



## ***WE ARE HEAR FOR YOU***

- 1. The Patient Participation Group (PPG) are patients who are working with The GP Practice to help improve local Healthcare & well-being for our community. You will see them at local events & running specific health related groups.**
- 2. The group is there to provide information that can keep them well and healthy, and be a voice for the public to the NHS.**
- 3. The PPG is involved in the development of the local Practice and healthcare services in Mid Notts. We are involved at the commissioning level and ensure that the public gets information that can keep them healthy and well.**
- 4. Our Chair is in the Network Co-ordinator for PPGs across the Sherwood area, the largest land area in the county. And they sit on the Patient & Public Engagement Committee dealing directly with the Governing Bodies of Mid Notts Clinical Commissioning Groups.**
- 5. The PPG are actively ensuring people locally hear about how to manage a range of conditions such as**
- 6. Cancer - Heart Disease - Diabetes - Mental Health - Chest & Breathing Conditions - Dementia. In addition to this we try and support Carers via our Virtual Patients Group. The group is currently starting to engage on work with Families & Young People, as part of the NHS drive to**

keep us all educated about being well & healthy. They give it the title of `Self Care`

7. The PPG work out in our community & at the local surgery where we run a monthly Patient & Public Action Desk (PPAD)
8. Over the past few years the group has been trying to get a `Community Defibrillator Project` active including representatives from Blidworth, Ravenshead & Rainworth. The aim being to have community based, and accessible defibrillators across the area. Given the lack of resources via the ambulance service etc, these units are crucial for our survival.
9. Given the current situation of the NHS, the group is currently trying to map local groups, organisation that can support the public by giving them things to do and importantly a purpose to get up and out, each day. This is `Self-Care` and we are expected to help ourselves more and more, plus others that are less fortunate than us, to keep going and well. We work closely with the Social Prescribing Link Workers - who are working with local GP Practices to encourage patients and carers to find the support they need in the community and providing a link with the GP Practice. The PPG has close links with local groups, churches, voluntary and statutory agencies as we hope to give patients/carers that helping hand to get the support and information they need. Since the pandemic hit us here; we have learnt the meaning of working together, which is great. But we want to help everyone keep healthy physically and mentally.

Co-Chairs - Gilly Hagen & Pete Challenger.

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May 2020