



**The Tutbury Practice Patient Forum Minutes of the Meeting
Wednesday 12th July 2023 between 6.30pm and 8.30pm.
Meeting held at Tutbury Village Hall**

Present.

Patient Representation: JG Chair, SAR Vice-Chair, JB Secretary, BW, CH, SB, DM, ED, JJ, SH

Practice Representation: RB Practice Manager
ZS Reception and Carer Lead.

Social Prescriber: JN

Guest Speaker: Kiran Bal, HICBT Therapist, Staffordshire and Stoke-on-Trent, Talking Therapies, MPFT
Staffordshire and Stoke-on-Trent Wellbeing Service

1. Introduction and Welcome.

The meeting was opened by the Chair, JG, welcoming everybody present, especially our guest speaker KB. This was the second meeting held in the evening.

2. Apologies for Absence.

AG, NFS, MB

3. Approval of the Minutes from the Meeting held on 17th May 2023.

There were no issues raised on the Minutes. BW proposed approval which was seconded by DM. The Minutes were accepted by the Chair, JG, as being a true record of the proceedings.

4. Action Log Update.

There were four actions from the last meeting and the following updates were given.

(i). Defibrillators

As the defibrillators are for the whole community it had been proposed that the inspection and reporting be passed onto another organisation, with the Tutbury Parish Council being asked if they would take on this work going forward.

Update

This had been discussed at the Parish Council and a request had been made for JB to attend the Council meeting on 18th September to discuss what is involved. This action will remain open until this has taken place.

(ii). Health and Wellbeing/Carers event on Thursday June 8th at Tutbury Village Hall.

Update

The Event was a huge success. 29 organisations had taken part and there was a large public footfall. 25 organisations gave feedback, and the evaluations were excellent with all looking forward to a further event in 2024.

All the details regarding the organisations have been passed onto the surgery and the Forum Chair, and Vice-Chair. Thanks, were also given to the Forum members who assisted on supplying teas, coffees, etc.

(iii). Prostate Awareness Evening.

It had been proposed in January that we would consider holding a prostate awareness evening later in the year. The Secretary, JB, indicated he had spoken to the prostate support group, and they would be happy to come and give a talk, approx.

30mins. Unfortunately, the person who carries out inspections and was responsible for the events at Burton Albion has recently left her post and moved to Peterborough. Currently, there is no replacement in post. It was agreed to make further enquiries before taking this further.

(iv). External Notice Board

No further progress has been made at this stage.

In the past discussions had started regarding having an external noticeboard outside the health centre which could be used by both Dove River and Tutbury Practices and their PPGs. The Secretary, JB, had made some enquiries and informed those present on the range of costs involved. It was agreed to have on the agenda for the next meeting and involve both Practices and possibly the Parish Council regarding assistance towards the costs.

Update.

In principle, both Dove and Tutbury surgeries had agreed to pay towards the costs. Add both Patient Groups and it would mean the costs would be split 4 ways. As the notice board will be on NHS Property and giving information from both surgeries and their patient groups it was agreed not to involve the Parish Council regarding funding. It was agreed that the Secretary, JB, will obtain further quotes and will put to all parties and then a decision can be made.

5. Presentation from Kiran Bal

KB thanked the members for the invitation on the service provided MPFT. KB is a High Intensity Cognitive Behavioural Therapist.

A slide presentation was given, and the slides are shown below: The main aim was to show the work they are planning to do for people who have diabetes with the new project/ service that is to start out of the Tutbury Health Centre.

Staffordshire & Stoke-on-Trent Talking Therapies Service

Kiran Bal
High Intensity Cognitive Behavioural Therapist
Midlands Partnership University NHS Foundation Trust



