for DNA (Did Not Attend) for February was 76 and for March was 86.

Other figures were:

Face to face consultations	February 3,025	March 3,382
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Home Visits	February 75	March 94
Prescriptions	February 26,000	March 24,193
Telephone calls received in March	1,049	
Referrals made by doctors	290	

There seems to be much more reliability with prescriptions and Dr Pontikis reminded the meeting about the need for 3 working days' notice for repeat prescriptions. The new telephone queuing system seems to be working nicely. The surgery was closed on the afternoon on the 18<sup>th</sup> April for CCG training.

Dr Daniels has moved on to pastures new and there is a new doctor (Dr Vine) starting in July for 3 days a week. At the moment the waiting time for a routine appointment is about 4 to 6 weeks but the triage system is in place for more serious needs and an appointment can be made much sooner even on the same day at the discretion of the doctor on triage duty.

## **5. Sepsis**

The chairman asked Dr Pontikis if he was able to give the meeting more information about Sepsis as it had been discussed at the last meeting and the members wished to know more about it.

Dr Pontikis explained that basically sepsis is poisoning and it is when an infection is overwhelming the body. It is very difficult to diagnose as there can be different types – bacterial, viral and fungal and the symptoms can be very varied. Although there have been many reports about it, it is not necessarily increasing amongst the population – it is just that it is being reported more in the media. The link below is to a leaflet that explains more about what it is and a pdf of this leaflet is send with the email containing these minutes.

<https://patient.info/health/sepsis-septicaemia-leaflet>

## **6. Meeting of local PPG's 18<sup>th</sup> April 2018:**

This will be reported on in the next meeting when the minutes are available.

## **7. Meeting 'Local Health Matters 14th March 2018:**

There is a red bag system being put in place in the local hospitals where patients being admitted from care homes will have their belongings placed in these bags which will go with them where ever they are moved to in the hospital.

There has been criticism of how ACE is running in certain surgeries.

## **8. NHS News:**

February the worst on record for 70 years for Key Performance Indicators such as people having to wait in corridors.

The UK has the lowest level of breastfeeding in the EU and the length of life has plateaued with that of a boy being 79 and that of a girl being 83.

## **9. Any Other Business:**

Melvyn thanked the speakers for their contribution to the meeting.

## **8. Date and Time of Next Meeting: Thursday 17<sup>th</sup> May 2018**

The meeting closed at 19:35 hours.