

PPG MINUTES 9th November 2020

Present: Dr Okoro, Harry Chesterton, Dr Darren Jackson, Angeline Jones, Peter Leyland, Alan Plumpton, Lynda Plumpton, Linda Rawlings, Kerry Smith, Tracy Underwood, Diane Wightman.

Apologies: Aarthi Hathi, Lindsey Short, Ruth Coalson, Brenda Jackman

Dr Darren Jackson and Kerry Smith were welcomed to the meeting.

Report from Dr Jackson:

1. The surgeries at Barwell and Hollycroft are open and access is via a phone call or the doorbell. Hollycroft did have to close for a short while but is now open. 75% of consultations on the phone work well and a doctor will tell you if you need to be seen in person. Prescriptions can also be requested by phone at present.
2. In an urgent but non-life threatening situation 111 will triage you to the correct service.
3. It is difficult to distinguish between a cold/cough and a Covid cough so if a new cough forms please get a test. Call 119 for a test appointment.
4. 5 flu clinics have taken place and there will be another in three weeks' time. Once all this age group have been completed any spare vaccine will be offered to those aged 50 – 65. There are still many who haven't been vaccinated – flu and Covid admissions will swamp hospitals so please get vaccinated.
5. Covid vaccine – surgeries are planning for this when it becomes available. The elderly frail and shielded will be offered first.
6. If you develop symptoms of Covid there is a HOT CLINIC in Hinckley outside Maples Surgery. Accessed via a phone call to Barwell or Hollycroft surgeries they will assess and help. Cleaning is excellent between patients and it protects other surgeries from the virus. If it is a house-bound person there is a home visiting service also accessed via a phone call to Barwell or Hollycroft surgeries.
7. There are 3 new apprentices joining the surgeries as one receptionist will soon be on maternity leave and to ensure cover if any others report sick.
8. There is a nurse's room and a consulting room new at Hollycroft.

Report from Tracy Underwood re Carers

1. Sadly meetings with Carers are back to zoom now.
2. Carers are starting to get calls to check their wellbeing. Barwell and Hollycroft surgeries are pilots for this contact which is very much needed and appreciated.
3. Art Therapy on zoom. Tracy showed a picture of made up of twelve paintings done by carers. Each person was given a section to paint and the resulting "collage" made up Van Gogh's Cafe Scene and it was excellent. It proved how much can be done together when apart and the idea is to promote it widely. It will begin its display in the Next Generation window at the top of Castle Street, Hinckley and may then travel around. It might be raffled off to provide more funds for Art Therapy to continue.
4. Carers are really suffering and it is getting harder the longer this crisis goes on. Carers have never been included in benefits and welfare calls will make all the difference.

Questions to Tracy:

1. (Dr Jackson) How do we keep the carers register up to date?
 - It is difficult especially if the person being cared for passes away and this is not known. This could lead to an embarrassing situation. Kerry Smith pointed out that such carers still need support and a caller needs to be aware that this could crop up when they try to make contact.
2. Kerry pointed out that there could be privacy problems linking to carers calls.

Thanks were expressed to Tracy for all that she is doing in support of carers.

Report from Kerry Smith (Local Area Co-ordinator)

1. Kerry is to leave this post for a senior Social Prescribing co-ordinating role very soon. Interviews for her replacement are being held this week. She will keep links with this area in her new role where she hopes to reduce duplication of services and develop a strong linked-up service of care.
2. Thanks were given to Lindsey Short (Dial-a-ride) and Alan Plumpton (Befrienders) for the work they are doing.
3. A recovery worker, Suzanne Palmer, has been in place for two weeks now and is training to take part in Track and Trace - in particular door knocking when someone tests positive to ensure that they are following the correct procedures.
4. There are Care Co-ordinator teams in place working with hospital discharges – at first this was with tier 1 “at risk” patients but now is more widely spread. They can access short term care packages in emergencies before other care starts up.

Questions / comments:

1. Alan Plumpton thanked Kerry on everyone's behalf for all her hard work including with the Befriender scheme and assured her that she will be missed.
2. Tracy – how do you contact all the different people Care Coordinators, Recovery workers etc.)and how do you know who to contact?

Kerry said that her new role will take this difficulty on board. She can be telephoned to get advice and help. GP's can also sign post people to the right care. All surgeries across the borough are linked to a social prescriber who can be contacted. Surgeries can advise.

AGE WELL BARWELL - Dr Jackson.