Aims

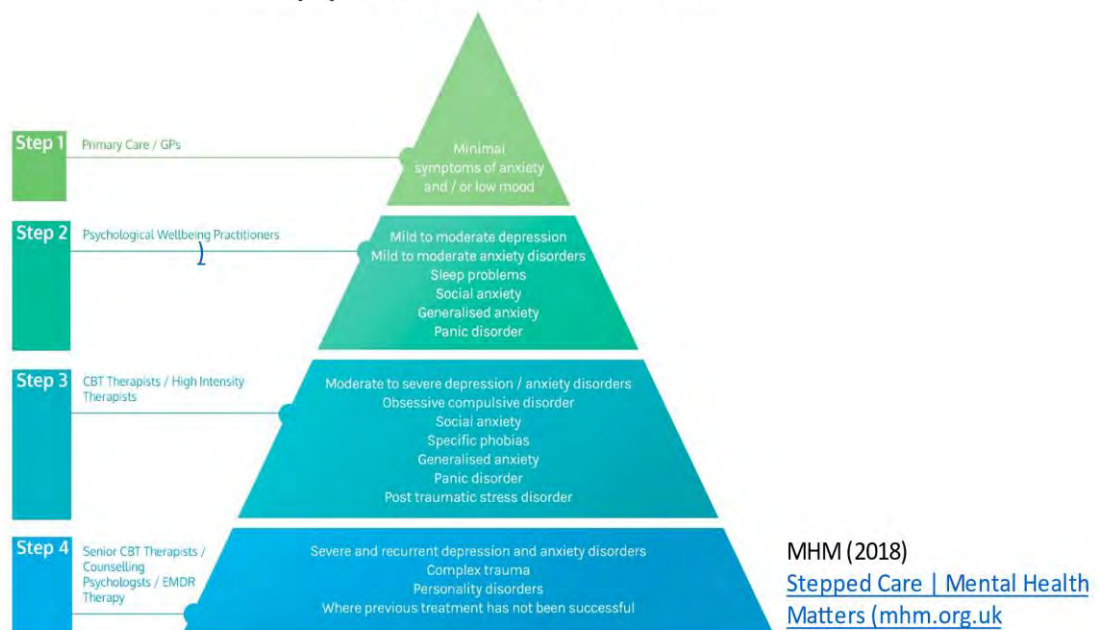
- To discuss conditions that we treat within Talking Therapies
- To outline the types of treatments offered
- To outline the new Diabetes Pathway
- To provide examples of how emotional wellbeing and diabetes can be connected and how we may work on this within therapy
- Referral process into the service

What we treat within the service

- Depression
- Generalised Anxiety Disorder
- Social Anxiety
- Health Anxiety
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder
- Specific Phobia
- Body Dysmorphic Disorder
- Panic Disorder

***The impact of/adjusting to living with long term physical health conditions**

Stepped Care Model



Step 2

- **On average 6 sessions (30 minutes per session) of guided self help based on CBT interventions**
- **Step 2 practitioners: Psychological Wellbeing Practitioners (PWP)**
- **Workshops (such as the wellbeing , carers workshops via MS Teams - u)**
- **Telephone, potential option for face to face/KOMP**

Step 3

- **On average 12 sessions (50 minutes per session) 1 -1/Couples**
- **Face to face/KOMP/video call options**
- **Cognitive Behavioural Therapy**
- **Counselling for Depression**
- **Interpersonal Psychotherapy**
- **Behavioural Couples Therapy for Depression**
- **Counselling for Depression for Couples**
- **EMDR**
- **Complex Trauma Pathway (CBT/EMDR)**

Counselling for Wellbeing Options

We work with partner agencies, some of these options include:

- **6 sessions of counselling with Mind**
- **6 sessions of bereavement counselling with Dove Service**
- **6 sessions of counselling for anger management**

Talking Therapies for Depression and Anxiety and the Diabetes Pathway



Mental health impact of Diabetes

- Double rates of depression in people with diabetes (CDC, 2023)
- 40% of people with diabetes show increased levels of anxiety including social anxiety, fear of complications, fear of having a hypo
- Research including a meta analysis of 9 randomised controlled studies have shown the effectiveness of CBT, significant reduction in depression and anxiety and HbA1c following treatment in patients with Type 1 and Type 2 diabetes (Dong et al., 2023)
- Diabetes Pathway at Tutbury Health Centre

[Diabetes and Mental Health | CDC](#)

Dong, N., Wang, X., & Yang, L. (2023). The short- and long-term effects of cognitive behavioral therapy on the glycemic control of diabetic patients: a systematic review and meta-analysis. *BioPsychoSocialmedicine*, 17(1), 18. <https://doi.org/10.1186/s13030-023-00274-5>

What treatment might include

- Diabetes self-management and the relationship between diabetes care and mood
- Managing anxiety
- Healthy Eating
- Adjustment to the condition
- Assertiveness

How to Refer

- **Website:** [Staffordshire and Stoke on Trent Talking Therapies – Free & Confidential Talking Therapy \(staffsandstoketalkingtherapies.nhs.uk \)](https://staffsandstoketalkingtherapies.nhs.uk)
- Refer online or call us on 0300 3030923 for the Self-Referral Line
- Speak to your GP/Nurse or other health care professional regarding a referral to our service

Process into therapy

- Triage (10-15 mins to take basic details)
- Assessment (45-60 mins telephone/F2F at Tutbury GP Surgery if via the Diabetes Pathway)
- First treatment session booked in with a practitioner or therapist/signposting to more appropriate service such as to the Integrated Mental Health Team or a specialist team or to a third sector service/charity



Questions

- How did the project come about?

