



Poundbury Patients

The Patient Participation Group at Poundbury Doctors

March 2022
Volume 1, Issue 2

Newsletter: Spring 2022

PPG EVENT:

HELP YOUR HEALTH, YOUR COMMUNITY

- Wednesday, 4th May 2022

A free event at Dorchester Corn Exchange (event to stimulate debate about community health care).

For tickets <https://www.eventbrite.co.uk/e/help-your-health-your-community-a-day-of-workshops-and-talks-tickets-310388619717?aff=ebdssbdestsearch>

Or visit the facebook page:

https://www.facebook.com/Help-Your-Health-Your-Community-4th-May-2022-110153211611900/?ref=pages_you_manage

The NHS and the Poundbury practice is excellent and we are very lucky.

Come and listen to various speakers talk about different models of Community health around the country.

There are book talks from outstanding national authors:

- Julian Abel: *The Compassion Project: A case for hope and human kindness from the town that beat loneliness.* This is about the town of Frome and how they have built a grassroots project that has had tremendous effects on the local community
- Dr Michael Dixon: *Time to Heal: Tales of a Country Doctor* He is a GP in Cullompton – from Devon and Chair of the College of medicine
- Mark G. Williams, *Mindfulness Finding peace in a frantic world* Emeritus Professor of Clinical Psychology at the University of Oxford.



Images by [Andrei Stratu](#) The Climate Reality Project on Unsplash!

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INTRODUCING A NEW PRACTICE DOCTOR

Dr. Katie Crowell, who has worked at the practice for a couple of years, is now officially on the PDS team, bringing our total of doctors to eight, including a GP Registrar. Here's a little information about Dr. Katie:

'I'm Dr. Katie Crowell; I qualified from Norwich Medical School, University of East Anglia in 2015. I then moved to Dorchester for my foundation and GP training. General Practice offers me a career in which I get to know my patients, be able to have knowledge in a wide range of areas and practise in a holistic way considering lifestyle factors. I enjoy all the activities that Dorset has to offer- Walking, cycling, running, kayaking and sea swimming.'

WELCOME

Dear all,

Welcome to this edition of the Poundbury Doctors' Surgery's Patient Participation Group (PPG) newsletter, 'Grapevine'.

It's been a busy few months for the surgery since our last newsletter and with Covid again on the increase, things are getting more busy. We've some interesting and hopefully good items in this edition for you, including an event in late Spring we are holding. As always, any suggestions for any future articles please email: paulwallisemail@gmail.com or even anything you'd wish to see on our website. This is the PPG group's newsletter for you, make it work for you too!

It's looking warmer out there already!

Take care,

Paul Wallis, Chair of the Poundbury Patient's Group (also PPG)

PPG EVENT CONT'D... (from the first page)

In the evening Dorchester Arts will present a topical comedy show by Dr Phil Hammond.

The NHS model generally is to diagnose and treat which is ideal for acute conditions, if you have the flu or appendicitis. However, for chronic problems it has limitations. As you are left with a longstanding set of issues, for example arthritis, diabetes, Alzheimer's and so on. You may end up going back to the practice because of the problems.

What people often fail to recognise is that the expert on living with a condition is the cohort of patients who live with it 24/7.

"Help and Health" is a grassroots event to encourage a debate within the community as to how patients can

support each other and simultaneously take pressure off the NHS.

The event will open with a talk by Maff Potts of the organisation Camerados, he is a charismatic speaker on mental health problems https://www.youtube.com/watch?v=_72KGzeP204

There will be a workshop for local support groups and local GP practice groups in the morning. Support groups can be underappreciated this is an opportunity to let people understand their value.

This is a chance for them to learn from each other but also to educate the wider public about what they do.

The idea of the workshop is so they can:

- Share common problems and learn from each other.
- Introduce them to the PPG's Patient practice groups of the local GP surgeries
- Empower them
- To make them realise the good work they do
- Get contacts so that they can share their knowledge more widely in the local community

There will be a 'fair' with the local groups showcasing their offer to the public during the afternoon and demonstrations of a local self-help website, helpandkindness.co.uk This contains a wealth of information about local organisations that can provide help, services or social activities.

If you feel you would like to be involved in the workshops in the morning please contact:

Joy_wallis@hotmail.com

SUSTAINABLE HEALTH & COP26

COP26 Health Initiatives on Climate Resilient and Low Carbon, Sustainable Health Systems All four UK health services have committed to net zero carbon emissions by 2050.

