**QUANTOCK MEDICAL CENTRE PATIENT PARTICIPATION GROUP**

# MINUTES OF MEETING HELD AT NETHER STOWEY LIBRARY

# Wednesday 8th June 2022

## PRESENT

Elizabeth Woolcock,Sue Sidery,Helen Stacey (Practice Manager),

**APOLOGIES**

Diane Faris (Chair), Ian Faris, Bruce Roper, Maggie Harlow, John Friend, Sally Friend, Kate Hope, Terry Binding , Ian Ashley

## VILLAGE AGENT

Welcome to the Village Agent Sarah Bennett who explained her role and her work.

Village Agents (VA) are funded by the Community Council for Somerset as a Charity. Sarah’s role is funded from the Health Care budget and can take referrals directly from patients, and Health Services. VA work in villages and rural isolated areas to help and support people with various issues to find solutions. Problem solving where things are just not working for people including providing support and links to many other organisations. If they can’t help, they will know someone that can.

Also involved with Food Resilience/ Food Banks and distribution of food, links to other Agencies inc; Age UK, Adult Social Services, Volunteering Organisations, Carers Support, transport networks and Micro-providers of Care, linking people with others who can help complete funding applications etc.

Sarah has also been involved with the Councils Welfare Checks for Refugees to check things are working out for them, that they are happy, have support in place, not being made homeless, helping with language issues, applications etc

There are also Community Agents who have a similar role in Towns.

## UPDATE FROM THE MEDICAL CENTRE

The Practice is now linking more with the Bridgwater Practices; all new health care funding is being given by Central Government to Primary Care Networks (PCNs), so the Practice needs to work closely in order to be able to provide additional services and links for Nether Stowey.

The Practice now has a **First Contact Physiotherapist (FCP)** who is able to see patients with Musculo Skeletal conditions and send off for tests and x rays etc and diagnose conditions linking in with the GPs and Orthopaedic Surgeons directly for further care when it is needed.

**2 Mental Health Workers** who are able to work with our patients for conditions such as anxiety and depression, offering 1- 6 sessions of therapy, and support and sign posting to appropriate services.

**Health Coaches** who are able to work with patients on Weight Loss, increasing mobility and fitness, patients with chronic pain, to find patients motivations to enable them to become more active and stronger and obtain better quality of life.

These roles will increase services to our local population

We are very proud to announce that a **special medal has been awarded to Helen Every**, our Advanced Nurse Practitioner from Diabetes UK. Helen, was given the award for living with Type 1 diabetes for 50 years. Helen was diagnosed when she was 9 years old. Type 1 diabetes is an autoimmune disease which develops when the body attacks its own insulin producing cells. It usually affects children and young people but can develop in older age. Helen has been injecting insulin for 50 yrs. She says she has experienced many changes in the management of her condition, from boiling glass syringes and metal needles (which became blunt and painful!) in a saucepan to sterilise them, to using insulin pens and Flash Glucose Monitoring. Helen has been working as a nurse for 42 years and went on to support patients with both type 1 and type 2 diabetes. When she applied to undertake her nurse training, she had to unbelievably fight discrimination because of her condition.

Alan Nabarro, whom the medal is named after, was diagnosed with type 1 diabetes in 1922, and was given six months to live. Fortunately, insulin was discovered in 1923 and he was able to successfully manage his condition over the following 55 years.  He spent his career fighting discrimination for people living with diabetes. Helen says, I am happy to say that there are additional medals for those who have successfully lived even longer with diabetes. You can find the details at <https://www.diabetes.org.uk/about_us/medals>.

The Medical Centre also came 1st in its Diabetic Care across Somerset last year, with the most number of patient completing their 8 point Diabetic reviews, which was as always a team effort with the Admin staff and Nursing staff organising and completing these.

## FEEDBACK FROM SOCIAL PRESCRIBING GROUPS

## Health Walks

Elizabeth updated the group. All going well, numbers can vary from 5 – 16+. There are now a number of trained walk leaders which really helps, and the group are really enjoying the more challenging walks. Now putting on 2 boot walks and once a month a 3-boot walk. Elizabeth is very aware that there are no 1 boot walks for beginners but is happy for anyone to contact her if they would like to get their confidence walking around the village with someone and then be able to progress to join the group. Elizabeth and the walk leaders have done an amazing job keeping this enthusiastic group going and there efforts are greatly appreciated. The group are very social and welcoming. Generally meeting first at the Church Centre and then able to provide lifts for others to walk start points.

## Singing Group

Still meeting virtually, would like to restart the group again, need to consider times, venue, etc. Need someone to coordinate and run this. Helen to put a note in various parish magazines to ask for help, and Ian Ashley to discuss with others in touch with if they would like to re start it again.

## Gardening Group

Has really ceased, those who took on the Allotment have kept it going, but as an open group to new gardeners it did not really work out – instead people are recommended to join Stowey Green Spaces which helps clear, tidy, weed and plant areas around the village set days and times to bring people together.

## Arts Group

This is run 1st and 3rd Thursday of the month 2-4pm at the Church Centre for a £3 donation, running well by Robert 733794 Mac 732 382 and Maggie 685 229, Donated our Art Supplies and great to have this in the Village

## ANY OTHER BUSINESS

Elisabeth and Sue thanked the Practice for all the hard work over the last few years during the covid crisi and coordination covid vaccines efficiently. Helen is hoping the practice will be allowed to provide winter covid vaccinations along with the seasonal Flue vaccinations and is awaiting confirmation, this will be publicised when agreed.

Appointments have increased at the Practice over the last few years from 20,398 in 2019 to 23,403 in 2021. Everyone is working extremely hard, demand is ever increasing and constantly trying to review work load and work more efficiently where we can.

## NEXT MEETING

Date in September to be confirmed