

Ribble Bank Medical Group

Patient Participation Group– Newsletter

November 2018

Find our Newsletter and much much more on your surgery website
Longton Health Centre - Longton /The Beeches – Longton /New Longton Surgery – New Longton
Lostock Hall Medical Practice – Lostock Hall/Kingsfold – Penwortham/St Fillans – Penwortham
Fishergate Hill Surgery - Penwortham

Who Is Ribble Bank Medical Group?

We are a group of practices within the local area that have come together to work at scale on projects that the NHS have asked Primary Care to complete or projects within our area that would help all practices and patients . We are Part of Greater Preston Chorley and South Ribble Clinical Commissioning Group (CCG) The group was initially formed as part of the NHS forward view and 10 year plan stabilizing NHS finances, tackling pressures in mental health and community services, dealing with backlog maintenance, achieving key waiting time standards, and funding other pressing needs - please see link below
https://www.engage.england.nhs.uk/consultation/developing-the-long-term-plan-for-the-nhs/user_uploads/easy-read-nhs-10-year-plan-discussion-guide-v3.pdf



Who is Greater Preston Chorley and South Ribble CCG?

<https://www.lancashire.gov.uk/lancashire-insight/area-profiles/clinical-commissioning-groups/nhs-greater-preston-ccg/>

Clinical commissioning groups (CCGs) were created following the Health and Social Care Act in 2012, and replaced Primary Care Trusts on 1 April 2013. CCGs are clinically-led statutory NHS bodies responsible for the planning and commissioning of health care services for their local area. There are 6 CCGs across the Lancashire County Council (Lancashire-12) area. All GP practices belong to a CCG, but groups also include other health professionals, such as nurses.

CCGs commission most of the hospital and community NHS services in the local areas for which they are responsible. Commissioning involves deciding what services are needed, and ensuring that they are provided. Commissioning is about getting the best possible health outcomes for the local population, by assessing local needs, deciding priorities and strategies, and then buying services on behalf of the population from providers such as hospitals, clinics, community health bodies, etc. CCGs are responsible for the health of their entire population.

Ribble Bank Medical Group (RBMG) – PPG Meeting **Wednesday 7th November 2018**

The meeting was held at Longton Health Centre with a good representative turnout from all practices. A suggestion was that a newsletter is produced for the group and therefore the minutes of the meeting and future meetings will be incorporated into the newsletter in newsletter format. If any patients wish to volunteer to help take minutes at the meeting and produce an electronic newsletter please let the practice manager of your practice know - we would love to hear from you



<https://www.desmond-project.org.uk/>

At the PPG meeting two ladies from the Desmond team presented – leaflets are available from your registered practices/Gp /Nurse or you can go to the website link below. Any patient with Type 2 Diabetes can self- refer into the program

What is the DESMOND Programme?

DESMOND is the collaborative name for a family of group self management education modules, toolkits and care pathways for people with, or at risk of, Type 2 diabetes. The DESMOND Programme offers training and quality assurance for Healthcare Professionals and Lay Educators to deliver any of the DESMOND modules and toolkits to people in their local communities.

To find out more, [click here](#).

What does the DESMOND Programme currently offer?

There are six self management education modules available:

- DESMOND Newly Diagnosed
- DESMOND Foundation (for those with established diabetes)
- DESMOND BME Culturally Adaptation
- DESMOND Walking Away from Diabetes (for those at high risk of developing Type 2 diabetes)
- Going Forward with Diabetes (the follow-on for those that have attended DESMOND Newly Diagnosed or Foundation)
- Let's Prevent Diabetes

Our Health Our Care



Madeleine Bird - Communications and Engagement Project Manager - Our Health Our Care Programme
Came to speak to us about the program. A link below to the slides is available:



20181107 longton
health centre OHOC 1

This is an NHS collaborative programme looking at Prevention -Early Intervention /Out of and in hospital Services, why we need to do things differently. The programme asks for opinions from all Health sectors and the general public. The presentation concentrated on in hospital services and is one of the biggest challenges the NHS faces. The number of people over the age of 65 needing complex care set to increase by 33000 by 2037/Large gaps in medical staff and a national shortage of specialist staff including doctors

and nurses / A+E 4 hour performance achieved 60% of the time against national standard of 95%/ Cancer and stroke morbidity /High cancellation rates due to lack of critical care beds /planned surgery cancelled/longer waiting times.

