

PATIENT PARTICIPATION GROUP (PPG) NEWSLETTER

November 2019 – Issue No 22

email: ealccg.ppe@nhs.net

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

NEWS

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.



Safe Surgeries initiative-Doctors of the World

The CCG has run training for staff on supporting Homeless patients in the borough of Ealing, to ensure practices are familiar with the processes available for registering people with no fixed address. The same principles apply to people who have no proof of address or other identification, regardless of their immigration status.

A letter has been sent to all Ealing GP practices to sign up to this initiative, run by “Doctors of the World”. The project will help practices align with NHS Guidance, improve access to primary health care for the most vulnerable, and help practices demonstrate to the CQC that their service is effective, caring and responsive to patient’s needs.

Practices that want to join the Safe Surgeries network have to sign a declaration regarding their inclusive registration policy, receive useful resources (including posters and leaflets to advertise their open-door policy to potential patients) and most importantly are offered training for clinical and frontline non-clinical staff to understand healthcare entitlement and how they can support patients in vulnerable circumstances.

Many practices across London are already signed up to the scheme, and we hope Ealing practices will join them.

Ealing Children's Centres

The borough of Ealing has 27 children's centres - led by seven main centres - each offering a range of activities and access to services for young children (aged pre-birth-5) and their families including:

- Early education and childcare
- Out of school and play activities
- Family Support
- Parenting Support
- Family health services such as midwives, breastfeeding support and health visitors
- Back to work skills, access to training courses and volunteering
- Early Start Ealing services

The services at Children's Centres are designed to meet the local needs, improve outcomes and reduce inequalities for children and their families.

Each centre provides a wide range of services for young children and their families to ensure that young children get the best start in life and that their families are well supported. A benefit of signposting families to the children's centres has proved to reduce social isolation and increase empowerment in self-care.

Please signpost patients you feel would benefit from these services to their nearest centre.

To find your nearest children's centre click on the Ealing Counselling Family Directory webpage <https://www.ealingfamiliesdirectory.org.uk/> and read more about what they have to offer. You can also contact the children's centre directly through the Family Information Service on 020 8825 5588 (Mon-Fri, 9 am to 5 pm), or email children@ealing.gov.uk

INTRODUCING OUR PPGs

Goodcare Practice PPG

The PPG at Goodcare Practice is made up of 8 patient members & is headed by Mr Victor Campbell as Chairman. He is assisted by Mrs Hamida Hussain as Deputy Chairperson. We have been in existence for about 4 years and hold quarterly meetings to discuss various topics of interest and value. Our interest in our practise is sequel to our perception of the good work of Goodcare Practice.

The main objective of our PPG is to add value wherever possible to the daily administration of the Practice and to assist in the policy making guidelines & decision.

Our contributions have made significant impact on the level of progress at the Practice, as acknowledged by the CQC on the occasion of one of their recent visits to the Practice.

1. We developed, created and distributed PPG flyer to encourage new members to join our group and make meaningful contributions which may help impact Goodcare Practice positively.

2. We are in the process of organising a social gathering where PPG members can be encouraged to bring new ideas, by providing a more relaxed surrounding.

3. Helping and supporting Goodcare Practice in the appeal to merge Somerset Medical Centre.

One of the areas where Goodcare Practice has excelled in, is by setting up an Annual Flu Jab Day; an open day where patients can walk in and get their flu jabs well before the winter sets in. This exercise proved to be very successful as the patient turnout and percentage of overall attendance was quite high".

GET INVOLVED!

Self-care Awareness Week

18th-24th November

Self-care week is a national campaign when patients and health professionals join forces to raise awareness about healthy lifestyles and looking after their own wellbeing. This year Self-Care Week is taking place between 18th and 24th November.

We hope that this year our PPGs across the borough will take part again by organising awareness sessions in their practices.

Last year ten PPGs organised awareness sessions during the Self-care Awareness Week.

For more information please see the website <http://www.selfcareforum.org/events/self-care-week-resources/>



HEALTH CAMPAIGNS

World Antibiotics Awareness Week (WAAW) 18th-22nd November

WAAW aims to increase awareness of antibiotic resistance as a global problem and to promote best practices among the general public, health workers and policy-makers to avoid the further emergence and spread of antibiotic resistance.

As part of preparations for the 2019 Awareness Week this November, a group of senior leaders from across the health system including NHS England and Improvement has co-signed a letter, coordinated by Public Health England that reminds commissioners and providers alike of their responsibility to contribute to this important agenda.

The letter also reminds health professionals that this year's WAAW campaign is the first of a new five-year UK National Action Plan for antimicrobial resistance, which contains stretching ambitions for reducing inappropriate prescriptions; as well as controlling and preventing infections.



December campaigns

"Rise Above for Schools"

Resilience building programme for 11-16 years old delivered on line and via schools and planned new content on Mental health.

