



The Elms PPG Meeting

Plan to Engage Elms Patients and Blacon Residents and Improve Health and Wellbeing

14th May 2018

Attendees; PPG Members, Elms Practice Manager and Deputy Practice Manager, Georgina Clarke (CWCT)

Overview of Let's Talk about... Idea

CWCT presented an idea they want to trial in their local areas which in Chester is Blacon and they also cover Ellesmere Port and Winsford and Lache. Blacon patients attend the Elms.

GPs would target specific patients and pilot "Let's talk about..." ideas along the lines of various conditions such as dementia or framing in a more asset based/positive light such as Healthy Body Healthy Mind or Positive Ageing or Being a carer or something like that. The idea would be to provide patients with details of current support from expert organisations such as Alzheimer's, Macmillan, mental health trusts etc but also to find out what else is needed in local community and also to give people a fun relaxing enjoyable time.

Wesminster Surgery in EP doing a dementia one and GPs in Winsford interested too. Also CCG very interested and George arranging a meeting with Jonathan Taylor, Emma Leigh and others).

PPG Group and Practice and CWCT Joint Agreed Decisions

- 2 sessions one for people with dementia and their carers and one for Healthy Body and Healthy Minds to try 2 different approaches – one focussing on illness/condition and the other focussing on positive goals and wording such as Healthy Body, Healthy Mind. We suspect there will be interest in both approaches. As we learn from these sessions we may go on to try other conditions or build on the first 2 sessions and their success.
- Dementia one will have info on support for carers, support for people and be something fun with old music and dementia friendly like a memory café afternoon tea. Healthy body and mind one will aim to have info from mental health charities/loneliness charities and have fun relaxing activities e.g. mindfulness, yoga, massage, chill out etc.
- Provisional dates 5th July to link with NHS birthday and 26th July – both in Elms practice church hall in Blacon to fit with Blacon remit of CWCT and also as they have the room. It will be open to all Elms patients and people in Blacon community and we will link with Western Avenue (have emailed Jamie about it too). Elms will mailshot patients with dementia

(around 70 in practice) and consider mailshot for healthy body healthy mind (people with mental health condition perhaps or social isolation etc?).

Joint Specific Actions

- George to confirm dates with Holy Trinity and Tina of 5th and 26th.
- George to contact Alheimers and see if we can find some mental health/relaxation, fun activities for 26th like a frazzled café idea along the lines of Healthy Body Healthy Mind
- Dawn to copy this into notes and send to PPG and thank them very much for their input and if they want to be involved in planning, delivery let us know.
- Once all confirmed, (communicate by email for now or George can pop back into Fountains), George will draft an invite and send to Elms for input and to send out by mailshot to patients (could you send to carers too?)
- Once we have invite we can put online and send out to community