

Minutes of Wetmore Road Surgery
Patient Participation Group Meeting incorporating AGM

Wednesday 1st May 2019

Present: **Patients x 11** Beryl W, Pam M, Gill R, Jennifer E, Mike P, Joy J, C Low, Pat B, Iris E, Jane K, Sarah C

Surgery staff Rob Paton – Practice Manager & Amy Carter – Assistant Practice Manager

Apologies Steve W, Bernard P, Ian N, Gill H, Rob M, Ann M

<u>Agenda Items</u>	<u>Action</u>
<p>In the absence of the IN, Rob took the Chair. Apologies were given and the minutes of the last meeting were approved.</p>	
<p>AGM As IN was not able to attend there wasn't a chair's report but SC shared a list of projects and issues addressed between the PPG and the practice since the last AGM. (see attachment) GR commented it was good to see the support group boxes looking suitable messy and well used. The mental health support folder was missing completely. Hopefully it was being used by someone in need. If anyone has any information about support groups please could they pass these to Gill to replace it and to keep other folders up to date.</p> <p>Election of officers <u>Chair</u> – IN was asked to continue and is willing to do so. <u>Secretary</u> – SC was asked to continue and agreed. Thanks were noted for the work she does. <u>Vice – Chair</u> – BW was asked to continue and agreed. <u>District Group</u> – JK and JJ are willing to continue was the representatives. <u>Notice boards</u> – GR would like to continue with the support group boxes and CL offered to help her in keeping the noticeboards up to date. It was thought that maybe the promo board could be changed quarterly. There are some items that have to be displayed in a public area (eg the CQC inspection outcome) but there was some discussion about how to rearrange the noticeboards to keep the focus on the information on what patients most wanted to read. In light of a new board to go up (see practice update) there will be a need to rearrange anyway. SC would like the PPG board to be totally revamped to attract new attention although it was felt there was some good information currently on display that was evidence the PPG are listening to feedback from the patients. <u>Section 106 Lead</u> – RP explained more about section 106 money, funding from developers to support infrastructure and local services impacted by new developments. The CCG should be applying for money as part of the planning process. Whether they are or not is still unclear but the practice have never seen any money from it. We were looking for a member of the PPG to take the lead on working with RP to follow this up and ask pertinent questions on behalf of the patients to apply pressure for money to be released to support the practice. CL agreed to take this on. It was discussed whether using Freedom of Information requests would get some clearer answers?</p>	

Park Run

James and Nicola are members of the core team who organise the Park Run at Conkers. They came to talk about how Park Run works and the benefits of taking part and to gauge if there was support for a new Park Run in Burton.

There are 652 Park Runs in the UK. Park Runs all take place on a Saturday morning (Junior Park Runs are Sunday) and all are 5km. It is free to take part. Participants can walk, run or jog around the course. The presence of a tail walker ensures a participant is never the last to finish. They keep going in all weathers unless ice makes it unsafe.

The 3 nearest Park Runs are currently Rosliston, Conkers and Markeaton Park. At Conkers there are 9 marshalls around the course. There are 2 defibrillators accessible in emergency. Currently there are about 500 attendees.

When you sign up for Park Run you only have to give basic information about yourself. You are assigned a personal barcode which you can use at any Park Run nationwide. You can choose to have your finishing time texted or emailed to you so you can track it against your own progress if you choose. Adults and children can participate together, parents can push a buggy while they are taking part if the child is too young. A child under 11 has to be accompanied by an adult. Participants are also welcome to take their dog if it is on a short lead.

As well as the obvious physical benefits of activity Park Run can be a motivating way to keep active. There are also mental and social health benefits of participation including the impact of the support given and the friendships made.

Park Run is run completely by volunteers.

There are 11 specific health related groups within the participants that once you are registered you can become part of if you fall into those groups eg asthma, obesity, cardio, endometriosis, visual impairment. These provide valuable support mechanisms.

As Park Run has become more popular and participation has increased of those looking to start on a journey of fitness the average Personal Best time has increased – this is evidence of the breadth of starting points of the participants. As long as someone is moving forward they can take as long as they need and go at their own pace. The point is not necessarily to become a runner, just to get active. Half of all attendees are not runners. Conkers is a beautiful course and that in itself offers psychological benefits.

It was noted that around Burton there are already a number of walking groups already offering many of these benefits.

If a Park Run is to be established in Burton the Washlands is probably the best place for it to happen although it is under water at times. Once a core group has been set up there is support nationally to make it happen. There is no competition between Park Runs. There are a number of running clubs in Burton and it could be that they would help support it getting established. It is important to get the right team enthused to get it up and running. Experience has shown that a new Park Run does not have a significant effect on the number attending existing local runs. If someone is keen to go but nervous about it if they just send a message in advance the organisers will ensure there is someone to support them on arrival.

