**Abridge Surgery**

 **Minutes of PPG Meeting**

 **Wednesday 20 April 2016**

 **7-8.30pm Abridge Village Hall**

**Attendees: Sandra Wood, David Riches, Martin Donovan, Susan Donovan,**

 **Pat Smith, John Smith, Tracy Sutton, Angela Vane, John Stevenson,**

 **Sandra Wood, Jennifer Creswell, Christine Stubbins, Geoff Jeffries,**

 **Elaine Jeffries, Marion Smith, Michelle Antiss (Chair)**

**Apologies: Michael Hall (Practice Manager), Sue Surridge, Elaine Dowsett**

1. **Welcome, apologies and introductions**
2. **Minutes of the previous meeting on 28 January 2016 – Reviewed**
3. **Guest speaker, presentation, questions and answers :**

 **Ross Wilsher, information Worker from the Alzheimer’s Society Mid and**

 **West Essex**

**Our speaker tonight Ross Wilshire gave a very informative talk about Dementia Friends Initiative and enlightened us about the things we should know about dementia i.e. It is not a natural part of ageing, it is caused by disease of the brain and not just about losing your memory. It can affect our thinking, communicating and performing everyday tasks. It is possible to live well with dementia and with the right support people can and do take an active role in life. He gave the members tonight a questionnaire on “Match the broken sentences” which was very interesting. He gave a definitive description of dementia.**

**He gave out Dementia Friends Badges for those interested in supporting people with this condition and informed us of the following websites for more detailed information:**

**Alzheimers.org.uk**

**dementiafriends@alzheimers.org.uk**

**MISSED APPOINTMENTS 2016 (TO DATE)**

**October 2015 – December 2015 - missed appointments 116**

**January 2016 – April missed appointments 164**

**Broken down this is 2225 minutes wasted, including both doctors’ appointments and nurses’ 20 minutes appointments.**

**It was suggested that posters are put up in the surgery regarding missing appointments as this jeopardises the chances of other patients obtaining appointments and it was agreed that Michelle will work with Amanda on designs.**

**Mobile numbers or e-mail addresses of patients should be given to the surgery in order that patients can be reminded of their previously booked appointment and it was a good idea for this to be mentioned in the Link Up.**

**THE HUB**

**It is not for emergencies but an alternative option for booking weekend appointments.**

**During the week you can request to book an appointment there.**

**There is a Health Care Assistant, Nurse and GP available on Saturdays and Sundays at the Loughton Medical Centre. We have posters up at the surgery and further information at the front desk and, as always, available on our website.**

**In the coming months their hours will be extended from 6.30 – 9.30pm in the evenings of Monday – Friday. Bookings can be made up to two weeks in advance.**

**HEALTH CHECKS (Age 40 – 74)**

**Book in for your free 15 minute appointment at Abridge Surgery with our Health Care Assistant on Thursday 3.30 – 5.30.**

**This covers blood pressure, weight, height, cholesterol and a blood test may be requested.**

**Call the surgery on : 01992 812961 to book an appointment.**

**HOLIDAY SEASON**

**Our practice nurses are available to offer medical advice regarding travel and vaccinations where appropriate.**

**If you are thinking of booking a last minute holiday please plan ahead and do not leave vaccinations until the last minute.**

**Travel vaccinations are chargeable and the surgery will provide you with this information but to give you an idea of the various charges they are as follows:**

**Hepatitis B £40 x 3 vaccinations = £120**

**Meningitis ACWY £70**

**Paediatric Hep B £27 x 3 vaccinations = £81**

**Japanese encephalitis £85 x 2 vaccinations (1 month apart) = £170**

**SPECIFIC CLINICS**

**Smoking cessation, asthma, diabetic clinics amongst others are running; please call the surgery to book or for further information.**

**NEIGHBOURHOOD TEAMS**

**This started tonight which is why Michael Hall could not be at our meeting.**

**We are joining up with four surgeries:**

**Epping**

**Ongar Memorial**

**Ongar Surgery**

**The Limes**

**Both GPs and Practice Managers from these five surgeries are meeting to discuss how they can all help their local communities and work together as a team. They will be meeting regularly over the coming months.**

**HOW LIKELY ARE YOU TO RECOMMEND OUR GP PRACTICE TO FRIENDS AND FAMILY IF THEY NEED SIMILAR CARE OR TREATMENT?**

**Leaflets are available in the surgery and your feedback would be appreciated as to what you think of your experience, what you like and what you think we could improve on. Ultimately this would help us make changes that will ensure we offer the best possible care.**

**HOSTING AN EVENT**

**We are considering hosting an event in Abridge on the evening of June 29 to discuss health matters. Your input would be important and various health issues can be discussed. Our aim is to have several speakers to give concise and coherent information and enable members to ask questions.**

**We will post information on this in the Link Up.**

**A special thank you to our guest speaker Ross Wilshire and to our PPG Chair Michelle for her input.**

**Meeting closed at 8.45pm THANK YOU TO ALL WHO ATTENDED**