

<b>Name of Meeting: Patient Participation Group Meeting</b>			
<b>Meeting date</b>	03/06/2019	<b>Minutes reference</b>	<b>No.22</b>
<b>Special provisions</b>	None		



### Attendance

Ngozi Uduku	NU(Chair)
Oluchi Uduku	OU (Minutes)
Genora Leachman	GL
Neeta Patel	NP
Adetayo Adeola	AA
Ngozi Okafor	NO
Philesa Walters (F2 Doctor)	PW

### Apologies

Mel Nohur	MN
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<b>1.0</b>	<b>Introductions</b>	<b>Action</b>
<b>1.1</b>	NU welcomed all attendees. Introductions and apologies were noted.	<b>Note</b>
<b>2.0</b>	<b>Minutes of the Last Meeting</b>	
<b>2.1</b>	Read and agreed	<b>Note</b>
<b>3.0</b>	<b>Update on events at the surgery</b>	
<b>3.1</b>	<p><b><u>Practice Improvement Works</u></b></p> <p>NU brought the group to date with the delay in completion of the improvement works. She stated that the works are now almost complete, confirming that the delay was due to the lack of proactivity from the contractors.</p> <p>She addressed the issue of confidentiality in the waiting area now that it has more of an open layout. She confirmed that this will be addressed by the phone ring tones moving to the back reception desks and music being introduced in the waiting area. There is also an interview room should patients request more confidentiality. The reception team continues to receive training in customer services including the pitch and tone of their voices. New receptionists have joined the practice and improvements will continue to be made.</p>	

	NU told the group that a pram store had now been built and this will come into use shortly. She stated that the practice is now Infection Control Compliant.	
<b>3.2</b>	<p><b><u>PCN's (Primary Care Network)</u></b></p> <p>NU gave a more detailed explanation of PCN's which NHSE has commissioned all GP practices in the nation to form. Within this network the Govt. will provide funded pharmacists to be shared between the practices just to mention one advantage of many. WHC along with 5 other GP Surgeries in Lewisham have formed the Lewisham Alliance PCN (LAPCN). The practices are:</p> <ol style="list-style-type: none"> <li>1. Woodlands Health Centre</li> <li>2. Lee Road Surgery</li> <li>3. The Triangle Group Practice</li> <li>4. Lewisham Medical Centre</li> <li>5. Burnt Ash Surgery</li> <li>6. Nightingale Surgery</li> </ol> <p>These practices will be able to share their skills and services which will benefit the community. Patients will eventually have more choice of and access to GP's and where they can be seen. Attached to these minutes is a paper describing a PCN and its benefits to the community. This will be available to patients at reception and on the WHC website for information.</p>	<b>Note</b>
<b>4.0</b>	<b>Clinical Talk – Hypertension (High Blood Pressure) HBP</b>	
<b>4.1</b>	<p>NU delivered the above clinical talk as follows:-</p> <p>She asked the PPG members what they thought Hypertension was and what could cause it. Responses included: It could be genetic, it could be caused by eating too much salt, being overweight. It was also mentioned that tablets would need to be taken regularly – in particular Blood Pressure Tablets.</p> <p><b>Definition:</b> NU along with PW defined HPB as follows: HBP can be defined as a BP that is higher than it should be. When this happens there is increased risk of bleeds to the brain which could cause a stroke. HBP can also affect the kidney, damaging them and causing them not to function as they should. You may indeed not have any symptoms and HBP could silently cause damage. HBP affects lots of organs including the eyes which can lead to headaches. It is called the silent killer.</p> <p>HBP can also be defined as blood pressure higher than 140/90. Research shows that any pressure below is less likely to cause a stroke as the heart pumps the blood around the body at a certain temperature.</p> <p>More recent research has also shown that people with HBP are more susceptible to dementia. This is because brain cells are being deprived of</p>	<p><b>Note</b></p> <p><b>Note</b></p>