It came from the discussions held throughout 2022 with the Forum Secretary, JB, through his position as Chair of the East Staffordshire and Surrounds Diabetes UK Patient Network. These discussions were also with the network members through the virtual network meetings. JB then introduced us to the Tutbury Practice and the project was born.

- When and where is the service operating from within Tutbury Health Centre?

It will be on a Monday and within Room 101. The service at this stage will be for people with diabetes from both the Tutbury and Dove River surgeries. There will be the odd session during August before commencing fully from September.

- Do you work with other local organisations?

Yes, we work with Burton Mind and the Dove Bereavement Services

The Chair thanked KB for a very informative presentation and the members showed their appreciation in the normal manner. KB thanked everyone and had literature for the members. Was also willing to stay to the end of the meeting and answer any further questions.

6. Brief Introduction from Julie Nokes, Social Prescriber

The Chair, JG, welcomed JN to the meeting and asked if she could give a brief outline of her background and the role she now does.

JN gave the following information:

- From the 9th May was appointed as a social prescriber by Burton Albion Community Trust who are responsible for all the social prescribers within East Staffordshire and respond to the East Staffordshire Primary Care Network
- Her area covers Tutbury, Barton and both Dove River sites, (Tutbury and Sudbury)
- Gave a brief outline on her role and how patients are referred to her.
- Was a psychiatric nurse by background, has been a day centre officer for the Council has worked twice for Age UK, as a Care Co-Ordinator and has also worked for the Alzheimer's Society.

Questions

- The Vice-Chair, SAR asked if further social prescribers are required for East Staffordshire? Yes, we do as the service is taking off with lots of referrals being made to the service.

- Do you provide a home visiting service? Yes, but under governance procedures we must visit in pairs.

The Chair, JG, thanked JN for her input and the important role that she has. Is welcome to attend all our meetings if available. The members present agreed and showed their appreciation in the normal manner.

7. Practice Update.

ZS, gave the following update:

- Many thanks to everyone who assisted in the recent Health/Carers event. As indicated by JB the feedback from both exhibitors and those who attended have been great. The photographs taken, with peoples written permission, can be seen on the Practice website and the screen within the waiting room.
- The Practice is currently changing its website provider which will enable the posting of further relevant information for patients.
- Dr Shearman is now back at work from long term sick leave and is currently doing three sessions per week.
- As of 1st March, registered patient numbers stand at 8275 an increase of 3.
- Dr Skinner has settled in well following his move back to his roots in Boston, Lincolnshire. Currently, teaching at Hull and York plus some locum work.
- Unfortunately, today we do have to announce that Rachael, our much-loved Practice Manager has handed in her resignation and will be leaving on Friday the 8th September. Rachael has been with the surgery 22 years, and I can safely say this was not an easy decision for her to make. Rachael will now be working full time as Research Manager for the PCN. This is not the end for her, and she will always have a desk at The Tutbury Practice. We cannot begin to explain how devastated we are to be losing Rachael, but we are so proud to have had her running our Practice and will forever be part of The Tutbury family. The PCN are so very lucky to have her. We will now begin the process of recruiting a member of staff to fulfil her role. I will be supporting the new member of staff as I continue to grow as Developmental Practice Manager with the support of the team and the PCN.

The members thanked ZS for her report and like her were sorry to hear that Rachael would be leaving. She has been a fantastic link between the Practice and the Forum and will be sadly missed. Pleased that ZS is continuing to develop her role and will give total support in her new role.

Rachael thanked everyone for their kind comments and gave a brief outline on her new role. This was an opportunity she couldn't turn down and the role will still mean she can attend future meetings to give updates on what research work is being undertaken.

8. Feedback from the East Staffordshire District Patient Engagement Group, and the East Staffordshire and Surrounds Diabetes UK Patient Network

- East Staffordshire District Patient Engagement Group

The meeting took place on the 15th of June and the members had a talk from Rachel Gallyot, RG, Deputy Chief Medical Officer, Staffordshire and Stoke-on-Trent Integrated Care Board, Staffordshire and Stoke-on-Trent Health and Care Senate Chair. RG has been invited to come and give a presentation on the current situation with the Staffordshire and Stoke on Trent Integrated Care System/Board, (ICS/ICB). and give an update on the new organisation that came into force on the 1st of July 2022.

