

PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER

July 2020 – Issue No 29

Email: ealccg.ppe@nhs.net

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

NEWS

Key messages

NHS premises are safe. If you are called for an appointment, please make sure you attend. We have put in place rigorous infection control measures to keep patients and staff safe.

Please contact your GP if you need medical advice. You may be offered a telephone, video or online consultation, as they are now all available across NW London practices. We may ask you to send us pictures. If you are called in for a face-to-face consultation, please follow the guidance your practice will provide, so that your care is as safe as we can make it.

We have learnt a lot from these new ways of working and they will be a part of how you access your GP in the future. You can help us by supporting everyone in your family to use the technology.

New Public Health advice

Face coverings are compulsory in shops from 24 July.

If you experience a high temperature, a new, continuous cough or changes in your sense of smell or taste, you must book a covid-19 test immediately.

Cancer

Cancer is still one of the biggest killers in the UK.

Have you had any new symptoms since lockdown and unsure what to do next?

If you're worried about symptoms that you think could be cancer, please know that GPs are still here for you.

When it comes to cancer, early detection is key. A five-minute phone call could be the first step to getting clarity. Don't ignore the signs.

GPs in Ealing are now offering phone or video appointments and have also put in place new measures for your safety.

Health and wellbeing are more important than ever.

Ealing CCG Covid-19 Patient Experience Survey

Ealing Clinical Commissioning Group (CCG) is committed to capturing patient experiences about the health services we commission. This is an integral part of Ealing CCG's engagement activities and is conducted by the Ealing CCG Patient and Public Engagement Team. The main aim of the survey is to ensure patients and service users have the opportunity to give their views on their experiences during the Covid-19 pandemic and to ensure these views are used to improve patient care in the future.

It is a statutory requirement for all NHS and Social Care (Children and Adult Social Services) organisations to engage with patients and the public on an individual or collective basis.

This survey is anonymous. However, if you would like to receive the results of the survey, please write your name and contact details at the end of the survey.

Thank you for your participation.



COVID19 Patient
Experience Survey-fin

LIFELINE: Ealing Mencap

LIFELINE has been set up by Ealing Mencap to ensure that every disabled person and those who care for them have professional support in order to reduce the sense of feeling alone and without help.

You can call LIFELINE if you need someone to talk to on 0208 5669575 anytime between 9am and 5pm, Monday to Friday or email info@ealingmencap.org.uk.



LIFELINE Postcard
(1).pdf

Ealing Cardiac Group

Ealing CCG is a friendly, heart patient-led, fitness group, based in Ealing.

It's a non-profit organisation that provides instructor supervised live exercise classes for West London residents.

Referrals from GPs and medical professionals are welcome.

The classes are designed around the needs of patients with heart issues and who want to improve or sustain fitness levels. The classes are suitable for COPD and Asthma patients, too.

The fitness trainers are accredited by the British Association of Cardiac and Pulmonary Rehabilitation, BACPR.

Class sizes are capped at 15 so that trainers can provide guidance and support. Daily sessions currently take place over Zoom from Monday to Friday.

For more information, please contact Ian (ian.renwick@ianrenwick.com) call or text 07956 150200 or visit the website www.ecg.fitness.



Ealing Safe SPACE

Safe SPACE is a specialist support service for children and young people affected by domestic or relationship abuse. The project is open to children and young people between the ages of 5 to 18 years old who reside or are educated in and around the Borough of Ealing.

Most children and young people are acutely aware of incidents of domestic abuse within the home, even if they are not in the same room where it is taking place. Research indicates that children who have lived with domestic abuse can be at increased risk of suffering ongoing emotional trauma, mental health difficulties and behavioural problems (Women's Aid, 2009). Early intervention can help prevent this.

Their experience has taught them that domestic abuse affects each child and young person differently, so they offer a variety of services to suit their different needs. Their model focusses on reducing risk factors, increasing protective factors and resilience levels, by analysing a Young Persons needs as an individual and providing holistic trauma informed support. Their one to one support service includes:

- Advocacy
- One-to-one emotional support
- Practical support
- Safety planning
- Confidence, empowerment and resilience building
- Exploration of healthy and unhealthy relationships

- Information regarding the criminal justice system and sign posting to other agencies

Victim Support is committed to working alongside children and young people, involving them in decision making through youth forums, consultations and co-design of services.

Please contact for further information:
SPACE@victimsupport.org.uk

HEALTH CAMPAIGNS AND AWARENESS DAYS August 2020

Cycle to Work Day-8 August

Cycle to Work Day is the UK's biggest cycle commuting event. Every year since 2012 we've seen thousands of enthusiastic riders hit the streets to celebrate everyday cycling.

Organ Donation Week 2 to 8 September 2020

Encourage people to join the NHS Organ Donor Register and encourage people to share their donation decision. For further information visit the NHS Blood and Transplant website
<https://www.organdonation.nhs.uk/get-involved/news/save-the-date-organ-donation-week-2019/>



WOULD YOU LIKE MORE INFORMATION?

National Association for Patient Participation (NAPP)

<https://www.napp.org.uk/>

Parkinson's UK July 20 Newsletter



202007_Newsletter
Parkinson's UK.pdf

Ealing and Hounslow CVS

Please follow the link below where you will find the latest edition of the Ealing and Hounslow CVS Covid-19 e-news.

<https://mailchi.mp/1b178c97680c/managing-change-session-last-chance-to-book?e=afc2e80029>

Abbreviations

A&E: Accident and Emergency
BACPR: British Association of Cardiac and Pulmonary Rehabilitation
COPD: Chronic Obstructive Pulmonary Disorder
CVS: Community and Voluntary Service
ECCG: Ealing Clinical Commissioning Group
GP: General Practitioner/General Practice
NAPP: National Association of Patient Participation
NHS: National Health Service
PPE: Patient and Public Engagement
PPG: Patient Participation Group

**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

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be found on our website

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