

PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER

December 2019 – Issue No 23

email: ealccg.ppe@nhs.net

web: www.ealingccg.nhs.uk/get-involved/patient-participation-groups

NEWS

100,000 more people set to benefit from personal health budgets



Personal Health Budgets (PHB)

A change in the law means that 100,000 more people will have the right to a personal health budget to manage their care and support needs. This change came into force on Monday 2 December 2019 and benefits people eligible for an NHS wheelchair and people who require aftercare services under section 117 of the Mental Health Act.

A personal health budget is a bespoke package of care, planned and agreed between people and their healthcare team. They give people more choice and flexibility over the support they receive. Clinical Commissioning Groups (CCGs) are responsible for the local provision of personal health budgets.

INTRODUCING OUR PPGs

Barnabas PPG

Helping the Doctors to Help You!

Barnabas Medical Centre PPG was set up by the Practice in early 2012 with six members. That autumn it was agreed to transfer control to the patients and Mr Keith Marshall was elected as Chairman. The PPG now has just over 40 patient members of whom about a third attend at least one of five formal meetings a year – although like all PPGs they need more active members, especially younger members.

So what do they do? Their biggest effort each year is to run the practice's annual patient survey, usually in June to coincide with PPG Awareness Week. This summer they had almost 320 completed surveys, about 3.5 per cent of the practices overall patient list.

Along with the survey they look at the latest IPSOS MORI GP patient survey results to see how Barnabas compares with other practices locally and nationally. The answer is "very well".

Another activity this year has been creating a printed list of useful local facilities; everything from pharmacies to places of worship, post offices to food banks. This is particularly aimed at those new to the area and has been very popular since its launch in June.

They are now discussing a possible leaflet on "how to be a better patient" to help doctors and patients: get the most from GP consultations.

As if that isn't enough they edit and produce the practice's quarterly newsletter, Barnabas Bulletin. They try to spend one or two half-days a month in the waiting area meeting patients: chatting, quietly promoting the PPG, answering questions, and demonstrating relevant online services. Also in the waiting area, they've set up a flourishing book exchange -- cookery books and children's books are especially popular -- and keep an eye on the

noticeboards, magazines, and leaflets. Donations of books and magazines are always welcome!

The PPG chair's other major task is to send members a monthly news bulletin full with: PPG activity, important local healthcare news, and general news on the NHS.

Every six weeks or so PPG chair meets with the practice manager to exchange notes, ideas, plans, and possible collaboration.

While much of this is patient, rather than practice, focussed, it all helps the practice, makes things more friendly and hopefully less stressful for patients.

Overall they aim to be a critical friend to the Practice and working with them to achieve OUTSTANDING ratings at CQC inspections -- and they are getting closer!

If you would like to discuss any of the activities stated above, please get in touch with Mr Marshall.

Email: barnabas.ppg@gmail.com

GET INVOLVED!

NHS England & Improvement (London) is seeking public perspectives on vaccination services

NHS England & Improvement (London) are looking for three individuals to join the London Immunisation Partnership Board as Lay Members for one year (April 2020 to April 2021) to represent the voices of vaccination service users in London.

This is an exciting opportunity to help improve immunisation coverage and the quality of vaccination services across London. NHS England & Improvement are responsible for 19 publicly funded population-based programmes covering vaccinations given in pregnancy to flu vaccinations for the over 65s. They also include MMR and meningitis vaccines given to children and adolescents.

They are looking for people who understand the importance of immunisation coverage and who are

willing to help improve vaccine uptake in London. This understanding can be gained from:

- Personal experience
- as a relative or unpaid carer of someone at risk of a vaccine-preventable disease (e.g. immunocompromised child, pneumonia for a COPD patient)
- as an advocate, volunteer or officer of a relevant charity or organisation.

The London Immunisation Partnership Board meets four times a year (every three months) in Wellington House, Waterloo, London. The board is responsible for developing London's immunisation strategy to protect Londoners from vaccine-preventable diseases and oversee its implementation. It also ensures that NHS England & Improvement (London) are commissioning programmes in line with World Health Organisation guidelines to improve immunisation coverage and reduce health inequalities in vaccination uptake.