	<p>oxygen and therefore die faster. Such patients are therefore at higher risk.</p> <p><b>Risk Factors:</b> Overweight, alcohol, smoking cigarettes, being less active, little exercise.</p> <p>The Clinicians (NU &amp; PW) also spoke to the PPG about various medications for HPB. Lisinopril for instance is good for the heart and the kidneys and it can bring your BP down. Doctors will tailor medication to the patient therefore what works for one patient may not necessarily work for another patient. Generally the medication for BP works better if the patient's lifestyle is conducive for the medication. This would include less alcohol, no smoking, and weight loss. Doctors therefore encourage weight loss and exercise.</p> <p>NU went on to explain that the government puts a lot of money into GP's checking patients' blood pressure. It costs the NHS more money to look after a patient with a stroke than to fund medication. A patient with a stroke affects his/her family, friends, society and the stroke will still need to be treated.</p> <p>NO raised a question about cramps and it was agreed by the group that the next topic will focus on Cramps and the causes of it.</p> <p>At the end of the talk NU gave every ppg member a copy of the British Heart Foundation booklet called "I've got my Blood pressure under control" by Lindsay Thompson. The cover of this booklet has been included as part of these minutes. The booklet is available in all the clinicians consulting rooms and is regularly handed out to patients.</p>	<p><b>Note</b></p> <p><b>Note</b></p>
<b>5.0</b>	<b>AOB</b>	
<b>5.1</b>	GL gave out gcda leaflets to be displayed at reception. These are "Get up, get out, and get walking!" Leaflets. A copy has been attached to these minutes.	<b>Note</b>
<b>6.0</b>	<b>Date of Next Meeting</b>	
<b>6.1</b>	Monday 02 September 2019 Time: 6:30pm Venue: Woodlands Health Centre	<b>Note</b>

**PPG FUTURE MEETING DATES:** (First Monday of every Quarter)

DATE	DAY	MONTH
02.09.2019	MONDAY	SEPTEMBER
02.12.2019	MONDAY	DECEMBER

03.03.2020	MONDAY	MARCH
01.06.2020	MONDAY	JUNE
07.09.2020	MONDAY	SEPTMEBER
07.12.2020	MONDAY	DECEMBER



## WHAT ARE PRIMARY CARE NETWORKS?

Primary Care Networks (PCNs) are a key part of the [NHS Long Term Plan](#), with all general practices being required to be in a network by June 2019, and [Clinical Commissioning Groups \(CCGs\)](#) being required to commit recurrent funding to develop and maintain them.

The networks will have expanded neighbourhood teams which will comprise a range of staff such as GPs, pharmacists, district nurses, community geriatricians, dementia workers and Allied Health Professionals such as physiotherapists and podiatrists/chiropractors, joined by social care and the voluntary sector'.

Under the plans, all general practices will be aligned to a PCN, covering 30,000-50,000 patients, with local Enhanced services funded by CCGs and provided through the new network contracts. The networks will provide the structure and funding for services to be developed locally, in response to the needs of the patients they serve. It is important that community pharmacy teams are fully involved in the work of their PCN.

PCNs are based on general practice registered lists, typically serving natural communities of around 30,000 to 50,000 patients. They should be small enough to provide the personal care valued by both patients and healthcare professionals, but large enough to have impact and economies of scale through better collaboration between general practices and others in the local health and social care system, including community pharmacies.

Woodlands Health Centre along with 5 other GP Surgeries in Lewisham have formed the "Lewisham Alliance PCN" (LAPCN). The practices are:

1. Woodlands Health Centre
2. Lee Road Surgery
3. The Triangle Group Practice
4. Lewisham Medical Centre
5. Burnt Ash Surgery
6. Nightingale Surgery

These practices will be able to share their skills and services which will benefit the community as described above.

NHS England has prepared a short animation which explains the concept of PCNs and how this new way of working enables health and other services to work together to provide better access for patients. This can be viewed at: <https://youtu.be/W19DtEsc8Ys>.

The NHS Long Term plan clarified that PCNs will become an essential building block of every [Integrated Care System \(ICS\)](#).



British Heart  
Foundation

I've got my  
**Blood pressure**  
under control

*Lindsay Thompson*

**FIGHT  
FOR EVERY  
HEARTBEAT**

bhf.org.uk

### What to expect

- ✔ Walk leaders will be at the meeting place before the start of the walk
- ✔ If this is your first walk, you will be asked to fill in a registration form
- ✔ One leader will walk near the front of the group with the faster people. Another walk leader will be at the back with people who need to walk more slowly
- ✔ You can walk at a pace that suits you
- ✔ Expect to meet new people, make friends and enjoy yourself!

