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# PICTON MEDICAL CENTRE

<http://www.pictonmedicalcentre.nhs.uk>

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## PPG/ Practice Health Champions Meeting

Meeting Name:	PPG/ Meeting for Recruiting Practice Health Champions		
Date of Meeting:	04/07/2019	Time:	10.30am
Meeting Purpose:	To further develop our PPG. Promote self-care. Improve access and demand. Improve on line foot print	Meeting Leader:	Uzma Irum/ Anne Marie Mitchell
		Minute Taker:	Babra Mushtaq/ Uzma Irum

**Attendees:** Anne Marie Mitchell, Uzma Irum, Babra Mushtaq  
4 female and 2 male attendees from PPG and champions. today.

**Apologies:** from 2 people

### Today's meeting:

1. Introduction given around the table and GN joined the meeting who was a previous health champion. Previous minutes were discussed from the meeting on 18<sup>th</sup> June 2019 and these will be added to the practice website once all in agreement.
2. The initial plan was to split into 2 groups: improving access and demand and promoting self-care. Due to the number of attendees it was decided to have one group discussion.
3. Amm mentioned about 2 upcoming services which Picton will be rolling out to the patients. One is a pilot service, which Picton has been chosen for by BCA called PushDoctor. This involves video consultations. The second is E-consult, which is an online service, for patients to get medical information and to request treatment, sick notes, GP letters and recent test results from your GP by completing an online form. These services will not benefit all our patient's but will save day to day appointments and reduce waiting time on phones for those who cannot use the new services.
4. Mr S mentioned a council website called Diva, which signposts to local organisations. Mr S to create a local directory of services.
5. Walking groups discussed. GN, Uzma and SH would like to take the

**1. Agreed minutes, post to website**

**2. carry forward to next meeting and review when following 2 e consults / push doctor start.**

**3. dates to be confirmed**

**4. Mr S to feed back at next meeting**

<p>Walk leader training. SH raised concerns of not having local parks for her children. It was highlight that there was Lister Park which means walking for 15mins. GN mentioned that he would map all the local parks/ recreation areas and the distance and visit them once a week.</p> <p>6. Local parks, allotments and recycling discussed. SH has spoken to other parents at Lister Primary school and they are interested in getting involved.</p> <p>7. Monthly highlights could be organised around the coffee mornings and promote health awareness, such as cancer, diabetes etc.</p> <p>8. Mr Saleem mentioned if we can involve some local businesses for example in promoting healthy eating and any other contributions towards healthy lifestyle and we can promote these in our waiting area.</p> <p>9. We agreed to meet on the 11<sup>th</sup> July, 10.30 am at Picton WBG</p>	<p><b>5. UI to arrange via Ridge walkers</b></p> <p><b>6. SH to feedback</b></p> <p><b>7. UI SH</b></p> <p><b>8. Mr S</b></p>
<p><b>Actions:</b></p> <p>Last year NHS tea party was organized in partnership with two NHS properties, some fund raising activities were raised and the money split in between two sites, Westbourne green and Thornbury medical centre to begin to build a community garden.</p> <p>The group are interested in other fund raising activities to support these community involvement projects.</p> <p>They also want to make better use of the former café / vending area in WBG to promote self-care, public health campaigns and on line access to services.</p> <p>Anne Marie pointed out that if we can establish some friend's group or may be some retired people to come and help around, ask what patient needs. Mr Saleem mentioned the language barrier and community culture is different in south Asian community and needs are different. It's hard to find out what they want.</p> <p>Sadia the old health champion also suggested that there should be Arabic option in self-arrival screen so at least Arabic speaking can take benefit of it and reduce queuing in waiting area.</p>	<p>All group</p> <p>AMM to review self-arrival screen</p>
<p><u>Next meeting:</u> Thursday 11<sup>th</sup> July at 10.30am – Picton Medical Centre, Westbourne Green</p>	