

MINUTES OF THE
REDGATE MEDICAL CENTRE/SOMERSET BRIDGE MEDICAL CENTRE
PATIENT PARTICIPATION GROUP MEETING
HELD ON WEDNESDAY 2 AUGUST 2017
AT REDGATE MEDICAL CENTRE

Present:

Clair Brown , Patient Rep, RMC
Elsa Gell, Patient rep, SBMC
David Preece, Patient rep, RMC
Phyllis Smith, Patient Rep, RMC

John Mitchell, Patient Rep, RMC
John Sealey, Patient Rep, RMC
Pat Crick, Patient Rep, RMC

Barbara Lee, Business Manager, Stockmoor Lodge

Laura Ridout, Somerset Changer Transformation Manager

Sophie Amghar, Medical Secretary

Kathy Bartley, Practice Manager

1. Welcome and Introductions

Members of the group were welcomed to the meeting.

2. Apologies

Apologies were received from Janet Royston.

3. Actions Arising from the Notes of the last Meeting

Additional GP signs have been ordered for the front entrance at SBMC.

4. Practice Update

In Charley's Memory

The first In Charley's Memory Assessment clinic has now taken place at Redgate and a further clinic is due to take place at Somerset Bridge this week. Following initial assessment clients will benefit from 8 sessions of in-house counselling provided by I.C.M qualified counsellors. This will enable young people aged 11-25 to source counselling quicker as wait times for Talking Therapies and CAMHS are currently around 10 months.

Singing Group

Health benefits of a singing group were discussed. The breathing techniques can help with COPD, asthma and also mental health. At the moment there are 6-8 people interested. David Preece

expressed an interest in joining. Kathy will arrange an initial meeting with those interested and Barbara Lee offered Stockmoor Lodge as a venue for this. The singing group may also benefit residents at Stockmoor Lodge. Barbara Lee suggested that she may be able to access some funding for the singing group.

Action: to arrange initial singing group meeting with interested parties

Stockmoor Lodge

Barbara Lee joined the meeting to discuss ways of raising awareness and developing dementia friendly communities. She reported that Co-op staff now wears badges as they have had dementia friend training and this helps makes others aware of this. In September there will be presentations to year 6 children at Somerset Bridge M/C to enhance children's knowledge and understanding of the disease.

Barbara gave a very interesting insight into dementia and spoke about how although dementia suffers forget memories that emotions stay with them.

We discussed ways of the practice getting involved in promoting dementia awareness to patients. It was suggested that one way to do this would be at flu vaccination clinics and possibly during World Alzheimer's Day , when we could have information stands and share details of when dementia friend training courses are to take place locally.

Barbara raised awareness amongst group members how to apply online to be a Dementia Friends Champion, a volunteer who encourages others to make a positive difference to people living with dementia.

There was keen interest in starting a sequence dancing group. This was deemed very useful for getting people active and socialising. John Sealey mentioned that there was currently a group running at Blake Hall on Sunday and Wednesday evenings 8 pm – 10 pm at a small cost. There was suggestion of starting another smaller group up on an afternoon and perhaps putting on a presentation at Stockmoor Lodge for patient's to enjoy and participate in, if they wished to.

We linked mental health to dementia too and spoke about promoting both on mental health awareness week – 10/10/2017. **Action: Discuss at next meeting.**

4. Social Referrals

Clair mentioned that the gardening group were struggling to get referrals from practitioners.

Action: Kathy to give a refresher at the next breakfast meeting and also arrange a social group presentation to the GP's in a Friday morning meeting.

5. Arts Centre

We discussed the support the Art Centre offers to the community. Carrie's details have been passed onto Barbara Lee to enable them to discuss possibly integrating services.

There was an idea about getting mental health awareness badges too, like the dementia ones.

6. Any Other Business

David Preece provided feedback of his recent experience using the Electronic Prescription Service. He felt that the nominations were not clear as there was not an option to collect prescriptions from reception. Kathy confirmed that if the nominated pharmacy within a patient's record is left blank the system automatically defaults to a printed prescription (rather than an issuing an electronic one) which the patient is then able to collect from the surgery. Likewise on repeat prescription request forms, if the patient hasn't specified which pharmacy they wish to collect from the prescription will automatically stay in the practice. Kathy will check David's EPS nomination and speak to reception staff to ensure all are clear about patient pharmacy nominations.

David also mentioned difficulty is getting to see a specific doctor of choice. Kathy said if there was ever a problem like this to contact her directly and she would try her best to accommodate.

7. Date and Time of Next Meeting

10.30 am, Wednesday 20th September 2017, Somerset Bridge Medical Centre.