



MAYFLOWER MEDICAL CENTRE (MMC)
PATIENT PARTICIPATION GROUP MEETING

Wednesday 24th October 2018 5pm

Chair: Michael Loveridge

Attendees:

Tony Whitmarsh (Vice Chair)
 Jenni Whitmarsh
 Trevor Price
 Marguerite Kramer
 Bryan Harvey
 Philip Davis
 Elizabeth Davis
 Penny Gander
 Tom Johnson
 Marilyn Jones (Minutes Secretary)

Apologies

Sheena Parsons
 Ann Coogans
 Louise Armstrong
 Louise Yaxley
 Joan Cooper
 Patricia Paxon

In attendance

Kate Larden (Deputy Practice Manager)
 Lynsey Calver (Administration Clerk)
 Dr Susa joined the meeting at 5.20pm and left at 6.15pm

AGENDA

1	<p>Introduction: Michael Loveridge (ML) welcomed those attending. He outlined the structure of the meeting and said that he intended future meetings to follow a similar pattern i.e. inviting speakers on relevant topics. He reported that the PPG is now able to post notes on the MMC Facebook website. He also emphasised that PPG Minutes are posted on the website – in case anyone had not received them directly by e mail.</p>	
2	<p>Minutes of last meeting- 29th August 2018 Approved and accepted as correct.</p>	
3.	<p>Matters arising: Will be covered in the remainder of the agenda.</p>	

4	<p>Update on Groups progress: As outlined at the last meeting ML wanted to set up some groups looking into areas identified as requiring support. 4 areas had been identified</p> <p>. Stroke TW had volunteered to take the lead and reported that he had met with 3 other PPG members to look at ways of helping patients and carers. He read out the draft Mission statement down up. There had been a useful meeting with Tendring Stroke Support. MK reported that the National Stroke Association are extremely helpful, but there seems to be a gap in provision in North East Essex! They are looking into the matter and will get back to her.</p> <p>. End of Life ED has taken the lead and reported that she and her group are looking at Advance Care Planning and wants to raise awareness of the process and give choice to people on how they wish to end their life. It is important that this is done before individuals lose capacity, and that everyone involved in their care is aware of the directive. She is concerned that when enquiring of MMC for the relevant form, she was advised by a member of staff to go to the Post Office!! Yet another surgery she approached was able to produce a form and knew about the matter. An appointment has been made with the Medical Director of the Hospice (Karen Chumbley) to discuss further, She is prepared to give a talk about it so would be a useful topic for a future PPG meeting. Aim is to get this into Residential and care Homes. Also for the MMC to “signpost” people KL reported that MMC are doing some work with Care Homes in the area. Dr Susa stated that the GPs are very aware and keen to get people to talk about it.</p> <p>Loneliness TW is leading the group consisting of 2 others at present. Gave a brief Mission Statement and advised of new CVST centre due to open in November in Harwich. The already successful Bereavement café will relocate there. Some research being undertaken by members on identifying existing groups/activities going on in the area in order to collate some form of directory available to patients</p> <p>Diabetes ML already running support group. It appears that neither the Diabetes NEEDS Nurses nor the GPs refer to self help groups.</p> <p>It is hoped that further progress will be made by the next meeting. Discussion on use of Volunteers Question regarding volunteer drivers. “Helping Hands “ at Clacton appears to be the nearest organisation.</p>	
5	<p>Essex Lifestyles: Presentation by Gaby Springett from Essex County Council Lifestyle Service. Outlined the areas in which they are funded to provide support:</p> <p>Stopping Smoking Healthy Eating Increased Physical Activity Long Term Condition Management Increasing Self Esteem and Confidence</p> <p>Service is free and can last up to 12 weeks. Patients can have one to one support, in person or by phone. Health Trainers work closely with other organisations and can direct on. Dr Susa confirmed that she has referred to the Stop Smoking service. Discussion around stopping smoking before surgery. KL asked that patients go via the surgery for referral for this course.</p> <p>Information leaflets made available. Contact may be made via Harwich Library</p>	

6.	<p>Presentation by North East Essex Clinical Commissioning Group:</p> <p>Chris Howlett, Programme Director, and Jane Mower, Estates development Manager spoke on Plans for Improving Community Health Services in N.E. Essex</p> <p>The papers from this presentation are available on the MMC website alongside the Minutes.</p> <p>Some details on NHS funding and the challenges faced by an ageing population and limited resources. Touched on the proposed changes for Harwich and Clacton Hospitals and the creation of “Community Hubs”</p> <p>Harwich/Clacton Hospitals – consultation regarding change proposals has shown the overwhelming concern is Transport. Also concern over building developments. Ms Mower reported that she is liaising with local authorities regarding approval of planning requests. Population locally expected to grow by 12% by 2035.</p>	
.7.	<p>Brief Information:</p> <p>Change of MMC telephone number. Now 01255879400 KL explained that the change was required as the old analogue system could no longer support the new digital one. It gives greater flexibility. They have reduced the length of some of the messages in response to comments</p> <p>Suggestion Box has been instigated by ML and will be placed in the surgery</p> <p>Extended Surgery Hours: Now 8am – 8pm Monday –Friday. The evening slots are 15 minutes but need to be pre-booked. Mostly aimed at working people who find it difficult to get to daytime surgery.</p> <p>New Website to become active in November</p> <p>Suggestions for future meetings? a patient who might be willing to share their story.</p> <p>EMIS – should encourage people to join. Very positive comments.</p> <p>Facebook – successful 700 patients on it. Viewed over 15,000 times. KL urged more people to complete “NHS Choices”</p> <p>PPG card. – KL has applied for funding.</p>	
8	<p>Any other business:</p> <p>None</p>	
	<p>Meeting closed: 7.05pm</p> <p>Date of next meeting:</p>	

Signature: _____ Date: _____

Signature: _____