**Minutes from South Islington Locality PPG Meeting**

**23rd September 2014**

Items 1&2. Welcome, minutes and matters arising (Louise Murray)

Louise Murray introduced herself as the new Patient Chair for

South Locality PPG meetings.

Item 3. Outreach projects (Lizzie Stimson).

Introduced this item as a future rolling agenda item focussing on community engagement and outreach. Two current opportunities are:

1. Community researchers (looking at different topics eg joined-up care). Intention is that people based in their local community can tell their own story of care or others within their community. Can be written, videoed, recorded, story boarded as preferred by interviewer and interviewee. Training is available and there is a £30 voucher offered for taking part. Please contact Sophie Hostick-Boakye on 020 8709 4816 or [sophie.hostick-boakye@youngfoundation.org](mailto:sophie.hostick-boakye@youngfoundation.org) if you are interested in taking part.   
   This feedback will help to shape services.
2. NHS training for people who wish to know more about the NHS: a workshop on Empowering citizens and patients to participate 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).

Information on both initiatives was provided for anyone interested to take away.

Item 4 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 over research – there is a push to the research but what are the results/benefits?

A: Since the 1970s treatment, prognosis and survival rates have all improved immeasurably and this is all down to research.

It was felt that for less deprived groups, campaigns for screening work, but more conversations need to be had as to how to inform more deprived and harder to reach groups.

It is hoped that the minutes of this meeting and presentation will go to the PRGs at individual practices along with information leaflets to get people to “talk cancer”. 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).

There was some discussion about the length of appointments at GPs. Problem with 10-minute appointments is that doctor’s need to get the confidence of patients and might not if there is such a short time and/or lack of continuity in which doctors see which patients. Ideas mooted (during the meeting and after the meeting) was a buddy system at practices (where a patient sees a couple of doctors regularly so that there is a better continuity of care); a possible system like triage, where patients could opt to fill in a form or helped to fill in the form that they could then bring to the doctor which would help to make the most of time available and reduce risk of ‘door-handle diagnosing’.

Presenters were keen that information packs available were taken back to individual practices and used to put on display.

Item 6. Self Care (Dr Katie Coleman)

Presentation on why self care is important to increase health and sense of wellbeing.

Highlighted the outcomes of outreach 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 and mentioned Health Navigators, Patient support groups and the problems and impact on health and mental health of social isolation. Also personal health budgets, longer GP appointments (GPs ‘incentivised’ to offer these) and how help in decision making should be offered by health care professionals, so more of a joint venture.

Discussion highlighted the fact that peer support was considered a good thing especially if you do not have family, things can be very difficult. Dissemination of information was really important. Health visitors for the elderly should be reinstated.

Item 7. AOB (Louise Murray)

Next dates for Pan Islington meeting was given: 9th December 2014 at Resource for London 5.30-8.30.

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NOTE: Naomi Peck from Voluntary Action Islington supports Locality and Pan PPG meetings. Her contact details are [patients@vai.org.uk](mailto:patients@vai.org.uk) or 020 7832 5836.