OHOC want to learn from what we are doing well and develop new ways of working creating sustainable services for the future. To get involved/give your opinion about any service both in hospital, community or GP practice please see contact information below:

Web site: www.ourhealthourcarecl.nhs.uk

Telephone: 01772 214323

Email: ohoc.enquiries@nhs.net Chorley House,

Write to : Centurion Way, Leyland Lancashire, PR26 6TT

Tweet : @_OHOC

Facebook: @OurHealthOurCareCL



£40000 Heritage Lottery Fund supported Project – 2018 -2020

David Pearson Practice Manager from Lostock Hall Medical Centre and Belinda Scarlett - Project Co-ordinator Doctor Doctor – presented Memories of Healthcare in Lostock Hall and how the fund is helping collect memories of the area to provide memory boxes for patients – perhaps to go into local Nursing Homes with the boxes /Display at new Dardsley building to house Lostock Hall Medical Centre/ Fund training of volunteer led programme of community workshops celebrating changes in local history



DoctorDoctor
presentation Nov 201

Walking Groups

David Noblett – Chair of Longton Health Centre PPG presented information on the group ABL



abl

a better life

<http://www.ablhealth.co.uk/>

The group would be happy to arrange healthy walk to suit all walking abilities from any of the local practices within the group during the day, practice staff are able to join in as well. David would like to arrange these walks starting from Spring next year so please watch this space of when the next walk will take place.

In the meantime St Fillans Penwortham have a walking group already established leaving from St Fillans every Wednesday at 1pm to walk one of the chosen routes around Penwortham for 1hr. If you are interested please contact sue.james11@nhs.net

RBMG Terms of Reference

David Noblett – Longton HC PPG Chair – requested that terms of reference are drawn up for anyone wishing to join the group . He will out together an example TOR document for discussion at the next meeting. This will explain the purpose and terms of the group’s direction

Out of Hours Routine GP Appointments

All practices within the group have various out of hour’s arrangements. Some offer appointments in their own practice but also at another identified practice. Appointments are generally released during the course of the week and some are available on the day. Appointments are generally after 6.30pm at night or on a Saturday or Sunday. **There is limited availability of these types of appointment.** The appointments are run by a range of clinicians including Nurse practitioners, Pharmacists and GPs. Your practice will offer an out of hours appointment if available. When your practice is closed and you need non urgent medical advice or help you should ring NHS 111. If they direct you to a GP service they will indicate where your practice is holding appointments for the day. If an appointment is available you will be offered an appointment at that practice which maybe different from your usual practice

There are Urgent Care walk in Centres at both Royal Preston Hospital and Chorley Hospital open 24hrs a day if a matter is not a life threatening condition and however wait until your usual GP Surgery opens. It is not unusual for there to be a 3- 4 hour waiting time.

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/nhs-out-of-hours-services/>

Free Cardiopulmonary resuscitation (CPR) Training

Cardiopulmonary resuscitation (CPR) is an emergency procedure that combines chest compressions often with artificial ventilation in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest.

Free training is available to anyone who is interested. Please contact David Noblett who is a patient and PPG chair at Longton Health Centre - David Noblett - davidnoblett44@gmail.com

Carers Group

St Fillans Health Centre in Penwortham has developed a Carers Group who meet on the 1st Friday of a Month at United Reform Church, Liverpool Road, Penwortham. 11am – 1pm. If any patients are interested in joining please contact Chrissie Church who now leads on this - chrissiechurch9@gmail.com

Next RBMG PPG Meeting

We aim to have a meeting each quarter at one of the practices within the group. Our next meeting will be in February 2019 and your surgery will advertise the date nearer the time