

Milton Surgery Patient Participation Group

Date: 20 March 2018
Time: 7pm
Venue: Milton Surgery

Present:

Sue Nunn (SN) committee member
Barry Line (BL) committee member
Chris Thomas (CT) committee member
Eileen Henderson (EH) committee member
Pam Vincett (PM) practice manager
Bryan Betson (BB) chairperson
Bob Pain (BP) committee member
Angie Carpenter (AC) secretary
Ryan Kelsall (RK) Head Impington Village College (IVC)
Kay White (KW) committee member
John Uttin (JU) committee member
Sandra Prater (SP) Dementia Friends

a. Meeting opened

b. Acceptance of previous minutes

c. The PPG welcomed Sandra Prater who introduced her organization 'Dementia Friends' (DF)

SP advised the group that DF is a voluntary organization that aims to promote an awareness and understanding of dementia in order to help people with dementia to cope with the condition both in the local community and the wider world. She quoted facts and figures on dementia and kindly shared her personal story of coping with a close relative with it. She advised us that her experience had been a huge learning curve and that it has taught her of the importance of there to be an understanding of the needs of the person with dementia in order to care for them as well as possible and for as long as possible.

She informed the group of the information sessions that DF run. For carers, for health groups, groups such as the PPG and for other parties who are involved in the care of this group of people. The group work carried out looks extremely interesting and informative, and is very well structured for a wide range of interested parties. Professional groups, carers, and even people with early dementia themselves could benefit from participating in this session.

For more information on the content of this information session and other information about Dementia Friends please go to their website Alzheimers Society Dementia Friends which you will find at:

www.dementiafriends.org.uk **click on Dementia Friends**

See how you might become more involved.

Following SP's presentation the group discussed how we might become involved. It was acknowledged that there are a significant number of people with dementia in Milton and the practice population and that there are more people than ever suffering from the condition. The group questioned whether there is a hidden

population of sufferers and that this session may raise awareness. SP had advised us of how there are different functional levels of suffering with dementia and that the early signs are not always noticed. She went on to say that DF are targeting the general population through poster campaigns etc. in supermarkets, cafes and places where people gather in numbers. In particular it plans to alert people to those potential sufferers who may be isolated and without close friends and family. PV suggested the possibility of a session at the Surgery although it may need to be an evening session, as the waiting room is used during the day, and is aware that this time may not be suitable to everyone. The group identified that a poster would be well placed here in the surgery and raise awareness locally. An article in Milton Village View was suggested, and the possibility of one to one contact by DF in the waiting room of the surgery was also suggested. If an evening meeting was not suitable other venues were discussed, and Barnabas Court which has meeting space, was suggested. SP was alerted to the regular 'Alzheimers Sing Along' session held at Landbeach Baptist Chapel. Other suggestions of where DF might be promoted in our area were put forward such as the Health Fair; through the community navigator (It was recognized that our community navigator is already doing a very demanding job in the Milton community, and that any involvement suggested in her behalf should be only be with her full approval); and at the school barbeque.

Further discussion followed and it was decided that a date should be set for an evening session to be held at the surgery (possibly June 19th) and that posters should be made and it advertised in Village View in good time before this session. BB to inform and suggest she compiles the ad and poster.

d. Doppler update

PV advised the group that £780 has been donated to date. The total required for a new Doppler machine is in the region of £1300. In order to generate more donations various suggestions were put forward.

- Donation Box in surgery (PV advised boxes have been stolen in past)
- Poster to remind people the campaign is still ongoing
- Notice placed on Parish Notice board
- Alternative methods of payment other than cash
- Ask Milton Charities for donation

This will be discussed at the next meeting.

e. Health Stall at Milton Primary School barbeque

The fair is in July again (Friday 6th) and due to its' success last year the group were asking if we would be repeating the stall in 2018. BP will check with the school re the possibility of a Health Stall again this year and feed back to the group. This will be discussed at the next meeting.

F. Way forward

- PV advised us of the next **Flu Vaccine** season which will soon be upon us! There will be very strong targeting of vulnerable patients this year. Clinics will be available for booking from April/May and vaccination will begin in September. She also advised us of a change in the vaccine regime which now means that 2 differing vaccines will be given one for under

65's and one for over 65's. Discussion followed on **the impact of flu on the NHS** and the importance of vaccination; of walk-in clinics and their use; of POW Hospital Ely minor injury unit.

