

Meeting Title	Patient Participation Group Meeting		
Date	25/03/2019	Time	1.00pm
Location	Dr Mahbub's Surgery – reception room		

Chair	Sabina Begum (Practice Manager)
Present	Mitha Khanam – (MK) – Secretary Momotaz Begum – (MB) – Receptionist Fatema Hussain – (FH) – Receptionist Dr Selim Mahbub – (SM) – GP PPG MEMBER (RH) – Vice Chair PPG MEMBER (MI) – PPG Member PPG Member (SAB)
Apologies	PPG Member

Item	
1	Welcome and apologies SB introduced new PPG members to group
2	<p>Over The Counter (OTC) Self-care campaign This campaign involves the whole practice team approach to support educating patients on self-care and treating self-limiting and self-care conditions. This involves completing the following elements:</p> <ul style="list-style-type: none"> • Nominate Self-care Champion for your practice - MK • Attend practice PPLG to discuss self-care agenda • Display posters, videos and patient information leaflets in practice
3	<p>Mytime Active (Known locally as One You Walsall) This is similar to the health trainer service</p> <ul style="list-style-type: none"> • It consists of an initial assessment (which takes about 45 minutes) • Recording client details, height, weight & BMI, plus a baseline of dietary habits exercise levels, smoking etc. • Clients can be referred to other providers such as stop smoking / cancer screening/fire alarms /debt management etc. • This is followed by 12 weeks of support- with us in 121/weigh ins and workshops, and / or other providers such as slimming world / sport & leisure <p>The target audience is men/unemployed/low paid/those with a long term condition/ those from a BME</p> <p>Families Service</p> <ul style="list-style-type: none"> • Initially aimed at 2- 7 year old children, who are above a healthy weight • To attend a six week 'fun' programme with their parents • Topic to include <ul style="list-style-type: none"> – Health Eating – Exercise /Play – Good habits

	<ul style="list-style-type: none"> – Oral health • More recently there has been some changes to the programme • Some delivery is in schools and nurseries <p>Contact Details:</p> <ul style="list-style-type: none"> • Call 01922 444044 • Email oneyou.Walsall@nhs.net • www.oneyouwalsall.com
4	<p>Health Watch Visit – how to engage with younger generation to join PPG</p> <p>How could we engage with members of the community, to encourage more diversity in the group. Discussion as to whether a different time of day or day of the week to hold the meetings would be worth trying</p> <p>SM has talked to many patients from all parts of the community to ask them to engage but has not been successful.</p> <p>RH made a suggestion to invite students from local schools and other community groups to explain what the PPG is about.</p> <p>Suggestion that the surgery could have an open day to involve the community and also the take part in the planning of the event.</p>
5	<p>NHS England Consultation of Medications that should not routinely be prescribed in general practice</p> <p>Discussion on NHS England consultation on named medications they have recommended should not be prescribed.</p> <p>NHS England list read through by the group and comments agreed and noted by PPG committee</p>
6	<p>Primary Care Strategy Engagement Event – Monday 20/05/2019</p> <p>2.00pm-4.00pm Beechdale Lifelong Community Centre</p> <p>Following the publication of the national NHS Long Term Plan, which sets out how the NHS will improve care for patients over the next ten years, CCGs in the Black Country and West Birmingham are planning improvements to primary care services and would like to hear the views of local people.</p> <p>This event is being held to share the key elements of this strategy with local people.</p>
7	<p>PPLG Meeting - on 11th June, 1:30-3:30pm at Beechdale Learning Centre</p>

Date of Next Meeting: 17/06/2019