All lay members will be provided with online training and a paid half-day induction to the immunisation programmes.

The lay member role is a paid role due to the time commitment and work required. **This will be £75 plus travel expenses for every board meeting attended.** As a lay member, you will be expected to commit to the following for each board meeting:

- Read papers for the board prior to the meeting (two to four-hour commitment)
- attend board meetings in London (two-hour commitment)
- use your personal experience and judgment to actively contribute to improving the quality and consistency of vaccination services provided by the NHS.

Ensure the voices of patients and the public are heard in quality improvement initiatives to improve vaccination uptake.

If you would like to discuss this role further and request an application form and other related documents, please email

catherine.heffernan@nhs.net

or jack.copas@nhs.net

The deadline for applications is 31 December 2019.



HEALTH CAMPAIGNS

Top tips for winter-Winter campaign Patients with respiratory problems

Winter is coming! This is a period when respiratory problems are more common. On this sheet are some top tips to help you stay healthy and manage any problems more quickly.

Winter is the time of year that cold and influenza viruses abound. Unfortunately, these viruses can be hard to avoid as they can survive on surfaces for many hours. Having a viral chest infection can make any chronic lung condition worse. These can cause flare-ups of both asthma and the condition, COPD.

Tip 1 Keep warm and drink plenty of fluids to stay hydrated as warm dry air can make your secretions more difficult to clear. The ideal indoor temperature should be above 18 C. If you are having problems with heating bills, you may be eligible for help. For further information in North London call 0300 555 0195.

Tip 2 Keep active or as active as possible but wear warm clothes if going out and check the weather beforehand.

Tip 3 Get the flu vaccine: Most patients with a chronic respiratory problem will benefit from a yearly influenza vaccination which may help protect you against flu viruses – please check with your GP if you have not had one.

Tip 4 Get the pneumonia vaccine: Patients over the age of 65 or those with chronic long term conditions should also have a pneumonia vaccine (which only protects against one common type of pneumonia). One injection should protect you for life. Please check with your GP if you do not recall having one.

Tip 5 Take your respiratory medicines regularly: During the warmer weather, your chest condition may have felt better, and you may have been tempted to reduce your medications. You should ensure that you are now taking the correct medications at the correct dose and that you do not run out. If you are not sure how much or what to take, please check with your GP.

Tip 6 Quit smoking Smoking can make your lungs more susceptible to infection by viruses and bacteria. Don't wait for the New Year to stop, now is a better time to minimise the chance of problems over the winter. Millions of people have used support to help them to stop smoking and you're four times more likely to quit with NHS help.

Tip 7 Emergency pack If you have chronic asthma or COPD and are susceptible to flare-ups, you should have an emergency pack of antibiotics and steroid tablets at home to take if your condition becomes worse. You can take the antibiotics if your sputum changes (i.e. becomes thicker, darker, smellier or there is more of it), and the steroids if you become a lot more breathless than usual and your rescue (usually blue) inhaler is not as effective.

It's time for your flu jab! Get it now!

About 30 million people are being offered the flu vaccine, in the biggest winter vaccination campaign the NHS has seen. For the first time, all primary school pupils can have the vaccination free.

Alongside children, the over-65s, pregnant women and those with existing long term illnesses and their carers will also be offered the vaccine.

The flu vaccine helps protect people from contracting flu and prevents the spread of flu between families and communities. The vaccine is the best protection and we encourage everyone eligible to have their vaccine each year. The flu vaccine is given at your GP surgery or a local pharmacy.



Keep antibiotics working campaign

Public Health England has launched the second year of the Keep antibiotics working campaign, highlighting that taking antibiotics when you don't need them puts you and your family at risk. To help keep antibiotics working, always take your doctor's or nurse's advice.

The campaign also encourages members of the public and healthcare professionals to become 'antibiotic guardians'. You can do this by making a pledge about how you will personally prevent infections and make better use of antibiotics.

January 2020 health campaigns

"Dry January" 1-31 January 2020 challenges you to go alcohol-free for 31 days and aims to raise awareness of the effects of alcohol.