- To discuss a Health Stall at Milton Primary BBQ July 18.
- Doppler fundraising to be discussed at next meeting.
- Update on Dementia Friends session to be given at next meeting.
- Invite community navigator to the next meeting OR meeting to be arranged with her and PPG member.
- Clarify leads of each of the CAS groups and also details of tasks required.
- Discuss possible Community Warden involvement in CAS, link person to discuss with her before any further action.

g. Any other business

- It was asked whether **Milton Country Park** has a list of all the health/social related **resources in the Milton area**?

The possibility of a **website** with all this information included was discussed and whether it could be done. KW and PV will be looking into this. RK has students who would be keen to assist. PV reminds us all of the surgery website (www.miltonsurgery.co.uk) and the information that this includes which of course is available widely. Unfortunately it is not currently up to date due to her assistant leaving. This will be resolved as soon as possible.

- There is also an exercise referral scheme at Milton Country Park for which they are looking for volunteers. Exercise includes cycling, walking and running. GP's can also refer to this, as well as the Exercise Referral Scheme in Cambridge which has been in place for some years.
- Questions were asked about the **Shingles vaccine** and who is eligible for it. PV advised please contact the surgery for further information and advice.

i. The group welcomed back Ryan Kelsall Head Teacher Impington Village College

RK advised the PPG that he has a management structure in place for students on the **Community Action and Service (CAS) programme**. He will be assigning colleagues to work with Milton organisers of the programme. He will also require the names of contacts from us who will be directly involved with each element of the CAS.

Lists are required for the Environmental Group (4) (CT to contact Andy West re this and EH will contact Nat Johnson also); Elderly input (Group1); and Community Café (Group 3). CT advises that this task will be planned, organized and implemented as a business project.

RK has allocated each action to a group and attached is a copy of these groups and also a copy of PPG members who have put their names forward to be contacts.

The student volunteers will need to be in contact with IVC managers to implement each of the activities, providing all the information required to implement the planned action. RK suggests that other link persons may also be a good idea.

NB. If the community navigator(CN) has any tasks for the programme she will be required to advise him of these tasks (Group 1). At present the CN has not been

approached regarding this initiative. It is recognized that, as an HCP with a very busy schedule and limited time, that this may prove extremely difficult for her. A link person needs to be elected in order to discuss this with her but unfortunately any information will not be available before the project launch.

This will be discussed as above at next meeting.

As previously advised direct contact with Milton Country Park (Group 4) will be made by IVC.

RK advises that some of the time allocated to students will be spent sourcing equipment and planning tasks.

RK advised us of various relevant factors;

Students are aged 14 – 18 with none younger as this as there are safeguarding issues involved

The launch is planned for June 2018

It is a rolling programme so that students may switch groups but will continue over the year and hopefully following years

An on-line form is given to students to complete and make their decisions about which tasks they would prefer to do (their decisions needed by IVC by late April/May)

Parents and friends of students have already expressed a keen interest in this community initiative which at this time is unique to IVC!

RK advises that the process will be monitored closely and on-going evaluations will be undertaken during the initiative by organisers, student participants and CAS groups.

h. Next Meeting: Tuesday 15 may 7pm Milton Surgery

Planned Dementia Friends meeting:

Tuesday 19 June 7pm

Milton Surgery

To be confirmed

j. Meeting closed.

Groupings for IVC/Milton PPG joint Community Venture

Group 1

Services for the Elderly

IT/Computers with the elderly
Reading
Shopping
Barnabas Ct
Walking in village
Visits to people on their own

Group 2

Environment

Gardening
Tidy village
Allotments
Churchyard
General Community Service

Group 3

Baby Clinic

Community Café

Group 4

Country Park

IVC/RK will communicate directly with them

Overall Requirements:

- Links through or with PPG to liaise, assess individual needs and put things into place.

(I think it was as follows but could be wrong!)

- CT and Community Café.
- SN and Baby Clinic.
- ?? TE (if able) and jobs list for the elderly. To discuss first with ? SN/EH
- Environment - CT to communicate with Andy West.
- Village website - KW to liaise; Surgery website - additions KW and PV to liaise; Student built website - KW to liaise with RK or designated person.

