**Meeting 1.00 PM Monday 21 January 2019**

**Apologies:** Linden Currie (LC) Martin Mallin (MM), Martin Tweed (MT), Steven Smith.

Present (13 in total)

Practice Manager Christine Lloyd (CL), Chair Chris Gasper (CG), Julie Chambers (JC), Margaret Treadaway (MT), Anne Tweed (AT), John Vousden (JV), Vivien Mangan (VM), Sylvia Emsden (SE), Clyde Saunders (CS), Sylvia Emsden (SE), Barbara Riebold (BR), Rattan Rattan (RR). Dr Alwan (TA)

**Speakers:** **A Better Start + SAVS** – **Georgia Cleaver from SAVS and Michelle Gray Parent Champion.**

Georgia and Michelle have presented the 10 year project of ‘A Better Start’ in collaboration with Southend SAVS.

It is a project across 6 wards which is 4 years in the project. It is a £40 million 10 year programme to develop and test children’s services and build a strong community by the people who live in them. It is funded by the Lottery Funds.

It is about parents’ engagement, parents and expecting parents. The programme covers help with work skills, speech and language therapy for children, healthy eating& Nutrition, Mental health and wellbeing.

A better start lays on events across the patch. Parents write regular newsletters, it has a good relationship with schools, children centres, libraries, Southend Borough Council.

We have offered to build a relationship with the surgery to try to inform parents about the programme for example about the various local venues for breast feeding advice.

CL suggested talking to parents when they come for their 6 weeks check or the baby first immunisation appointment to give ‘A Better Start’ leaflets pack.

Parents have also got together to present to the council a project regenerating local parks. An army of volunteers have been clearing and tidying up children areas.

The council has responded well to the initiative. Some funding has been allocated to change some litter bins etc.…

<https://abetterstartsouthend.co.uk/>

**Questions to the surgery partners.**

Dr Alwan attended the Q&A. (CS) asked if the doctors had seen some statistics about the yellow cards raised from the Adjuvant flu vaccine this year. Dr Alwan has not seen any statistics or feedback from the over 65 flu vaccines.

**Minutes from last meeting.**

Parking – (CS) was told by councillors that it takes up to 6 months to implement a parking restriction - (CL) will email the local councillor to chase.

Prescription – Some patients are confused because they have had to sign twice the counterfoil of their prescriptions. (CL) will check tomorrow during meeting with the pharmacists.

**Staff**

Receptionist Lauren is back from maternity leave and a new trainee doctor is starting 6 Feb for a 6 months placement at the surgery.

**Health Event**

The next health event will be on prevention of diabetes in September 2019 in the evening. The venue will be as usual the Baptiste Church. (CL) needs to discuss with the partners on who will be the most appropriate speaker to invite, also invite patients from surgeries from the locality. One patient approached (CL) who wants to talk to patients about his success with losing weight and being no longer a diabetic.

**NHS 10 year plan**

The plan to cover the extra funding for the Health Service for the next 10 years has been announced but the local announcement gives general promises on service improvement but not how they will affect Southend.

The collapse of Carillion left a Liverpool hospital only partly completed. All NHS capital funding has been put into completing it so there is no funding available for building a health centre at Shoeburyness.

The plan also suggests merging the 5 CCGs for Mid and South Essex into one. The CCGs give support to the patient Forum including the one in Southend.

**STP**

Both Southend and Thurrock Councils have challenged the STP and these are being considered by the Secretary of State. Essex Council has decided not to challenge the plan.

The STP User Group is still going and there is a meeting on Hospital Transport on 22 Jan. This will look at information on transport to put on the hospital web sites.

**PPG Forum**

Notes on the Forum meeting on 20 Dec were circulated. Information was given about a new Falls Project for those feeling unsteady, that is being developed.

The youth council chair spoke at the last Patient Forum on a survey conducted among Southend secondary school children on mental health. 1700 pupils responded and the conclusions are being actioned by Southend CCG and Southend Council.

A meeting has been called by the CCG on 24 Jan to discuss the future of the Patient Forum.

**Any other business**

**MIND**

(RR) suggested inviting MIND to speak to the group at a next meeting. The chair is Peter Payne. (CL) will contact them to invite.

**Generic v brand name**

(JC) raised concerns about generic named drug v brand named drug. She is never given the same branded name and is not sure about which one gives side effects.

She will speak to the doctor. (CL) suggested that patients try to ask for the same brand name as previously if possible before the pharmacy dispensed the medication.

**Compliment**

(CS) was asked by a patient he knows to tell the surgery how Dr Odina was caring during a consultation and wanted us to know. (CL) will pass the message to Dr Odina.

**CHAPS**

(SE) mentioned about CHAPS UK which is the Men’s Health Charity. (SE) stated that they attend sport centre to raise awareness. (SE) will try to get some information for the next meeting.

**Newsletter**

(CL) will sort out what we can write in the winter newsletter.

**Facebook** – Top right hand corner on the surgery website.

<https://www.central-surgery.co.uk/>

**Next meeting** on ~~25 March 2019~~ Tuesday 26 March 2019

**Apologies** to Christine Lloyd on admin.mailboxf81086@nhs.net