

Burwell Surgery Patient Participation Group.
Minutes of the Meeting 15 July 2025

Attendees: 13 attendees

There were no attendees online.

Apologies: 13 apologies

1. **New Members** – TG was welcomed and CC was welcomed back.
2. The apologies were received and noted. It was noted that JL and MB would be leaving the PPG. They were thanked for their contributions that have helped make the PPG what it is today.
3. **Minutes of the last meeting on 15 April 2025** having been circulated, were agreed and accepted. SF was thanked for producing a wonderful set of minutes.
4. **Matters arising**
 - It was noted that there would be an article produced by the PPG in Clunch in August on weight loss jabs. The article is currently on the front page of the Surgery website, hopefully reducing patient queries.
 - Blood tests. It was noted that the Newmarket Park and Ride was possibly going to be moved to be out of the proposed Cambridge Congestion Zone. Currently, blood tests there were reduced to two lanes and were sometimes subject to lengthy delays, although mid-afternoon had proved to be more successful. Dr Manning reported that blood tests by appointment at the Princess of Wales hospital in Ely, were a good option and that currently there were no plans to extend the service at the Surgery.
 - Roller banners were on display near the blood pressure machine in the surgery. They had been used at various venues for promotional purposes.
 - No contact with the school had as yet taken place.
 - Pharmacists – it was noted that two pharmacists had left and that there were delays in recruiting replacements. Staff issues regarding the pharmacy did not come under the control of the surgery. This has caused slight delays in medication reviews but this will not affect patients getting their repeat medications.
5. **Healthy You.** This item was taken at the beginning of the meeting. Lesley Godfrey, NHS Health Check Coordinator, gave an interesting and comprehensive overview of the services available. Most services were funded by Local Authorities, whilst those relating to health checks and stopping smoking were funded by the NHS.

There are three tiers of support, tier three being referrals to GPs, tiers one and two being self referrals. The areas of support offered include:

- Weight management, including a 12 week course with a nutritionalist and PE instructor
 - Referral to Slimming World or Weight Watchers

- Support from a health trainer
- Guidance on healthy habits
- Stop smoking advice, this could incur prescription costs. Support was available for twelve weeks. It was noted that vaping was becoming an issue with school children as young as those in years five and six.
- Mental health. Support to improve mental health through physical health. There was a growing network of support to improve mental wellbeing.
 - Diabetes. It was noted that specific surgeries gave support to newly diagnosed diabetics. This included dietary advice and a better understanding of the condition and how to live healthier.
 - Alcohol reduction. Advice was available for medium-high users with a score of five or more. Those with a score above fifteen were prioritised.
 - Falls prevention. A 24 week programme was available for those over 65 who had had one or more falls in the past year.
 - Health checks – these were available to 40-74 year olds and were primarily a cardio-vascular disease prevention service. Those in unhealthy ranges were referred to their GP. Mini health checks were also held in work places or at events. Pop up shops gave advice to people on how to lower their risks. Particular attention was given to those with an irregular heartbeat as this could lead to Atrial fibrillation.
 - Children – these had their height and weight measured when starting school and again in year six. Advice and support was given to families where appropriate.
 - Particular support was being given to Eastern European summer agricultural workers in the Peterborough and Fenland region. They were offered six appointments for motivational support and lifestyle changes, especially as there were more smokers in this group.

Further information can be found on the Healthy you website:

<https://healthyyou.org.uk>

- 6. Update from the Surgery.** Dr Manning reported that NHS England had been abolished. The Integrated Care Board (ICB) had merged this area, Peterborough and Cambridge, with Bedfordshire, Hertfordshire, Milton Keynes and Luton. This would mean local structure for NHS funding with 50% less management, but with harmonising of policies, procedures etc. There has been the promise of more investment in frontline services.

It was noted that it had recently been acknowledged that there was excellent support for carers in Burwell and with good links to the surgery.

- 7. Covid vaccinations.** Amy had not found any reason why Covid vaccination reminders had not automatically been sent out, but hoped that the system would work better in the autumn.

- 8. General Feedback for the Surgery.** Feedback from members of the PPG on the services provided by the surgery was again very positive.
- 9. Discussion of Clinical Areas Dementia.** The surgery had 59 dementia patients registered with the practice. Initial tests included memory tests and blood tests. Those requiring further diagnosis and support were referred to the Mental Health team.

Support included advice on:

- Power of Attorney, medication, behavioural issues, depression, alcohol, and carers

Support could be provided by:

- Carers, Alzheimer UK nurses, drop ins, assessment needs annual review, assessment of the level of care support, care homes, end of life care, usually through care homes, rather than hospice

It was noted that Tracy from the Alzheimer's Society came to the surgery to help families. There was also a series of helpful publications available.

Carers packs were available from the surgery, including emergency plans for respite care and caring together.

It was noted that Queens care home in Bottisham had closed their dementia sessions. However, support was available at the Day Centre, although there was difficulty with transport. There were also respite shopping sessions once a month on Saturdays for carers, while patients were cared for by professionals.

The discussion on cancer was postponed until the next meeting.

- 10. Attracting younger members.** It was noted that despite considerable efforts, it had still not been possible to attract younger people to give their viewpoints to the group. It was suggested that there should be a PPG Facebook page and an advertising leaflet to be passed on to groups with younger people. The Chair would organise a leaflet, which would include the possibility of online meeting attendance. Any suggestions on how attracting younger members can be progressed should be passed to the Chair before the next meeting.

- 11. The next meeting** will be held on 14 October 2025.

- 12. Any Other Business** It was noted that the next meeting would focus more on the working of the PPG. There will be the opportunity to take on any of the PPG positions, review the PPG webpages and the achievements of the PPG. The Practice Manager would also be in attendance. The Patient GP survey would also be out in August.

The meeting closed at 8.03pm