

**MINUTES OF THE ANNUAL GENERAL MEETING AND FOURTH OPEN MEETING OF
THE ASHLEA MEDICAL PRACTICE PATIENT PARTICIPATION GROUP (PPG) HELD
AT ST. JOHN'S SCHOOL ON WEDNESDAY, 29TH MARCH 2017**

Richard Garrard, Chair of the AshLea Medical Practice PPG, introduced himself to those present and thanked them all for attending.

Approximately 40 patients from the Practice were present including Dr Lynne Davies and Dr John Wong from Linden House Surgery.

Apologies for Absence

The following had registered their apologies for absence: Sheila and Roger Pink, Pam Wilson and Rob Greening.

Matters arising from the Minutes of the AGM Meeting held on the 14th April 2016

There were no objections or comments to the Minutes of the Annual General Meeting which were duly agreed and passed by those present.

Chairman's Report:

Before presenting his Chairman's report, Richard Garrard remarked that some of his report would have been included during the Open Meeting in the Autumn of 2016 but his report below covers the year April 2016 to March 2017.

The report is attached to these Minutes.

Q&A with the Chairman

1. Regarding eye appointments, the meeting was made aware of the excellent facilities at Leatherhead Hospital and apparently much had been spent on updating the facilities but it appears that these facilities are now not being used and the majority of patients are being sent to Epsom or St Helier.

Richard Garrard replied to the effect that he was unaware of this and would make further enquiries.

2. It was brought to the attention of those present that, in early April, many of the contact numbers and addresses are, in fact, changing and this included information on "Action for Carers". Jane Owen (Committee member) responded by saying that this is certainly the case and our Signposting Leaflet will be revised during the year to take these into account. However, it was stressed that the Surrey Information Point should be the first port of call as they keep their site fully updated. Please see: www.surreyinformationpoint.org.uk

3. The state of the paving and access to the Gilbert House surgery was mentioned and this will be looked into by the PPG and Practice.

4. The change in the arrangements for making an appointment were mentioned as not being widely known and had not been mentioned by the receptionist at GH when trying to make a non urgent appointment.

Richard replied by saying that much marketing of this fact has taken place but it does, unfortunately, take time to filter through. Both Dr Anderson (GP at GH) and Justine Wakeford (Reception Manager at GH) are very supportive of these changes and the PPG are planning to hold a survey later in the year to see how the changes are being received.

More online appointments are also available and full details can be found in the surgeries or at

reception.

It was also mentioned, that details such as this are circulated to everyone on our "interested" list and should you be fortunate enough in not having to visit the Practice on a regular basis, this list is a great way of keeping up to date with Practice and PPG news. Please contact the PPG Secretary on: ashlea.ppg@talktalk.net for your name to be added for you to receive future information.

5. Those present unanimously agreed that we are very lucky in having such a wonderful GP Practice and their thanks and appreciation were recorded and will be passed to those concerned. One new patient, recently registered, expressed his thanks for the way in which he had been received at GH when first visiting the Practice.

6. Richard Garrard was asked how the PPG is funded. His reply was to the effect that the PPG is very much supported by the Practice and we receive a funding of £500 per annum. This covers the costs of hiring a hall for our Open Meetings, our attendance at Ashted Village Day, minimal costs for stationery and the printing of any publication. Since the end of 2016, we have obtained funding for our newsletter via a selected few advertisers and this has resulted in our printing costs being covered. You will also see our pop-up boards in the waiting rooms and our second one, along with the Spring/Summer newsletter, is due out soon.

Election of Officers for 2017 Committee

The Chairman thanked all 2016 Committee members for the work undertaken during the year. Those standing for re-election were introduced to the Meeting: Maurice Baker, Susan Eddleston, Lynda Feeney (Secretary), Ian Funnell, Rob Greening, David Loxton, Jane Owens and Stella Roscoe. All were duly re-elected following a proposal by Liddle Stokoe and seconded by Sheila Harris.

Richard Garrard, as Chair, was duly re-elected but he gave notice that he will be standing down in April 2018 along with other Committee members who have served three years on the Committee.

Date of the next Open Meeting

The next Open Meeting will be held at St Michael's Church Hall, Woodfield Lane, Ashted. We will announce the date and our speaker in due course.

Richard Garrard thanked everyone for their support of the PPG and the AGM closed at just after 8 pm.

The Open Meeting followed with a presentation on Strokes (information supplied by The Stroke Association)

Our guest speaker, Zuher Panju, from the Stroke Association was, at the very last minute, unable to attend. With just 30 minutes to the start of the meeting, his power point presentation was forwarded to us and with the help of both Dr Wong and Dr Davies from the Practice, we were able to proceed with the meeting.

At this point, we must apologise for the quality of the sound during this part of the meeting. We will endeavour to rectify this in the future.

