

**Amwell Group Practice
Patient Participation Meeting
8th March 2017**

Present: Sonia Hehir - PPG Coordinator

ER - Joint Chair

JB - Joint Chair

DF- Vice Chair

JW- patient

AD - patient

JD - patient

SL-patient

Apologies:

Peter Floyd - Practice Manager

JC-Patient

1. Welcome, Introduction and Apologies

ER welcomed everyone to the meeting

2. Minutes of the last meeting

Agreed

3. Workshop Events

Information has been collated on Mental Health services within Islington, mainly through I-Cope. The services they provide include help with depression and anxiety, agoraphobia, social phobia, panic attacks, OCD and obsessive compulsive disorder. The Islington Crisis Team help those who are at risk of harm to themselves and others, IDASS helps those with drug and alcohol problems. Ed was keen to explore funding from the CCG for to enable the group to produce our own leaflets and posters promoting services and health, it was agreed that funding for this would not be something the CCG would agree to as there are already many places where these types of promotion materials can be sought. Sonia will put together some information posters to be placed on the PPG board along with self-help booklets provided by I-Cope.

The group were keen to explore services for alcohol related problems, including those linked to other conditions. The group were keen to explore how alcohol affects those people with learning disabilities. Ed, John and Sonia will look into information available.

Another promotion would be healthy eating and exercise. Ed advised the group of an app that help you keep track of your diet and exercise, the link for this app is <https://www.nhs.uk/change4life-beta/be-food-smart#b7fo2IjOifBjSbxV.97>. Local walking groups were also discussed, Deborah and Sonia are to look into local groups and if there are none available the group will explore the possibilities in setting one up.

It was agreed that the group should use the PPG board in the reception area to highlight local and national services for a variety of health issues. At each meeting the group will discuss which health/lifestyle issue they would like to promote. The aim is to change topics on 6-8 week basis.

4. Long Term Conditions

The group have been looking at the figures for patients registered at the practice. They would like information on those patients with Dementia. It would be good for the group to look at the figures they have been given to see how these figures are of use to patients and how they want to move forward with this information.

Date of next meeting: Wednesday 14th June - 6.30pm-7.30pm