Commitment 1: Climate 'resilient' health systems

- Committed to conduct climate change and health Vulnerability and Adaptation Assessments (V&As) at population level and/or health care facility level by a stated target date of 2045 for England.
- Committed to develop a Health National Adaptation Plan (HNAP) informed by the health V&A, which forms part of the National Adaptation Plan to be published by a stated target date;
- Committed to use the Vulnerability and Adaptation Assessment (V&A) and Health National Adaptation Plan (HNAP) to facilitate access to climate change funding for health (In real terms this means: project proposals submitted to the Global Environmental Facility, Green Climate Fund, Adaptation Fund, or GCF Readiness programme).

Commitment 2: Sustainable low carbon health systems

- High ambition/high emitters: Commit to set a target date by which to achieve health system net zero emissions (ideally by 2050).
- All countries: Commitment to deliver a baseline assessment of greenhouse gas emissions of the health system (including supply chains)
- All countries: Commit to develop an action plan or roadmap by a set date to develop a sustainable low carbon health system (including supply chains) which also considers human exposure to air pollution and the role the health sector can play in reducing exposure to air pollution through its activities and its actions.

Other COP26 Health Outcomes - Initiatives Raising the voice of health professionals as advocates for climate action. The Healthy Climate Prescription, a letter from the health community worldwide to COP26 national climate negotiators, calls for effective action to limit warming to 1.5C, increased financing from high-income countries to support low-income countries' transitions, and for strengthened investment in adaptation and resilience.

A joint editorial in over 200 health journals has called on governments to take emergency action to tackle the "catastrophic harm to health" from climate change. Adaptation Research for Health. The Adaptation Research Alliance (ARA) is a global, collaborative effort to increase investment and opportunities for action research to develop/inform effective adaptation solutions.

Information above adapted from: <https://www.who.int/initiatives/>

ACCESSING YOUR NHS PERSONAL HEALTH RECORDS

You can now access your NHS Personal Health Records online – a.k.a. 'Your summary Care Record'. You can request the option to view your medical records online. It will show you a coded version of your records which will include access to diagnosis codes/problems, test results, allergies and adverse reactions. To do this, please download the NHS App

<https://www.nhs.uk/nhs-services/online-services/nhs-app/>

Unfortunately, the doctors surgery cannot advise on any IT issues.

However, there is the NHS web-site where you can seek help! The URL is: <https://www.nhs.uk/nhs-app/nhs-app-help-and-support/nhs-app-technical-information/technical-issues-with-the-nhs-app/>

LOOK OUT FOR HELP & KINDNESS!

#HelpAndKindness

EVERYONE NEEDS A LITTLE HELP AND KINDNESS...

This project has been developed by the Alacrify Foundation Community Interest Group (CIC).

What Is

#HelpAndKindness?

#HelpAndKindness is a project that serves the people who live and work in Dorset.

#HelpAndKindness will be a county-wide digital directory and communications hub.

It helps to support and empower the community and world that we live in.

The project launched in Spring 2019.

It aims to serve the community by:

1. Helping to improve awareness of the support available to people within the county.
2. Helping to improve the resilience and impact of the charity and voluntary sector.
3. Helping to improve awareness of community needs, and of opportunities to respond to them.

4. Helping to improve understanding of the impact of the charity, public and voluntary sector on the community.

#HelpAndKindness has its own project website at: <https://www.alacrifyfoundation.co.uk/help+and+kindness>

SOCIAL PRESCRIBING

Social prescribing gives people the ability to take more control of their health and wellbeing by connecting them to local community groups and statutory services for practical and emotional support. Social prescribing can help to strengthen personal resilience and reduces health inequalities by addressing the wider aspects of health, such as loneliness and isolation, physical inactivity or living well with a health condition by increasing people's connections with their local communities. It particularly works for people with long-term conditions (including support for mental health), for people who have complex social needs which affect their wellbeing.

- Actively signpost patients (and, where appropriate, their families and carers) by sharing information about local community support groups/services.
- Develop trusting relationships by giving people time to focus on 'what matters to me'. Take a holistic approach, based on the person's priorities and the wider determinants of their health.
- Where helpful, co-produce personalised support plans to set goals that improve health and wellbeing by introducing or reconnecting people to community groups and statutory services.

If you feel you would benefit from this service, please contact the surgery to arrange an appointment with our social prescribing nurse.



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The Patient Participation Group at Poundbury Doctors

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Poundbury Patients Group

**If you're a patient at Poundbury Doctors' Surgery,
you are already a member of Poundbury Patients,
so this website is for you.**



<https://poundburypatients.org>

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