

At the Meeting of the Trafalgar Medical Group Practice Patient Participation Group held at Eastney Health Centre on Wednesday 28 June 2023

PRESENT

David Pryke – Chairman

Mrs. Sally Atkins – Nurse Administration Manager

Miss Radia Chowdhury – Practice Pharmacist

Mr. David Baynes; Mr. Stephen Bonner; Miss Annette Chipperfield; Mr. John Doughty; Ms. Pam Lander Brinkley; Mr. Robin Lander Brinkley; Mr. Stephen Rogers; Mr. Alastair Ross; Mrs. Pat Wainwright; Mrs. Barbara White; Mr. Godfrey White; Mrs. Janet Wilmot;

Apologies from:

Mrs. Margaret Bell; Mrs Joan Kooner; Mrs. Jayne Pryke; Mr. Derek Wynne

1. WELCOME

The Chairman welcomed everyone and thanked Alastair Ross for coming to give us a talk on Music Therapy

He also thanked the Practice Pharmacist, Radia Chowdhury, for giving up her time to come and give a short talk on her role at the Practice.

He pointed out that any questions for the practice should be sent in advance of the meeting which was to try and ensure that the questions could be fully answered as there was not always an appropriate member of staff at the meeting to give an answer. This would happen for all future meetings.

He also reminded everyone that the meeting was not a forum to discuss personal issues and that these should be directed direct to the Practice.

2. MINUTES

The Minutes of the meeting held on 15 February 2023 were agreed as a correct record.

3. PHARMACIST

Radia Chowdhury, the Practice Pharmacist, gave a short talk on her role within the Practice. Working closely with the Doctors she reviewed patient's prescriptions, if patients came out of hospital, she updated their records to ensure that they

continued to receive the correct medication. She could also give advice to patients on how to come off of medication.

Sally Atkins also said that there was a pain pharmacist , Kim Ridout, in the Practice who would check out medications and alternative therapy.

The Chairman thanked Radia for her presentation.

4. MUSIC THERAPY

Alastair Ross gave a talk on the benefits of music therapy. He said that in 2019 The World Health Organisation produced a report on the benefits of all forms of art including music. Participating in arts enables people to deal with a wide range of mental ill-health conditions and psychological stress, it helps improve their mental health through creativity and enables people to express themselves without having to use words. Music could be an emotional regulator and participating in a group also benefits. There is verification that It can improve quality of life especially for children and adolescents .

Music had benefits for all ages and can improve mental and physical health, assist in recovery after, and even during surgery, it lowers the level of traumatic stress and regulates heart rates which dose assist recovery

He said that the choir at St. James' Church at Milton meets every Thursday evening at 7pm and everyone was welcome to come along and join in whether or not they could sing, he also said that Milton Glee Club met every Friday evening if anyone was interested.

The Chairman thanked Alastair for his presentation.

5. CHAIRMAN'S STATEMENT

The Chairman said that a coffee morning on 3rd May, it had proved to be a great success. It enabled everyone to meet socially, and members of staff popped in to say hello.

As the event proved successful it was planned to hold one annually and he asked members when they thought that the best time of year was to hold future coffee mornings. It was agreed that early May would be the best time for future coffee mornings.

The Chairman said that on occasions some people have been ringing Sally to see if she could book appointments for them. He reminded everyone that Sally was unable to do this and that everyone must go through the proper procedure , he appreciated that phone lines could get very busy at times and said that if patients

just want to arrange blood tests or various jabs after 4.30 is usually the best time to ring.

The Chairman reported that Dr. Jack Collins has secured some funding for planting in the courtyard of the Health Centre work had begun on the planting and he thanked those PPG members who gave up their time to help along with volunteers from Portsmouth Friends of the Earth, Goodgym and Southsea Green, a virtual big star to them all.

6. PRACTICE UPDATE

Sally Atkins reported that the Practice had recently appointed a new nurse practitioner, Dawn Martin, and that she would help relieve the pressure on the GPs.

Sister Jooles Allison had had her hair cut off in aid of Veterans and she had raised £685

Nurse Karen Foster was currently on a sabbatical for two months.

Blood clinics were now available to everyone at the practice and there was now a blood clinic at Lake Road Surgery available on Saturdays, but tis must be booked via reception. There were also some GP appointments available at Lake Toad on Saturdays.

Childhood immunisations were now available to be booked online.

Minutes – The Minutes would be circulated to everyone as usual but to save paper hard copies would no longer be available at the meeting.

7. WRITTEN QUESTIONS AND ANSWERS

There were no written questions.

8. FUTURE MEETINGS

Future meetings had been arranged for 25 October 2023 where there will be a presentations on living with Prostate Cancer and Research undertaken at the Practice and on 21 February 2024 when Stephen Bonner would attend to give a talk on Portsmouth Pensioners voices