"Every Mind Matters" (Mental health awareness campaign)

"Keeping antibiotics working"

"Help Us Help You-Stay Well This Winter"

"Help Us Help You-GP Access"

EVENTS, CONFERENCES, WORKSHOPS, SEMINARS

Heart to Heart Course

**Do you have a Cardiac condition?
Is this affecting your mood?**



Join Heart to Heart 8 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.

World Chronic Obstructive Pulmonary Disease (COPD) Day - 20 November 2019

As part of Ealing Clinical Commissioning Group's Respiratory Programme, we are partnering with Ealing Care Coordinator Service, MyCOPD, British Lung Foundation, Southall Community Alliance and Ealing Community Partners to host various engagement events in the community to promote World COPD Day on Wednesday, 20 November.

COPD (chronic obstructive pulmonary disease) affects 1.2 million people in the UK, and millions more have COPD but don't even know it. Life with COPD can be difficult. It's a progressive condition, which means there is currently no cure, and everyday tasks can become a challenge due to the breathlessness experienced.

If you have COPD, know someone who does or just want more information, please join us at any of the below venues. You can speak to respiratory specialists to learn more about services available in the community (i.e. health walks, breathe easy groups, COPD support groups, etc.) and how we can support you.

VENUE	STALLS HOSTED BY	TIME
Southall Medical Centre Waiting Room 223 Lady Margaret Road Southall UB1 2PT	Care Coordinator Service MyCOPD Ealing CCG Respiratory Clinical Lead Southall Community Alliance Ealing Community Partners	10am to 12pm
Ealing Hospital Main entrance Uxbridge Road Southall UB1 3HW	Respiratory Clinical Nurse Specialists	1pm to 2.30pm
Grand Union Village Health Centre - Waiting room Taywood Road Northolt UB5 6WL	Care Coordinator Service MyCOPD Ealing CCG Respiratory Clinical Lead Ealing Community Partners	2.30pm to 4.30pm

They use Cognitive Behavioural Therapy (CBT) based techniques to help boost your mood and reduce anxiety in relation to living with a respiratory condition.

Call us on 0203 313 5660/5661 to find out more/self-refer or via our website:

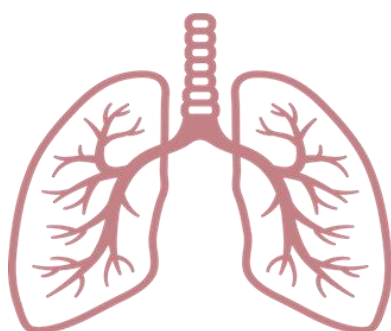
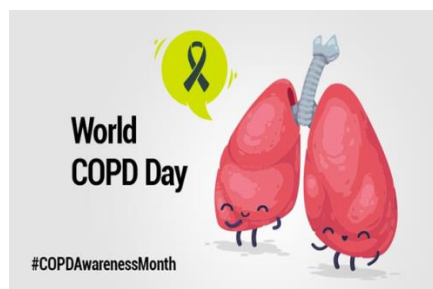
www.ealingiapt.nhs.uk

You can also discuss a referral with your GP or The Respiratory Service.

“Preparing for Tomorrow” Patient Engagement Event

Ealing CCG's Advance Care Planning (ACP) programme has partnered with Argyle Surgery in Ealing to host the "Preparing for Tomorrow" patient engagement event on Friday 22 November at 1 pm to 4 pm. The purpose of the event is to:

- Raise awareness of the importance of advance care planning for patients, families, and carers
- Ensure individuals and families have the opportunity to engage in planning for their future
- To share with patients and families the resources available to help them make the best plan for the future
- To allow participants to consider what is important in advance care planning and why, and to highlight the consequences of not attending to things in advance.



“Breathe Well” Course

Do you have a respiratory condition? COPD?
Is this affecting your wellbeing?

Join the 8 Week course at the Ealing IAPT office
(84 Uxbridge Road, W13 8RA).

The event will include information stalls hosted by Macmillan, Marie Curie, Age UK, Ealing Community Transport, MyCOPD, Marie Curie, O’Dwyers Funeral Directors, Prince Evans Solicitors, Compassion in Dying and Thames Carers Trust. A panel discussion will follow where patients, relatives, carers and staff will be provided with information on advance directives, lasting

powers of attorney, deputyship, services in the community and creating care plans.

The event will take place at St Stephen's Church Hall, St Stephen's Road, Ealing, W13 8HB

Please join us for a cup of tea and meet the experts.

For more information please contact éalccg.transformation@nhs.net

McMillan Cancer Support free training for PPGs

Are you part of your GP Patient Participation Group? 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 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

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 (October 2019) e-bulletin can be found at <https://www.napp.org.uk/Ebulletin%20OCT%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

ACP-Advance Care Planning
COPD-Chronic Obstructive Pulmonary Disease
CBT-Cognitive Behavioural Therapy
ECCG-Ealing Clinical Commissioning Group
GP-General Practitioner/General Practice
IAPT-Improving Access to Psychological Therapies
LA-Local Authority
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

Previous editions of the newsletter can be found on our website

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