Dr Jackson reported on what are called Blue Zones – longevity hot spots – in the world. The aim is to age well, increase life span and increase health span. The Oxford Centre for Ageing is aiming to get a more positive attitude towards ageing.

Age is just a number!

1. Loss of fitness can be controlled – a 50 year old may be less fit than an 80 year old and it is possible to control how fast a person goes downhill in fitness.
2. Chronic illness can cause a dramatic decline in fitness but a fit person will decline more slowly. Rehabilitation can help to restore some fitness in illness.

Linda Rawlings – Balance is very important – use it or lose it.

Dr Jackson – yes, fitness involves cardio work, strength / resistance work and balance – all 3 are very important and activities like Yoga, Tai Chi, Pilates and dancing all help. It's never too late to gain value from it.

(Kerry) – activity packs for exercise at home relating to the Steady Steps programme are available

3. Negative thinking is a problem – Blue Zone thinking advises waking up with a purpose for each day.
4. To summarise:

Understanding ageing, regaining fitness, preventing and tackling disease and positive thinking are the four linked elements to staying healthy longer.

AGE UK also has an index of wellbeing in later life that has 4 elements:

1. Participate in enjoyable, meaningful activity
2. Keep physically active
3. Support older people
4. Have positive social interactions.

Blue Zones

There are five areas in the world where people live longer, healthier lives due to their life styles. They are areas in California, Costa Rica, Sardinia, Italy and Japan.

Click on the links below to find out more

[Blue Zones](https://www.bluezones.com/#section-1) <https://www.bluezones.com/#section-1>

[How to live to be 100+ - Dan Buettner](https://youtu.be/ff40YiMmVku) <https://youtu.be/ff40YiMmVku>

[Buettner talks about universal lifestyle behaviours](https://youtu.be/waGHi6aMzh8) - <https://youtu.be/waGHi6aMzh8>

All days involve some physical activity as a natural part of everyday activities.

The key points recognised in Blue Zones are:

1. Know your purpose – why you wake up in the morning
2. Downshift on stress – reflect on something good, take part in happy hours talking or doing enjoyable things
3. Eat well – eat less – eat until you are 80% full then stop
4. Have a more plant based diet - meat and fish occasionally.
5. Drink wine in moderation – one or two small glasses a day
6. Put family first – live close together
7. Belong to a group – perhaps a religious one.
8. Have a tribe of friendships available.

Dr Jackson would like to make Barwell a Blue Zone.

This would need a group of “champions” passionate about it and volunteers of all ages to get the messages out.

Dr Jackson – Group Consultations

These will start soon with groups of 6 – 12 patients.

Initially they will be offered to patients with Type 2 diabetes who are not on insulin and who have a Body Mass Index of >28. Participants must want to go into remission and be committed to life style changes.

SMS texts will be send out in the next month to gauge interest amongst the 100+ people with this condition.

Alan Plumpton – Tablet computer loan scheme

The Befrienders have purchased two tablet computers and with the help of ENRYCH, a training group, are offering them to elderly people without computer access who are keen to make use of Video chats and other internet services.

A pilot began but has had to stop during the latest lockdown.

Tablets are on loan for a while then can be purchased.

A befriender keeps in contact with the “trainee” to help as necessary.

The initial response has been very positive. Tracy has a similar scheme for carers and one other group is also involved. It is starting small but could increase if demand is there.

Please tell Alan if you know anyone wanting this sort of help.

There could be a long term purchase agreement and funds could be available for anyone needing help with payment.

Internet Sim cards are available for those without internet access.

Alan Plumpton – other points:

1. Leicester Hospitals have a £450 million upgrade plan for which patient comments are requested.

www.betterhospitalsleicester.nhs.uk for online survey and information

Phone on **0116 295 0750** – for paper based survey and information

2. The aim of the hospital re-organisation includes separating emergency from planned care with separate buildings and staff. This aims to reduce the number of planned operation cancellations by separating staff and services.
3. Hinckley Hospital changes are now on hold and it is being re-evaluated after a start in 2014 this is very disappointing. We do have a new x-ray machine.

4. Message in a bottle -

This is a small green and white bottle that is kept in the fridge with essential medical details in it that will help emergency services when they are called. Stickers to go on inside doors alert the responder to the bottle in the fridge. These are available at no charge from Alan Plumpton or Barwell and Earl Shilton LIONS for anyone who needs one.

A.O.B

The next PPG meeting will be on February 1st 2021 at 6pm.