

Welcome to "PPG News". A newsletter to update you from the CCG and to provide the opportunity for PPGs to share their news and successes in your PPG "Member's Blog" section.

PPG Member Blogs - parkrun

Lorraine Noel De Tilly, Barrack Lane Medical Centre



I am a member of the Patient Participation Group at my GP practice, Barrack Lane Medical Centre in Ipswich. At our recent PPG meeting we were told about the parkrun initiative. I immediately put my hand up to take part. I attended my first parkrun and enjoyed every minute of it. The atmosphere was one of encouragement to carry on from all the marshals. Everybody was enthusiastic and the level of commitment very high. I feel this is an excellent way of exercising and getting me out of the house to enjoy a sociable and healthy outing. I did get a blister the first time I took part but have treated it and am very keen to attend again.

Neelima Chatterjee, Barrack Lane Medical Centre

I was first introduced to parkrun when we had a presentation at our PPG Meeting. We were told about the Royal College of General Practitioners initiative to create parkrun practices to improve fitness and wellbeing for patients and staff. Barrack Lane have signed up to be one of these practices and have been holding regular events encouraging everyone to attend. The surgery helped me to register and printed off my barcode with the plan to attend the next practice parkrun.

When I turned up for the parkrun I felt very welcomed by everybody and could feel the positive energy. Before the day I didn't believe that I would be able to do it, I didn't even know if I would be able to complete one lap of the park but I felt so energised by everyone, I decided I would try.

I will be 70 this year and suffered a fractured knee in 2012 so was only expecting to walk round but with all the encouragement from the volunteers plus the other people taking part, I not only managed to walk briskly I was also able to jog some of the downhill sections. I feel I have achieved one of the milestones I set myself to complete in my 70th year. Not only participating in the event but completing it and not finishing last. Although I was physically tired afterwards, I felt so much better and healthier for taking part.

I was so happy with my achievement I shared my experience with my family all over the world. Everyone was very impressed with what I had managed to do, especially my young grandchildren.

I have been inspired by the team at Barrack Lane and with the positive experience I had at parkrun I will definitely do it again. I will also be recommending parkrun to other patients and people I know.



PPG News Survey

We would like to know your thoughts on the 'PPG News' publication. To give your views, please click [here](#) to answer a short survey by Wednesday 22 May.

Mental Health Awareness Week - 13 - 19 May 2019

Hosted by the Mental Health Foundation, Mental Health Awareness week, takes place from Monday 13 to Sunday 19 May 2019. Since the first Mental Health Awareness week in 2001, awareness has been raised about a number of topics including stress, relationships, loneliness, sleep and alcohol.

This year's theme is body image – how we think and feel about our bodies. PPGs can get involved by helping drive conversations on mental health and body image to create lasting change. Please click [here](#) for more information about the week on the Mental Health Foundation website and for various resources which may be of interest to PPGs.

New Online Mental Wellbeing Resources

'Live your life to the full' – that is the aim of the brand new online resources to help people overcome stress, low mood and anxiety through low intensity cognitive behaviour therapy (CBT). The new online resources are funded by Ipswich and East Suffolk and West Suffolk CCGs, and delivered in partnership with the Norfolk and Suffolk NHS Foundation Trust. Please click [here](#) for more information.



May Dates for your diary!

- **Ipswich PPG Network meeting:** Wednesday 8 May, 6-8pm, Two Rivers Medical Centre, 30 Woodbridge Road East, Ipswich, IP4 5PB
- **Felixstowe PPG Network meeting:** Tuesday 14 May, 6-8pm, Howard House Surgery, 31 Orwell Road, Felixstowe, IP11 7DD
- **Stowmarket PPG Network meeting:** Thursday 23 May, 6-7:30pm, Combs Ford Surgery, Combs Lane, Stowmarket, IP14 2SY



'Move Suffolk week' is taking place in the week of 18 - 26 May 2019. PPGs may wish to consider how they could engage people in any physical activities that are taking place this week to promote the uptake and benefits of physical activity. Look out for more information coming out in the local press and on social media about the week in due course.