### What to wear/bring

- ✔ No special equipment is needed
- ✔ Wear clothing that is loose and suitable for the weather – layers are best
- ✔ Wear comfortable, well fitting shoes or trainers

### Your health

For most people, the walks are beneficial and should not cause any problem. However, if you have any health concerns about increasing your physical activity, for example, if you have heart trouble, chest pain, dizziness or other pain made worse by activity, please seek medical advice before taking part.

Our health walks are led by trained volunteer walk leaders. The walks are 30 – 60 minutes long. We end with a cup of tea where possible.

Health walking is really easy. You do a 5 minute stroll to warm up, at least 20 minutes at a brisk pace and a five minute stroll to cool down.

A 'brisk pace' will be different for everybody. Walk so you feel a little warmer, breathe a bit heavier and your heart is pumping a bit faster. You need to be able to have a chat and not be too out of breath.

Go at a pace that is right for you – the walks are suitable for people of all abilities. Come when you are able to.

**Want to get more involved? Join our team of volunteer walk leaders. Contact us to find out about the free one day volunteer walk leader training.**

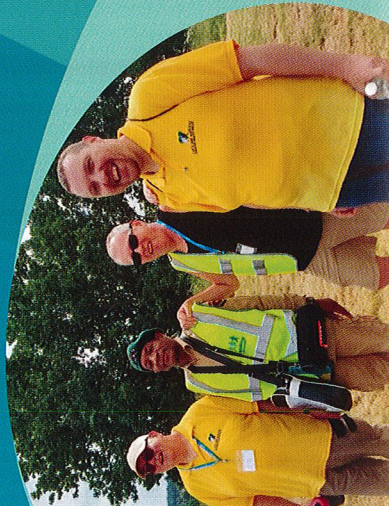
☎ Jenny Budd: 020 8269 4880  
✉ [healthywalks@gcda.org.uk](mailto:healthywalks@gcda.org.uk)  
🌐 [www.beinspiredlewisham.org/](http://www.beinspiredlewisham.org/)  
**Lewisham-Healthy-Walk/**



gcda®

# Get up, get out, get walking!

Free and friendly led walks in parks across the borough, for people of all abilities



# Weekly schedule

This schedule was updated April 2019. Please contact us for any changes.

You can just turn up at the start of the walk but for the walks with varied routes, we recommend you contact us before your first walk. Please book for walks where indicated.

**Like walking? Like meeting new people? Got a little time to spare each week?**  
Our Free volunteer walk leader training days usually take place in June, October and February. Contact us to find out more.

