

PATIENTS' PARTICIPATION GROUP (PPG)

(Affiliated to the National Association for Patient Participation)

Minutes of the Eleventh Annual General Meeting held at 10.00am on Saturday 30th September 2017

Reports provided to all attendees:

- Minutes of the Tenth AGM dated 24th September 2016
- Chair's report
- Treasurer's report

1: **Welcome and apologies:** Norman Shiel, Chair of the PPG's Steering Group welcomed all attendees and speakers.

2: **Minutes of the Tenth AGM** dated 24th September 2016 were proposed, seconded and accepted by those present.

3: **Report of the Steering Group Chair;** no comments raised.

4: **Treasurer's Report;** no comments raised.

5: **Election of Steering Group Officers: Chaired by Norman Shiel** No nominations received, two vacancies remain. The Practice Manager is currently performing these roles. Applicants encouraged now and at any time in the coming year. It was proposed and seconded that current members continue in post.

Current Members & Vacancies

Chair – Norman Shiel

Vice Chair – Felicity Hall

Secretary – Helen Kingdon to Act for the time being

Treasurer – Helen Kingdon to Act for the time being

Patient Members - Geoff Barr (research representative), Hazel Burrow (Book sales), Hilary Noakes, Margaret Turner, Barry Robinson (PPG representative to Exeter Locality PPG's Panel)

Practice Members – Dr Laura Bethune (Partner), Helen Kingdon (Practice Business Manager) and Mary Hurrell (Practice Operations Manager).

All those present were happy to accept the current members continuing.

6: **Any Other Business** none submitted or raised.

7: **Date of next AGM** – September 2017 to be confirmed. Endeavour to avoid the RD&E Event.

Open Meeting

1. **Jayne Leaver, Community Builder for Newtown and St Leonard's** (see slides provided)

Community Builders are now in post across Exeter. Their role centres on raising awareness of what's going on in local communities, building networks of community connectors who can spread the word and to encourage interested parties to set up and maintain new activities/groups. Jayne gave an example of neighbours getting together to organise a BBQ in their street, they wanted to include everyone and utilise the different skills that each neighbour had to offer.

Jayne has supported people taking action e.g. litter picking, maintaining green spaces, clearing disused ponds, setting up exercise groups in the park. Jayne provides support to get projects up and running but they should be self-sustaining in the long run. One resident organised a Christmas drinks event for her street and this has led to better relations/connections among the neighbours.

Jayne has also helped Eaton House set up a crochet group and this is now being led by one of the residents.

So far Jayne has focused on older people as they have been the most willing to talk and get involved.

Jayne has made many connections with local groups, schools and churches and meets regularly with local MPs too.

Jayne shares and promotes local events via her Facebook page (these are also shared to the St Leonard's Facebook page which is now streamed live on their website home page). It is hoped that she will have a regular feature in the St Leonard's News.

Jayne will share contact details for the other community builders across Exeter with Helen.

Resource for venues and events: <https://www.pinpointdevon.co.uk/>

Jayne's role has been extended until March 2018.

Attendees mentioned that there are a lot of knitting groups being set up in Exeter and that the St Leonard's Neighbourhood Association is working hard.

Jayne can be contacted via:

Telephone: 07933776210

Email: newtownstleonardscb@gmail.com

2. **Robert Wynne, Magic Carpet Arts** <https://www.magiccarpet-arts.co.uk/>

Rob gave an overview of the history of Magic Carpet Arts; they were for many years based in the Belmont Park Hut and their services were initially restricted to residents of Newtown only. They're now based at the Exeter Phoenix Centre.

They run a wide variety of workshops and exhibitions across Exeter and they still have volunteers from Exeter University assisting with some of their groups. They hope to have trainee GPs involved in the near future as part of their course.

Their mission statement is to inspire "personal growth and well-being through creative arts" and it is well known that loneliness can lead to other health issues.

They aim to be local and accessible to all.

They want participants to experience a journey of discovery, to understand that there's no pressure to excel and to find their experiences nourishing. By providing different types of activities they are offering social experiences that are therapeutic, held in a safe space and less threatening than a traditional group therapy setting.

Some of their projects include:

- Inky Fingers – selling recycled products e.g. notepads made from recycled books (available via their website)
- Out & About – projects held across Exeter
- Choir – held at the Mint on a Tuesday morning
- Haldon Unit – projects held in the Eating Disorders Unit
- Dads & Lads Groups
- Devon Recovery – funded by the NHS, they offer a range of activities including movement classes and yoga

How are they funded?

Funding is always precarious! They receive some funding from trusts, foundations and charities, Wellbeing Exeter, the Council and subscriptions from the groups.

It is hoped that some of the money spent on anti-depressant therapies could be diverted to social prescribing. However, the NHS appears to be too busy with crisis-management to think creatively about this at the moment.

Rob suggested attendees have a look at:

Organic Arts, Ide - <http://www.organicarts.org.uk/projects/>

Arts Lift, Cirencester - <http://www.artlift.org/>

3. Practice News

Helen gave an overview of two social prescribing projects:

Wellbeing Exeter – St Leonard's was involved in the pilot for this project and it has recently been announced that it will be extended to all Practices across Exeter. Anyone that feels they would benefit from referral to the scheme should contact their GP or Practice Nurse:

- Developing your SOCIAL CONNECTIONS?
- Finding new HOBBIES, INTERESTS AND LOCAL ACTIVITIES?
- Understanding WHAT'S HAPPENING IN YOUR COMMUNITY?
- Becoming more ACTIVE?

Citizens Advice – we now have an advisor from the CAB in the Practice every Friday morning. This is a new pilot project so patients need to be referred to the service and sign a consent form, so that their information can be shared (this will aid evaluation of the project).

The CAB can advise on:

- Benefit checks and claims
- Form filling
- Debt advice
- Income/expenditure calculations
- Housing problems
- Employment queries

Medicines Waste – Naomi outlined a new project to tackle medicines waste in Devon. It is estimated that £300 million worth of medicine is wasted every year in the UK. In Devon alone the figure is estimated to be £5.5 million. St Leonard's has therefore signed up to a project being run by NEW Devon CCG to raise awareness of this issue. The local Pharmacies have been informed that we're taking part and patients may be asked to complete a form over the coming months so that we can collect data on this issue. Posters and information leaflets will be made available in the practice.

Norman Shiel closed the event with thanks to everyone for attending.