Caring and Coping Workshop



Living Fuller Lives

Suffolk Family Carers are running a **free** workshop to family carers on 'Caring and Coping'.

The workshop will look at the challenges and stress involved in caring, and consider techniques and strategies to enable family carers to cope and keep themselves well. It will also allow carers to step back and look at how to get balance in their lives and create opportunities for more time for themselves.

It is being held at Kesgrave Community Centre, Twelve Acre Approach, Kesgrave, IP5 1JF on 21 June 2019, 10:30am to 2:30pm. Tea/coffee will be provided, but please bring along your own lunch.

To book a place contact Louise Crisp on 01473 835446 or email supportprogrammes@suffolkfamilycarers.org.

Reports from Recent PPG Network Meetings



South Rural PPG Network Meeting - 10 April 2019

Held at Hadleigh Health Centre, presentations were given regarding the South Rural social prescribing projects and from Age UK detailing the support available to the older generation.

Saxmundham and NE PPG Network Meeting - 16 April 2019

Irene Macdonald, Lay Member for Public and Patient Involvement at the CCG attended the meeting. Irene facilitated discussions regarding communication with PPGs. Social prescribing was also on the agenda including an informative presentation from the Leiston Links social prescribing scheme.

PPG£ Deadline Extended!

The deadline for submission of PPG£ applications has been extended for the foreseeable future, for those PPGs who have not submitted an application yet.

Please click [here](#) for more information on how to apply.

PPG Awareness Week 10 - 15 June 2019

PPG Awareness week aims to promote the role and benefits of PPGs to patients, the public and health professionals. Click [here](#) for a poster that can be customised to promote any activities that your PPG may wish to run this week.

Connect for Health Social Prescribing Programme

The CCG are currently rolling out the 'Connect for Health' social prescribing programme within all Ipswich GP Practices, where link workers known as Community Advisers are being located.

Individuals can be referred by staff at their Practice to have one or more 45 minute appointments with a non-clinically trained Community Adviser. The Community Adviser will work with each individual to create a personalised plan of support based on their skills and strengths and areas of need. This may include support for loneliness and isolation, where Advisers may introduce individuals to befriending groups or clubs and activities. Other support may include advice on welfare benefits and financial issues or employment, training and volunteering opportunities.

Working with Alliance partners, the CCG has also commissioned 'Connect for Health' across the whole of Suffolk Coastal District and the Babergh and Mid Suffolk areas. Community Advisers will be based in Integrated Neighbourhood Team (INT) areas, within community hubs, and/or in GP surgeries. This programme is due to commence in June 2019 and the successful providers are:

- Eye and North West INT, Stowmarket INT and South Rural INT - Suffolk Family Carers (working with Access Community Trust)
- Saxmundham and North East INT and Felixstowe INT - Access Community Trust (working with Suffolk Family Carers)
- Woodbridge INT - Shaw Trust

The aim is for CCG staff to work closely with GP practices and alongside PPGs on the 'Connect for Health' programme to gain further understanding of the key issues in individual INT areas. Similarly, working together to inform Community Advisers and Care Navigators as to what clubs, societies and organisations are within each area and create a directory of local services.

Acronyms and Jargon!

In this edition, we cover some of the roles you may come across in Primary Care Practices:

Care Navigator

Receptionists in General Practices have received training to become Care Navigators, to make sure every person contacting the surgery is helped in a way that is right for them. This could be anything from arranging an appointment with the GP or Practice Nurse, providing information on services within the community that could help, or by giving non-clinical advice or information over the telephone, perhaps saving individuals a visit to the Practice.

Nurse Practitioner / Advanced Nurse Practitioner

A Nurse Practitioner / Advanced Nurse Practitioner is a registered nurse who has undergone a post-graduate programme in Advanced Healthcare Practice. This means that they have acquired the expert knowledge base, complex decision-making skills and clinical competencies to carry out in-depth clinical assessments, diagnose and treat common medical conditions.

Healthcare Assistant (HCA)

Healthcare Assistants work under the guidance of a qualified healthcare professional, usually a nurse. An HCA may: sterilise equipment, do health checks, restock consulting rooms, process lab samples, take blood samples, do health promotion or health education work.