

Patient Participation Group (PPG) £ grants programme

This grants programme has been created by Ipswich & East Suffolk Clinical Commissioning Group to help support the growth and development of PPGs, to help them promote self-care and prevention and support their practice local population.

Who can apply?

PPGs from practices within Ipswich and East Suffolk CCG are invited to apply for up to £1000 individually or may join together with other PPGs to submit a joint application, to pool funding to joint projects. Each PPG can only receive one payment from this fund of a maximum of £1000 per PPG.

What sort of things can your PPG £ pay for?

Each PPG is different, and the programme welcomes applications that build on the experience, creativity and enthusiasm of the local group. We welcome new ideas and are looking to work with PPGs to achieve the following outcomes:

- Support the growth and development of a PPG to better support their local population.
- Improve health, wellbeing and knowledge of patients to develop self-care and prevention for the practice population
- Support innovation and the development of new ideas that help to find powerful local ways to help people stay well and feel more confident about managing their health.

Some ideas include:

- **Educational talks or activities** that help people tackle long term conditions like respiratory disease, diabetes or mental health issues, that build a better understanding of self care and help people support one another.
- **Setting up peer support groups and social activities** that bring people together and enable them to access health advice and support as they meet others. These might be coffee mornings, knit and natter, youth groups, walking groups, yoga sessions, supported cycling – or something that you know will work for your area and bring people together, get them talking about their health and staying well.
- **Working with specific groups of patients** of different ages, disabilities or localities to help them learn about exercise, diet, and living well.
- **Supporting patients at the practice to access support for social** issues that are causing medical issues, such as debt, isolation, housing issues and other concerns by working with local charities, One Life Suffolk or public sector agencies.



- Encouraging people to find out more about activities that are available in their area by **setting up information points or systems** for local groups and helping people to connect to them. (eg Woodbridge Social Prescribing)
- Programmes that help your PPG engage with a wider audience through **marketing or social media** platforms

Successful applications will also:

1. Demonstrate value for money
2. Demonstrate the difference that will be made as a result of the funding
3. Show how it supports the CCG's self-care and prevention priorities
4. Demonstrate the involvement of PPG members and patients in the development of your project

What cannot be funded?

- Medical equipment or other general resources for the practice will not be funded through this programme.

Applications should be signed off by your Practice Manager as funding will be made to the practice but will be ring-fenced for the PPG project