



Park View Health Partnership  
Patient group meeting  
Wednesday 5 March 2014 5pm

In attendance:  
14 patients, Helen Corpe, Practice Manager

Helen welcomed everyone and introduced Elizabeth Carter from the Mid-Sussex Wellbeing service. Liz explained the range of services that are free to users at point of contact, funded by public health. The service provides guidance and signposting to improve and support healthy living and can be accessed by calling one number. Details are at the end of these notes. Patients were very keen to have a well being day in the practice, and Helen encouraged patients to make this happen.

Apologies were received from Dr Wells. Patients expressed concern that there was not a GP available at these meetings. Helen explained that there was only one partner in on a Wednesday afternoon but she would rearrange appointments so that he could be available in the future.

Items from the last meeting:

#### **Care.data programme**

This has been paused for six months but patients were encouraged to continue to opt out if they felt they wanted to. They need to email or write to the Practice Manager expressing their wishes and Helen will add codes to their medical records to prevent upload of data. There will also be summary care record information coming out to patients in the next few months, details of which were discussed at a patient group meeting last year. One patient had recently attended a South East Coast ambulance service event and enquired about ambulance staff having patient data. This is only available if there is significant end of life care issues or harm to patients. They do not have access to the Do Not Attempt Resuscitation forms. The originals should be retained in the home fridge in a specific container and a sticker put on the front door to advise paramedics. These kits are available from the practice.

#### **NAPP**

Last time, patients were invited to look at the Patient Group page on Park View Health Partnership website and suggest content and updates.

<http://parkviewhealth.co.uk/news.htm> To date, Helen has received nothing from patients to upload to the patient page, and a further request was made.

Items discussed:

#### **What's happening in the practice**

We have a trainee doctor in the practice on Friday afternoons during the year, learning from Dr Hughes. These are longer appointments to enable training to be effective. Dr Hughes is very interested in training and is investigating the

requirements for becoming a registrar trainer. However, on first glance, the academic demands appear rather onerous.

Helen interviewed a suitable GP recently but she accepted a post in Brighton nearer her home.

Helen explained that despite training having been undertaken, there are still problems using the new clinical system. This is adding to the already overwhelming workload that the practice is experiencing at the moment. The more we work with the new system, the more we are finding out. Some of the issues are to do with the software and we are having to find work arounds which take more time. Patients are asked to continue to bear with us.

There is now so much to manage for CQC and legislation required for the practice that each month now has a designated training theme for staff.

**Next meetings:**

Wednesday 7 May 2014 5pm

Wednesday 2 July 2014 5pm

The Mid-Sussex wellbeing information is below:



### **The Wellbeing Hub**

The Wellbeing Hub team provide advice, guidance and support to make lifestyle changes such as losing weight, eating well, getting more active, reducing alcohol intake and stopping smoking.

The Hub provides a signposting service to all local health and wellbeing services and refers in to the services listed below.

### **Weight off Workshop –Healthy Weight Programme**

The Counterweight course runs over a 12-week period. The course supports people to take responsibility for their weight and to make small changes to their lifestyle with the aim of long term sustainable change. There are cook and eat sessions as part of the course. The Counterweight course complements the countywide Why Weight? service.

### **Family wellbeing**

This service is for families who have a child aged 5 to 16 who is over the recommended weight for their age and height. The family receives 10 individual one-hour sessions of physical activity. Each session includes advice and information on healthy eating.

### **Mid Sussex Family Alcohol Service**

This service is for young people aged between 11 years and 25 years who are drinking to hazardous levels or at risk of drinking to hazardous levels. The service also works with the families of the young people regarding their alcohol consumption.

### **Wellbeing Coaches**

The Wellbeing Coaches provide one-to-one support for adults who need additional support to make changes to their lifestyle. This could be because they have caring responsibilities, have low self-esteem and are unable to participate in group sessions.

### **Back to Exercise**

Back to Exercise is a 12-week course of exercise sessions for adults aged 18+ who do little or no exercise. Courses include Zumba, Pilates, Yoga and Boot Camp which are all taught at a beginner's pace. The cost is £12 for 12 weeks.

**For more information and to refer to these services please contact the Wellbeing Team on 01444 477191 [info@midsexwellbeing.org.uk](mailto:info@midsexwellbeing.org.uk)**