The presentation covered the following:

- The impact of stroke in the UK
- What is a stroke?
- What we can do to reduce our risk?
- The Stroke Association
- How you can help

The Stroke Association are here to change the world for stroke patients by:

- Support
- Research
- Prevention

Stroke: The Facts

- Every 5 minutes, someone in the UK has a stroke.
- A stroke happens to anyone of any age.

Strokes / Men	Strokes / Women	Strokes/Overall
57488	68457	125945
6532	7830	14362
3602	3820	7422
2209	2207	4416
69831	82314	152145

- Stroke occurs approximately 100,000 times per year in the UK.
- Strokes is one of the largest causes of complex disability.
- 1 in 4 (26%) of strokes occur in those under 65.

Stroke can impact on every aspect of you and your families lives:

- "I wish people would realise that stroke is not an illness that can be treated and then you are well again: it is a major event that usually has lifelong effects"

What is a stroke?

- Damage to part of the **brain**.
- Caused by a problem with its **blood supply**.
- Blood is supplied through **arteries**.
- There is a "**blockage**" or "**burst**".
- Usually happens quickly and "strikes" suddenly - **brain attack**

A **block** on the brain (ischaemic stroke: 85%) is a blood clot following which the brain beyond the clot dies.

A **bleed** on the brain (Haemorrhagic stroke: 15%) is a burst artery in the brain which affects the area of the bleed.

A Mini Stroke/TIA (A transient ischaemic attack (TIA) or "mini stroke" is caused by a temporary disruption in the blood supply to part of the brain.

- Usually stroke symptoms resolve within 24 hours.
- It's a warning sign that a person is at risk of a stroke which could cause considerable harm.
- Too many people are unaware of the link between TIA and stroke and are not getting the services and support they need.

Dr Wong stressed the importance of checking your blood pressure and pulse regularly to ensure it is beating within the correct boundaries and there is no irregular heartbeat (**Atrial fibrillation**). **AF** is one of the causes of stroke which can be avoided.

What are the signs of a stroke?

Act **F.A.S.T**: Face (facial weakness): Arms (Arm weakness): Speech (Speech problems): **Time to call 999**

Other symptoms include:

- Sudden weakness or numbness on one side of the body
- Sudden confusion
- Sudden dizziness or unsteadiness
- Sudden visual problem and/or Severe headache

Risk Factors and Prevention (shown in no particular order!)

Dr Wong briefly discussed each of the following risk factors and again stressed the importance of having any sign of an irregular heartbeat checked with your GP.

- Hypertension (high blood pressure)
- Hormonal Contraception & HRT (although Dr Davies did stress that thoughts on HRT have now changed somewhat)
- Heart disease
- Inactivity
- Binge Drinking and Substance Misuse
- Age
- Previous stroke or TIA
- Diabetes
- Family history or ethnicity
- Obesity
- High cholesterol
- Smoking

Reducing your risk! (in no particular order!!)

- Quit Smoking
- Control Weight
- Alcohol - watch your units and avoid misusing substances
- Check your pulse
- Exercise regularly
- Check your blood pressure

Prevention and Awareness Campaigns

Know your blood pressure:

- Great opportunity to speak to people about risk factors and how to spot the signs of a stroke.
- In 2014/2015 the Stroke Association checked 50,000 people's blood pressures and 7,500 people were referred for further investigation due to high blood pressure.

Ask first - to prevent stroke:

- Your heart beats to no discernible pattern or rhythm.
- Fast heartbeat, breathlessness, chest pain, fatigue, irregular pulse over one minute.

Help and Support:

- Life After Stroke Services support over 65,000 people a year
- Voluntary groups and stroke clubs provide long-term peer and social support.

The difference you can make:

- Work with stroke survivors.
- Fundraise for stroke.
- Speak up for stroke.
- Help to prevent stroke.
- Help us run smoothly.
- Tell us what matters.

In the absence of a speaker from The Stroke Association, Dr Wong answered relevant questions relating to the presentation.

It was stressed that it is so important for any suspected stroke patient to be seen by a specialist in the fastest possible time and hence Epsom is our first priority. It is possible that a patient may then be transferred to a more specialist unit.

Most of us were surprised at the number of strokes suffered in one year, and in particular the fact that women were more likely than men to do so. Dr Wong said that deprived areas were worse affected than, say, in Surrey as here we have a better, healthier lifestyle, are more educated and have a greater interest in our health. Women tend to live longer, hence a higher rate of women than men.

He did though, when questioned, confirm that the figures shown in the presentation, were certainly accurate!

Both during and after the presentation, Dr Wong discussed in greater detail the points raised but overall it was felt that the evening displayed useful information for us all to take note.

Sheila Harris thanked the Committee for their hard work on behalf of all patients and also to all staff in providing an excellent Medical Practice.

Richard Garrard again thanked everyone for their support and again, apologised to those who found difficulty in hearing some of the questions/answers.

The meeting concluded at 9 pm.

Lynda Feeney
PPG Secretary

4th April 2017