When	Where	Details
Mondays 11.00am	Ladywell Fields	<b>For pregnant women and mums with babies.</b> Meet in the Riverside reception area in Lewisham Hospital. Walk for 45-60 minutes, smooth paths with gentle slopes, ending in cafe. Contact Toyin: 07947 402 252 email: mvp.lewisham@gmail.com
Mondays 12.00pm	Lewisham Park	Meet outside St. Mauritius House, 65-67 Lewisham Park. Walk for 20-30 minutes on smooth level paths. Tea at the end.
Mondays 6.30pm	Hilly Fields	Meet by benches outside Bowling Club, Tyrwhitt Rd, Brockley (Near 484 bus stop). Choice of routes: one hilly, one flat, smooth even paths. Walk for 30-45 minutes, April-October only.
Tuesdays 10.30am	Forster Memorial Park	Meet at Goldsmiths Community Centre and walk for up to an hour to and around the park. Email hello@goldsmithscommunitycentre.org.uk or call 020 8697 6172.
Tuesdays 2.00pm	Ladywell Fields	Meet in the Riverside reception area in Lewisham Hospital. Walk for 20-45 minutes. Level walk route, good paths. You can do half a lap (20 mins), a full lap or two!
Tuesdays 11.00am	Sydenham Wells Park	Meet by the benches near the pond. Walk for up to 45 minutes, choice of routes; level, smooth paths or choose to go up the hill through wooded area.
Tuesdays 9.45am	Beckenham Place Park	Meet at Mansion House car park. Choice of 3 circular walks from 30-60 minutes. The short walk will be on level, smooth paths, others will include slopes and rough ground going through woodland.
Wednesdays 10.30am	Grove Park and beyond	Meet at Ringway Centre, Baring Rd. Varied routes, maybe up to 90 minutes, through woodland and parks. some with rough ground or slopes. Before your first walk please contact Sonja 07836 548 870.
Wednesdays 1.30pm	Ladywell Fields	<b>Diabetes Peer Support Group:</b> Meet in the Riverside reception area in Lewisham Hospital. Walk for 30 minutes on good paths ending at a local cafe. <b>(1st and 3rd Wednesdays of each month)</b> Contact: Healthwatch on 020 8690 5012.
Wednesdays 1.30pm	Thames Path and parks	<b>VSL Befriending Group:</b> Meet at Pepys Resource Centre. Slower walk for 30 minutes on paths. Tea at the end. For more information call Sandra on 020 8291 1747 or email befriending@vslonline.org.uk.
Thursdays 12.15pm	New Cross/ Deptford	<b>With New Cross Gate Trust:</b> Meet at Waldron Health Centre. Walk for up to an hour on paths and through local parks. Contact Alicia: 07990 444 905, alicia.pierre@nxgtrust.org.uk.
Thursdays 10.00am	SE London Explorers	Meet by the tables and chairs near the Clock Tower, Lewisham High St. Use public transport to travel to different local routes each week (own fares or travel passes needed). Walk for 45-60 minutes then tea in a cafe. Varied routes and may include slopes, steps and rough ground.
Thursdays 10.00am	Chinbrook Meadows	<b>Walk with CHART:</b> Meet at WG Grace Centre, SE9 4HG. Walk to and around park for 30-45 minutes on paths. Some gentle slopes. Ending at park cafe. Contact Victoria on 07585 840 644. Please note <b>NEW TIME!</b>
Thursdays 11.00am	Horniman Gardens	Meet by the benches inside the main gates. This is a hilly park so there are some slopes but you can choose a more level route, some weeks we go into the nature trail with rough ground/steps. Walk for up to 45 mins.
Thursdays 11.00am	Ladywell Fields	Meet in the Riverside reception area in Lewisham Hospital. Walk for 20-45 minutes. Level walk route, good paths. You can do half a lap (20 mins), a full lap or two!
Fridays 9.30am	Deptford	Meet in the Anniversary Centre cafe, St Christopher's Hospice, SE26 6DZ. Walk for 45-60 mins on good paths with a choice of routes. Longer routes may include steps and slopes. Cup of tea in the cafe at the end if you wish. You can just turn up or ring for more info 020 8768 4600.
Fridays 1.00pm	Lewisham paths & parks	<b>Women only.</b> Meet in the reception area of The Albany. Walk for up to an hour and explore the local area including parks. Tea at the end. Call Sophie on 07736 630 687 if you wish or just turn up at 9.20am.
Saturdays 2.00pm	Downham parks & woodlands	<b>MIND Peer Support Volunteer led walks:</b> Meet at Glassmill Leisure Centre, Lewisham. 60 minutes walk at various locations. Cafe at the end where possible. Contact Smita 07850 639 811 to register. Booking essential for this one.
Saturdays 11.00am	Mountsfield Park	Meet in the cafe at Downham Health & Leisure Centre. Walk for up to an hour on a variety of routes in the local area. The routes may include long slopes, rough ground underfoot and steps. Meet by the bandstand near George Lane entrance. Walk for up to 60 minutes on a choice of routes, one more level, the other using the hills in the park. Good paths (with Healthy Habits).



**Want to try something different? Try NORDIC WALKING!**  
4 week courses to learn the technique: Ladywell Fields, Saturdays, 10.15am.  
Email Laura: brockley/nordicwalking@gmail.com  
Manor House Garden, Thursdays, 10am and Bellingham, Fridays, 6pm.  
Email Sonya: sonya.nordicwalking@gmail.com

