



# ONGAR HEALTH CENTRE PATIENT PARTICIPATION GROUP NEWSLETTER

## CONTACT DETAILS

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## PATIENT PARTICIPATION GROUP

To contact the Patient  
Participation Group, email  
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## DID YOU KNOW?

- \* The practice sees about 3,700 patients face-to-face every month**
- \* More than 200 people have already signed up to receive our e-newsletter and to join the Virtual PPG group**

## WELCOME TO THE FIRST EDITION OF THE NEWSLETTER

### WELCOME FROM PPG CHAIR JENNY JUTTNER

I am the inaugural chair of the Ongar Health Centre Patient Participation Group (PPG). I have lived in Ongar with my husband, Dan, for nearly 12 years. We have also gained the addition of two young children, and two dogs, since we moved to Ongar and we are happily raising our family in the area. I first became involved with the PPG when I received an email from the Practice asking for greater public involvement with the Ongar Patient Forum. Having just had two children and benefiting from fantastic NHS care with both, I felt that I wanted to give something back and decided to get involved. It quickly became clear that times have changed in terms of what patient involvement with GP surgeries involves, with the existence of a Patient Participation Group now being a contractual requirement. It is also crucial for a PPG to be representative of the wider patient community within the practice. And so to that end, myself and several other patients registered with the

practice have formed the Ongar Health Centre PPG and we are on a mission to engage with patients and the local community.

### THE PURPOSE OF A PATIENT PARTICIPATION GROUP

The purpose of a PPG is to be a critical friend of the surgery, to be a voice of patient opinion, and to help to educate patients on the provision of primary health care. The success of the PPG rests on patient involvement. This can be as small as signing up to our e-newsletter, becoming a member of our virtual PPG or getting in touch to give us ideas on ways you feel we could benefit the practice. If you are able to give more time then why not consider joining our committee or volunteering at events? We are welcome to all ideas, suggestions and feedback, and we hope to work hard to establish a meaningful and sustainable PPG for the benefit of the surgery and patients both now and in the future. We hope we can rely on your involvement and support. If you would like to find out more about how to get involved, please email [ongarppgnews@gmail.com](mailto:ongarppgnews@gmail.com)

Committee elected: A committee was elected at the first meeting of the Ongar Patient Participation Group. The chairman is Jenny Juttner, the secretary is Roberta Abbott. The other members are Liz Barber, Sheila Cooper, Dawn Roche and David Jackman.

E-newsletter: There are more local health news articles on the e-version of this e-newsletter. To register to receive the e-newsletter by email, email [ongarppgnews@gmail.com](mailto:ongarppgnews@gmail.com)

## ONGAR HEALTH CENTRE PATIENT IS PATIENT RESEARCH AMBASSADOR

A patient registered with Ongar Health Centre is a Patient Research Ambassador helping with medical research projects across the region.

Stan Herbert, a pharmacist, has already assisted with an aspirin trial.

Jenny Day, research administrator at Ongar Health Centre, said: "Whilst Patient Research Ambassadors have been recruited more widely in secondary care (hospitals), primary care recruitment has not, so far, seen the same level of success."

Ongar Health Centre is among the first primary care centres in the North Thames Clinical Research Area, which stretches from Luton to Southend, to recruit a Patient Research Ambassador. Jenny said: "Mr Herbert is a valuable addition to the Research Team at Ongar. "The Ongar Health Centre Research Team is keen to increase the numbers of patients who take part in research studies. Mr Herbert is able to talk to patients about his own personal experience of taking part in research which will help encourage others to participate."

Mr Herbert has already given his time to promote the 'I am research' campaign which gives patients, the public and health and social care research professionals a chance to shout about how fantastic research is. We aim to raise awareness of the benefits of research and the positive impact it has on people's lives. We are delighted to have Mr Herbert on board."

Mr Herbert said: "As a pharmacist I have a professional as well as a personal interest in such matters. It was made clear that I could drop out at any stage. The whole process was voluntary.

"I was subsequently asked if I would like to take part in new trials for the use of Allopurinol in the treatment of ischaemic heart disease but although I agreed it transpired that I was not a suitable patient. Since then I was asked if I would like to help raise awareness of these projects among patients at Ongar

Health Centre with a view to adding more recruits to these trials."

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*"Mr Herbert is a valuable addition to the Research Team at Ongar."*

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Mr Herbert added Patient Research Ambassadors could be asked to take part in a course of treatment, short or long-term, record any dosage schedule and report any side effects.

### PATIENTS SURVEY

According to the Patients Survey, 84.5% of Ongar Health Centre patients said they would recommend the practice and 84.5% were satisfied with the opening hours. You can find out more about the practice on the NHS Choices website.

### FLU VACCINES

As you get older your immune function decreases and this may cause traditional flu vaccines to be less effective.

Adults aged over 65 may be less able to fight infection and to develop sufficient protective immune responses, or to generate immunological memory for future protection.

A new vaccine is available specifically for the use of those aged over 65.

Your GP surgery is the only place that holds all of your medical information and has ordered and saved a vaccine for all eligible patients - those aged over 65, and those under 65 with a long-term condition.

As this is a new vaccine, supplies have been staggered nationally.

Ongar Health Centre will be running Flu Clinics throughout September, October and November to ensure you get the vaccine that is most effective for you. Look out for further updates which will be published when dates are known.

### PATIENT FORUM

The next meeting of the Patient Forum is at Ongar War Memorial Medical Centre at 7pm on Wednesday, September 5. All patients registered with the practice are welcome to attend.

### LEAGUE OF FRIENDS

The Ongar and District Healthcare League of Friends has spent over £33,000 on equipment for the health centre since it opened. The charity has purchased the patient record filing system and various equipment including an ECG system, trolleys, examination couches and a vaccine refrigerator.

### DID YOU KNOW?

**Ongar Health Centre is a dispensing practice so can only dispense to patients who live more than one mile away, as the crow flies, from their nearest chemist**

### MANY THANKS!

The practice would like to thank the patient, who is a landscape gardener, who volunteered to tidy up the courtyard area at the medical centre.