Park Run is a valuable resource in Social prescribing but it needs to be accessible and the established ones are quite difficult to get to from Burton by

<p>public transport.</p> <p>A GP surgery can sign up to be a Park Run practice. Currently there are no Park Run practices in East Staffordshire. There is no cost to signing up and the practice would be given publicity materials as well as a certificate to display. The surgery staff would be encouraged to sign post patients to take part if it was thought it might be particularly beneficial to them.</p> <p>RP agreed to put the suggestion to the partners and look at being the first practice in the area to sign up. We could then include information in the practice newsletter.</p> <p>It was suggested that maybe the next promotion on the promo noticeboard could be focussed on getting active for free – it would be a good time of year to encourage people and could include Park Run, the walking groups and some of the activities Burton Albion Community Trust organise.</p>	<p style="text-align: center;">RP</p> <p style="text-align: center;">GR/CL</p>
<p>Practice Update</p> <ul style="list-style-type: none"> • Numbers are up again, but only slightly, to 11088 • Dr Marta Turner will be joining the practice as an ST3 trainee in mid-July. She will be working 3 days a week. • There is still no news to share about the premises. RP is working with the CCG and he and Dr Law have had a meeting with them recently but not heard anything back. • Primary Care Networks are being established nationwide. Typically practices will network together to serve a patient population of 30000-50000 patients. Wetmore Road are part of a slightly different model. Because the practices across East Staffordshire already network very effectively they have the agreement of NHS England and the CCG to keep this network together. The larger group will avoid duplicating bureaucracy and allow more of the money to be invested in clinicians. The concept is that together the network employ clinicians with a range of expertise eg pharmacists, paramedics, physiotherapists and social prescribers, to support the ongoing work of the GPs and allow the GPs to focus their time where it is most needed clinically. These multidisciplinary teams will develop over time and should be well established by 2024. Signing up to this also included more extended access to be available from 1st July 2019. • At the last meeting the problems with dressing clinics had been mentioned. The problem of weekend cover has now been addressed by Queen's Hospital stepping in to provide additional clinics with local surgeries doing weekdays. The CCG are picking up the cost and will review it after 3 months. • Virgin Care have been given 12 months notice that they have lost their contract for local services. A new provider needs to be put in place during this time and the CCG is looking at alternatives to a large provider. It is uncertain how the next 12 months will pan out as there are already staff shortages, they will lose more staff over this period and will not be in a position to recruit. There are already problems with a few specific services eg there is nowhere to refer patients needing a dietician. • A magnetic board has been purchased and signs made to help communicate how near to time GPs are running. Hopefully this will be in place in the next few weeks. Patients have already given some positive feedback that the receptionist are communicating this information better. The electronic sign in board is also giving more 	

<p>information about time keeping.</p> <ul style="list-style-type: none"> There are 2 new receptionists – 1 replacing someone who has retired and one covering a maternity leave. The full complement of receptionists is a team of 9. The new staff have had in house training about care navigation. <p>It was asked how the care navigation system is working. RP reported that it not had as great an impact as they had hoped as the local pharmacists have not provided the level of support they had anticipated and this has resulted in a loss of confidence with patients who have been signposted that way.</p>	
<p>District Group Report</p> <p>JJ reported on a change to the pensioners' bus passes. These will now only be valid from 9.30am – 11pm which will impact on anyone with an early appointment.</p> <p>The PPG self-assessment tool had been distributed at the meeting. Neither RP or SC were aware of this but as it was to be returned to the CCG it was felt it merited the time to complete it so JJ will send SC an electronic version and she will complete it.</p>	<p>JJ/SC</p>
<p>A.O.B.</p> <ul style="list-style-type: none"> SC had emailed details of the next NAPP conference which will be held in Cheltenham on 15th June. Having attended last year JK was asked whether it would be beneficial for the group for someone to attend. JK thought it was interesting but there wasn't really much that could be brought back to improve what we are already doing and so it was decided we would not send a representative this year. RP will renew out membership of NAPP and SC will distribute the log in details so everyone has access to the members area of their website. Instead of attending the conference it was suggested that those who have time browsed the website to see if there was information there would could follow up on locally. 	<p>RP/SC</p> <p>ALL</p>
<p>Date of next meeting</p> <ul style="list-style-type: none"> The next meeting, WEDNESDAY 3rd JULY at 6pm. 	