



Bildeston Health Centre

PPG Meeting

Held on 4 November 2019

Our rejuvenated PPG met for the second time on Monday 4 November 2019 at 6pm. Dr Mark Hainsworth (GP) and Carol Huxtable (Assistant Practice Manager) attended from the Health Centre, together with a group of 9 patients. At this meeting we had 2 guest speakers:

Social Prescribers:

Zoe Knight, Social Prescribing and Partnerships Manager, Clinical Commissioning Group explained her role within the CCG. Zoe explained Social Prescribing as non-medical related matters that patients can access either by self-referral, or via a GP referral or a family/friend can refer if they have concerns. A Social Prescriber will meet with the patient and liaise with them to resolve their issues. Our current Social Prescriber is Sophie Cummins. Sophie is very experienced and also works with Citizens Advice Bureau.

Active Suffolk (Health & Wellbeing):

Nick Pringle, Senior Development Officer (Health & Wellbeing) within Active Suffolk, gave an overview of his role and his liaison with Bildeston Health Centre. This project has been funded by Mid Suffolk and Babergh District Councils. Its aim is to encourage patients to become more physically active by providing bespoke support for patients. Nick's colleague Chris Lawson, attends our surgery once a week, usually on Thursdays and arranges to see patients to help them decide on the individual bespoke support they require. Referral to Chris can be made by a GP or self-referral on 'green cards'.

Various matters were discussed including;

- Agenda for each meeting
- Terms of Reference and Code of Conduct
- PPG Grant (a one-off payment of £1000 available to PPGs)
- Ideas for projects to be conducted by the PPG – ienewsletter, patient questionnaire, computer training for beginners.
- A notice be put up advertising the PPG – in the waiting room and on the TV screen.

This was a positive meeting and there were contributions from all that attended.

At the next meeting we hope that the Terms of Reference and Code of Conduct can be drawn up and finalised and the first project agreed. We also hope that Mandy Logan, from Suffolk Family Carers will be able to attend.

Our Next Meeting Date:

Wednesday 4 December 2019 at 6pm (to be held at Bildeston Health Centre)