**MINUTES OF THE LOUGHTON SURGERY PATIENTS PARTICPATION GROUP**

**Date**: 17th July 2024

**Location**: Loughton Surgery, Room 7

**Chair**:  Yvonne Collyer

1. **Members in attendance**: Nigel Cushion, Frank McLaughlan, Stella Nolan, June Nice
2. **Apologies**: Hazel Capal, Barry Capal, David Darwin, Carol Davies, Pat Bagshaw, Sue Gornall
3. **Attendees from the Practice**: No Staff member attended the meeting.
4. **Minutes from Last meeting** – These were reviewed and agreed after discussion.

**Item 4** – Nigel Cushion added information about a new Behaviour Change Programme (separate to the Parkinsons Work) that involves a GP referral route. The pilot will have 10 people with various conditions, such as hypertension, diabetes. There will be a personal health questionnaire and four thirty-minute meetings. Nigel would feel happier if some hard data at the beginning and end of this programme could be introduced, but believes this will not happen at this stage, but he will be pushing for this if it continues. Fabrizio Ferrari, Public Health Improvement Officer for EFDC, is involved in this programme.

**Item 5** – Meeting with Dr Larh and Chair on 26.2.24.

1. The group again expressed that they wanted a member of clinical staff or a Practice Manager to attend PPG meetings to give a briefing so that it can be recorded in the Minutes and thus will be available to be viewed by all patients.

Members have heard that this does happen at some other PPG meetings, and it is thought this would be invaluable for updates.

Members wanted to know what minor ops are available at the surgery or within the hub. They were also keen to know if blood tests will be available at the surgery/hub now that the Old Station Road Practice has closed.

1. **Joanne Morrison from St Clare’s spoke on Namaste Dementia Care**

This was a highly informative and interesting session (as was the one with our previous speaker from St Clare’s).

There is a Dementia Carers Café at St Clare’s. This takes place every week at the Hospice, from 10am to 12pm on Thursdays. Carers and family members can attend this Dementia Carers’ Café. It is a supportive place for carers, not for people living with dementia.

**Email:** namastecare@stclarehospice.org.uk **Phone:**07534 031702

Jo spoke to us about the Namaste Dementia Care at St Clare’s

Namaste Dementia Care is a free, personalised service for people living with advanced dementia, who are in the communities of West Essex and East Herts.

The Namaste care workshops are for two hours, open to all unpaid family carers and to paid carers, O.T.s, Social Prescribers etc. More G.P.s would be very welcome. Volunteers are matched up with a person with dementia, to deliver up to ten sessions in the home or in a residential care setting.

The service involves trained Namaste Dementia Care volunteers delivering one-to-one, personalised Namaste Care sessions, to a person in their own home (with their carer present), or a residential home. The sessions take place weekly and last up to 2 hours each, with a course of up to 10 sessions offered to individuals with dementia.

Jo or another trained person will evaluate these sessions. Sometimes more than ten will be appropriate, but it could be less.

For further information, email and telephone as above.

Namaste care is based on the programme developed by Joyce Simard in the USA from her book – “Namaste Care: A Special Program for People with Advanced Dementia”. Namaste is a greeting in Hindu meaning to honour the spirit within.

Some care homes have now set up sensory rooms and staff have been trained in how these may be used. There are many activities that may be used by the volunteers depending on the interests of the person with dementia. This could involve: hand massage, music, reading books and poems, movement, making a memory box.

There is a Sensory Garden at St Clare’s and a Dementia Friendly Gardening Club (see website for more information: <https://stclarehospice.org.uk/how-we-can-help-you/wellbeing-hub/namaste-care-dementia-support/>

About 600 professionals have so far been trained. (It is hoped that more management staff will attend the workshops). Care homes want to find something that makes the most positive difference to residents.

It would be useful if GPs could refer people who are housebound and have dementia.

1. **A.O.B.**

There was no time to discuss the large proportion of members of the PPG who do not attend meetings, or reply to say they are unable to attend. This will be on the agenda for the next meeting.

Future topics for speakers include: Thyroid conditions; Rheumatoid arthritis; Auto immune inflammatory conditions. Speakers will be looked for.

1. **Date of next meeting**:

**Wednesday 16th October, 5:30pm at the Traps Hill Surgery**