Previously, RG was the Chair of the Southeast Clinical Commissioning Group and was also a partner within the local Alrewas surgery. Due to the many changes that were happening leading up to the merger into the ICS/ICB, RG had left the Alrewas surgery. Her current roles include being the Deputy Chief Medical Officer and in her portfolio the position of Clinical Director Long term conditions, Frailty and End of Life. In addition, she assists as a GP in Northgate surgery, Uttoxeter.

In addition, the members had an update from Healthwatch, Support Staffordshire and, the Primary Care Network as well as the usual agenda items.

- East Staffordshire and Surrounds Diabetes UK Patient Network, ESSDUKPN.

Update Summary January - June 2023

- We were successful in applying for a further grant to continue the foundation work of 2022 and move to the next stage of our development in raising diabetes awareness. We also have been given further support in East Staffordshire with time being allocated to us by Support Staffordshire Community Officers.
- Based on the previous work in 2022 we have set up face-to-face support groups within 5 areas namely Burton, Uttoxeter, Tamworth, Lichfield and Burntwood. These operate on a six-week basis and although very slow we are now getting referrals etc from both the clinicians, social prescribers, and people with diabetes regarding our meetings. In addition, we are continuing our six-week virtual group meetings. All the meetings have been planned for the whole of 2023 at which point a full evaluation will be undertaken to see what alterations, if any are needed going forward.
- In conjunction with many other organisations, in February 2023 we held a Health and Wellbeing Event in one of the deprived areas of Burton. This was very successful and will be repeated at another venue later in the year. Since the Reach Out event in June 2022 we have been present at all the clinical project meetings to discuss the lack of a clinical community diabetes team within East Staffordshire.
- In May, it was very pleasing to announce the following:

I am pleased to inform you that the Midlands Partnership University NHS Foundation Trust has received agreement from its Planned Care Board to start forming a Diabetes Community Team which will be for and operate from sites within East Staffordshire. They are soon to go out to advertise for a Lead Specialist Practitioner (Band 7) who will head up this multi-specialist team. I, and my colleague within Midlands Partnership University NHS Foundation Trust, will keep you informed on the developments and the topic will be the main topic for discussion at our virtual evening meeting taking place on Thursday 25th May 2023.

- We are gaining trust with clinicians who are working with us on new ideas for people with diabetes, one of which is on the topic of low carb diets.
 - In addition, we are working with both Public Health and the Burton Albion Community Trust in looking at ways of getting “the word” out into the wider community in a way that covers the following areas-
 - Education and Awareness of Diabetes into schools and colleges.
 - Support Public Health on the National Diabetes Prevention Programme
 - Grow the support of the Patient Network to all people who currently have diabetes.
- Naturally there is still a tremendous amount of work to do in many areas which include-
- Finding positive ways to connect with the ethnic and other hard to reach communities especially where English is not the first language.
 - Consideration to the marketing side of our work eg use of social network channels, improved website just to name a few.
 - Succession planning to ensure people are in place to continue the work going forward.
 - Look at taking on part time paid staff and volunteers who can assist us. Support Staffordshire are being very helpful in this area.

9. Virtual Group Update.

Positive feedback had been received from NFS on all the excellent work being undertaken by the surgery and patient Forum.

10. Quiz Nights

The next quiz night is planned for Friday 21st of July. It was agreed that, from the monies raised, £100 would be donated to the RNIB. For the following quiz night all monies raised would be put towards the Forum’s share of the total cost for the external notice boards.

11. Any Other Business

- (i)** On Thursday 20th July between 10am and 1.30pm Trent and Dove will be at the Tutbury Village Hall with free coffee and cake and the chance to catch up with the local housing officer.

In addition, there will be stands and information from:

- Tutbury Practice Patient Forum
 - East Staffordshire and Surrounds Diabetes UK Patient Network
 - Staffordshire Fire
 - Chance to chat with staff from the Tutbury Practice and your local Social Prescriber.
- Trent and Dove will also be giving away free cupboard items which are available to everyone.

- (ii)** The Secretary, JB, informed the members about a pilot project on mild frailty in Staffordshire. He sits on the project team as a patient representative. He indicated that he will be sending information out regarding the work and the members will be asked for feedback.

12. Date of the Next Meeting

The next face-to-face meeting on Wednesday 13th September 2023. This will be back at the usual time of 2pm until 4pm. It will be held at Tutbury Village Hall. The meeting was then closed by the Chair JG, who thanked all members for their contributions to the discussions at the meeting.