"Every Mind Matters"-a mental health awareness campaign

"Help Us Help You-111 service" national campaign

EVENTS, CONFERENCES, WORKSHOPS, SEMINARS

Heart to Heart Course Do you have a Cardiac condition? Is this affecting your mood?

Join Heart to Heart eight Week course at the Ealing IAPT office (84 Uxbridge Road, W13 8RA). IAPT uses Cognitive Behavioural Therapy (CBT) based techniques to help boost your mood and reduce anxiety in relation to having a cardiac condition. Please contact IAPT Team on 0203 313 5660/5661 to find out more about the course.



McMillan Cancer Support Free training for PPGs



Are you part of your GP PPG? Are you affected by cancer? Are you caring for someone with cancer? Would you like to share your experiences of cancer with Macmillan Cancer Support?

If so, Macmillan Cancer Support would like to come to your PPG group and run a Community Connectors training session. It can be covered in a couple of hours and includes cancer awareness, signs and symptoms and how Macmillan can support (including the eHNA-electronic Holistic

Needs Assessment and cancer care reviews). The participants would then have some knowledge that they could share with their families and communities. We also want to spend some time talking with attendees about their experience with cancer, the support they accessed, and where they think services need to be improved locally.

Following the training session, we would like a few members of the PPG to take their new knowledge and share it within their networks e.g. with reception staff at their GP or with another PPG. We would provide materials and support for volunteers to do this.

It will give us an opportunity to find out about the needs of people affected by or living cancer, using the primary care lens, rather than a secondary care lens. If you would like to organise a date for Macmillan to attend, please contact Alice at AIDowden@macmillan.org.uk

Diabetes risk assessment sessions

Neighbourly care has organised a number of diabetes risk assessment sessions across Ealing. The sessions are open to all so you don't need to book a place if you wish to attend any of the sessions outlined below but If you would like more details and/or further information please contact Nurita Bangar (Neighbourly Care Health Services Officer) on 0208 571 1929 or at nurita.bangar@neighbourlycare.org.uk

DATE	VENUE	TIME
WEDNESDAY 8 JANUARY 2020	ST NICHOLAS CHURCH, FEDERAL ROAD, PERIVALE UB6 7AP	FROM 12 pm
THURSDAY 6 FEBRUARY 2020	ANTILLES HOUSE, 1 FRIARY ROAD, ACTON, W3 6AE	FROM 11.30 am
FRIDAY 6 MARCH 2020	RUSKIN HALL, 16 CHURCH ROAD, ACTON, W3 8PP	FROM 1.30 am

EVERYONE WELCOME!

WOULD YOU LIKE MORE INFORMATION?

National Association of Patient Participation (NAPP)

You can access some useful free information about PPGs on the NAPP website. But if you would like to have full access to their resources your practice would need to pay an annual subscription fee to NAPP. More information is on their website www.napp.org.uk

The latest (November 2019) E-bulletin can be found at <https://www.napp.org.uk/Ebulletin%20NOVEMBER%202019.pdf>

Involvement hub

There is a section on the NHS England website dedicated to patient and public involvement. It includes information and resources for the public, carers, patients, commissioners, and other health professionals who want to get involved in NHS England's work and/or enable others to participate to make a difference to healthcare. For more information about the Involvement Hub please click the link below.

<https://www.england.nhs.uk/participation/>

Abbreviations

COPD-Chronic Obstructive Pulmonary Disease
 CQC-Care Quality Commission
 ECCG-Ealing Clinical Commissioning Group
 eHNA- electronic holistic needs assessment
 GP-General Practitioner/General Practice
 NAPP-National Association of Patient Participation
 NHS-National Health Service
 PPE-Patient and Public Engagement
 PPG-Patient Participation Group

Merry Christmas and Happy New 2020

Thank you for your continuous support and interest in the PPG Newsletter!

See you in 2020!



WE WANT TO HEAR FROM YOU!

[If you have any ideas, suggestions or comments on the newsletter](#)

[Please send your contributions to our new email address](#)

Ealccg.PPE@nhs.net

Previous editions of the newsletter can be found on our website

<https://www.ealingccg.nhs.uk/news-publications-and-policies/publications.aspx?n=6363>