**Abridge Surgery**

**Minutes of PPG Meeting**

**Thursday 1st June, 2017**

**7-8.30pm Abridge Surgery**

**Attendees: Michael Hall, Elaine Dowsett, John Smith, David Vaux,**

**Lynette Adler, Christine Stubbins, Joyce Padfield,**

**Margaret Everard, Elaine Jeffries, John Stevenson,**

**Jennifer Cresswell**

**Apologies: Angela Vane**

**Beverly Gibbs**

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1. **Welcome, apologies and introductions**
2. **Reviewed minutes of previous meeting on Thursday 23rd March, 2017**
3. **Guest speaker, presentation, questions and answers:**

**Karen Wheeler ‘Provide’.**

Our speaker tonight Karen Wheeler gave a very interesting and informative talk regarding ‘Provide’ a service offered to 16+

She has been working in Smoking Cessation for 9 years and now manages the stop smoking contracts for all West GP surgeries.

Alongside this she also works with many other agencies in West Essex i.e. MIND, Family Solutions, AGE UK, Children’s Society among many others. These relationships are built with the view of them referring into the service and vice versa.

Her aim is to ensure patients know not just about the surgeries stop smoking service but also the Essex Lifestyle Service as it includes other free support pathways that patients can access through their community clinics – (see attached leaflet for information).

They offer home visits for housebound patients and it is a free service.

Assistance for managing long-term problems is given.

**CARE NAVIGATION PROGRAMME**

* ‘Provide’ have Smart Life Community Agents.
* They are running a one day training course in Harlow where free lunch is offered
* A Lifestyle Clinic takes place at Ongar Surgery
* They are working closely with gyms.

**ACTIVE LIVING PROGRAMME**

* Sessions take place on Saturday morning 11.30-12.30 at Epping Gym and on Monday at Leverton School in Waltham Abbey.
* They offer physical activity and an eating programme.

**ESSEX LIFESTYLE SERVICES**

* The aim after 12 months is to have 4000 ‘quitters’ (smoking)
* Abridge Surgery currently have 540+ smokers registered and the programme is trying to help at least 10% of those smokers to quit.

Suggestion that this information is put into the LinkUp magazine.

**PPG CHAIRMAN**

Michelle Anstiss has stepped down as PPG Chair.

We thank her very much for her support as Abridge Surgery’s PPG Chair over the past 18 months.

This therefore leaves a vacancy for our PPG Chair.

Sandra Wood has put her name forward.

**Abridge Village Fete – next weekend 10th and 11th June**

Abridge Surgery aim to have 3 tables promoting the surgery, with the assistance of surgery staff and some clinical SEPT representatives.

It should be a lovely day and we encourage all PPG members to come along whether to assist or just to attend.

We will take PPG membership documentation with and hope to encourage patients to join our PPG.

Please spread the word!

**DNA PATIENTS**

There are still some patients who, despite text reminders prior to their appointments, do not attend for their booked appointments.

**EXTENDED OPENING HOURS**

On a Wednesday the surgery is now open until 1pm.

**HUB SERVICES**

* Weekend and out of hours appointments are available for our patients at ‘The Hub’ Loughton Health Centre, The Drive, Loughton (behind Morrisons).
* These appointments must be booked through Abridge Surgery and are limited. A GP, Nurse and Healthcare Assistant are available.
* The Hub runs at the following times and locations on weekdays:-
  + Monday – 6-10 The Limes
  + Tuesday – 6-10 Loughton Medical Centre
  + Wednesday – NOT OPEN
  + Thursday – 6-10 Loughton Medical Centre
  + Friday – NOT OPEN

**Weekend Appointments**

The Surgery times at the weekends are as follows:-

* Saturday -  8-8 (2 X GPs) 8-2 (1 x nurse)
* Sunday – 8-2 (2 x GPs) 8-2 (1 x nurse)

Suggestion that the telephone message on the Surgery’s answerphone mentions The Hub( 3 month trial?)

**Date of next meeting 21st September, 2017**

**Our guest speakers will be Kathy Ramsey & Phil Goodwin who will give a presentation of the 111 service.**