

# Ashley Surgery Patient Participation Group (PPG)

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## **What is a PPG?**

PPGs were created by the NHS as part of recent reforms, to ensure that patients are properly consulted and engaged in decisions about developments and practices in their GP surgery and the wider NHS locally. Patients through the PPG are invited to contribute their views about all aspects of their healthcare.

## **Who is involved in the PPG?**

Currently the PPG in Ashley is a very small group of patients who try to involve the wider practice population as much as possible. Regular meetings are held in the surgery and notices are placed on the notice boards in the surgery and around the local area inviting all patients to attend. Some people have said that they do not like coming to meetings but would like to receive minutes and details of any health developments taking place for Ashley patients. This often referred to as a virtual PPG!

If you have ideas about doing any of this more effectively please let us know. Please, we want you to be involved but in a way that best suits you!

## **What has the PPG done for you?**

You may recall that a little while ago our phlebotomist ie the staff member who used to do blood tests at the surgery left to go and work elsewhere. As a result blood tests at the surgery were stopped and patients had to travel to other areas in North Staffordshire for these tests. The PPG wrote to the people who make these decisions and we also wrote to Sir William Cash MP. Following our representation on your behalf the service was reinstated. Recently the service has been extended on a trial basis for a further session.

We also helped the practice to coordinate the annual surveys completed by patients at the surgery. The results were all very positive. A few negative comments were noted and considered.

We attend other local forums to learn from other PPGs and to listen to ways in which they represent their patients and to hear about services which they offer.

We have heard that many patients are unhappy at having to travel to Madeley to see the podiatrist ie the person who specialises in foot care. We are about to carry out a survey to establish how many people this involves. Depending on the outcome of the survey we will be able to lobby for a more local service if that is what is required.

## **Weekly Health walks**

We are all constantly reminded of the need for us all to take regular exercise. We are told that the benefits will be:

Helping heart and lungs to work better

Lower blood pressure

Keep your weight down

Lighten your mood

Keep joints and muscle strong and flexible

Increasing "good" cholesterol

Many of us are keen to do this but do not feel comfortable or safe doing this on our own.

We are very fortunate to live in an area where there are lots of lovely walks. To try and help more patients benefit from these opportunities we are exploring the idea of setting up an "Ashley Healthy Walks Group."

This would be an opportunity for local people to meet and walk together and to enjoy the benefits set out above and perhaps make new friends.

If you are interested please let us know by completing the tear off strip at the bottom of this leaflet. We will be also looking for people to lead the walks. If you feel willing and able to do this please let us know!

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Name:

Telephone number:

I am interested in joining the Ashley Health Walks:

I would like to join the PPG:

I do not wish to join the PPG but would like to receive the minutes and other information