**Minutes from Central Islington Locality Meeting: 21st October 2014**

Item 1. Welcome, introductions, apologies arising (Mike Hart)

Naomi Peck from Voluntary Action Islington, introduces herself to remind group of her role to support Locality and Pan group meetings. Her contact details are [patients@vai.org.uk](mailto:patients@vai.org.uk) or 020 7832 5836.

Item 2. Matters arising from last locality meetings (Mike Hart)

No actions arising from last Central locality meeting, nor the June Pan meeting other than general consensus to have less items on agenda with more discussion space.

Confirmed that PPG review agenda item was postponed from June Pan meeting and will be item for December Pan meeting.

Item 3. Islington CCG – Outreach projects (Lizzie Stimson)

1. Ongoing outreach project and other opportunities were outlined by Lizzie Stimson.Community researchers are being recruited to record their own and/or their community’s experiences of health care in Islington. Contact Sophie Hostick-Boakye on 020 8709 4816 or [sophie.hostick-boakye@youngfoundation.org](mailto:sophie.hostick-boakye@youngfoundation.org).There is also training available as part of the community research process for anyone interested.
2. NHS Empowering citizens and patients to participate workshop on the 4th December. Other dates available. For information and to book call: Laura Luckhurst on 020 3049 9916 or email [Laura.Luckhurst@nhs.net](mailto:Laura.Luckhurst@nhs.net).

Item 4. Self Care (Lizzie Stimson)

Presentation outlined research done focussing on joined-up care for helping patients to manage long-term conditions. Self care is important to increase health and sense of wellbeing. Highlighted the outcomes of outreach that looked into finding out what was important to people suffering from long-term conditions. Looked at ways to help people to develop the skills to look after themselves such as the Long Term Condition GP Service, Health Navigators, and Peer Support Groups. Personal health budgets, longer GP appointments and how help in decision making (including care planning; involving an annual review with your GP at a double appointment) should be offered by health care professionals, so more of a joint venture.

Personal health budgets (PHBs) are currently being piloted in Islington for young patients and patients with mental health issues in specific practices. Concerns were raised about possible misuse of money given to individuals. It was explained that services bought have to be part of a plan for as independent and healthy life as possible. The money would be put into a special account managed by Islington Council. There isn’t a cap for health budgets but the way the system is set up means that it can’t be abused. A care plan designed with a healthcare professional is a part of this process. Anything already available within the NHS comes from the NHS and would not be paid for by the PHB. Budget for PHBs are and will be from existing CCG funding.

Action: to check whether the money is made available through a monitored ‘credit card’.

Personal health budgets will be an item for on a future agenda.

Item 5. Cancer Awareness (Gwen Kaplan and Anne-Marie Love)

An interactive presentation on myths and facts about cancer, attempting to take away the inevitable negative associations attached to the word cancer such as death, pain and fear. A key message was that early diagnosis saves lives.

A concern was screening; women over the age of 70 seem to be discouraged from being screened. In fact, women over 70 can receive screening if they ask. Bowel cancer screening stops at 74 years, but again, if people have concerns they can ask to be screened. Another concern was regarding unacceptable delays to waiting for appointments and then getting results.

Patients themselves need to spread the message re getting early diagnosis and expressing fears. Need to overcome embarrassment and follow through with screening and continue the conversations at home, with friends and family etc.

Screening programmes need to be highlighted (Islington does not meet national targets for involvement in screening programmes).

Presenters were keen that information packs available were taken back to individual practices and used to put on display. It was suggested that libraries and other suitable venues with community noticeboards should have displays on special ‘health boards’, not just relying on the message being made at the GP surgeries.