**Minutes of the Tottenham Health Centre PPG October 2023**

**Date-Monday 30th October 2023**

**Time 1pm -2.30pm**

**Location – Tottenham Health Centre**

**Number of patients attended- 11**

**Number of Staff attended- 11**

**Attendees**

Doctors ,Nurses ,Health Care Assistant, Admin Staff, Manager, Managing Partner of Somerset Gardens and Patients.

**PPG Discussion Agenda**

Introduction

Presentation on Pneumonia

Presentation on Importance of Healthy Eating

Tottenham Health Centre merging with Somerset Gardens Family Health Centre

Open Discussion about the Merger

Conclusion

 **Introduction**

The meeting commenced promptly at 1:00 PM at Tottenham Health Centre. Dr Jey initiated the proceedings with a talk on pertinent health issues. He warmly welcomed all the participants and set the tone for the meeting.

**Presentation on Pneumonia**

This presentation explained about pneumonia and its prevention through flu vaccinations. Here is the list of content that were discussed.

**-What is pneumonia?**

**-What are the common symptoms?**

**-Types of Pneumonia**

**- Can Pneumonia be prevented?**

**- Introduction to flu vaccine and how flu vaccine can prevent pneumonia**

**-The group considered at the higher risk and complications from the flu**

**-How to encourage patients to get flu vaccine**

**-Myths and facts about flu vaccine**

 **Conclusion from this presentation** – The combination of pneumonia and vaccine is a lifesaving strategy that offers broad protection against respiratory infections.

**Comment-** Her informative presentation was well-received, and patients were engaged.

 **Presentation on Importance of Healthy Eating**

This presentation explained the importance of maintaining a healthy diet for overall well-being.

**Here is the list of content that were discussed.**

**- What counts as processed food?**

**- The five a day**

**- Information about Sugar**

**-  Information about Salt**

**- Information about Fats**

**- Find healthier swaps with food scanner**

 **Conclusion from this presentation**- Use the NHS Food scanner App to keep an eye out for your daily fats, sugars, and salt intakes.

**Comment-** Her presentation was met with enthusiasm, and the subsequent Q&A session allowed patients to seek further guidance on this vital aspect of health.

**Tottenham Health Centre merging with Somerset Gardens Family Health Centre**

Tottenham Health Centre and Neighbourhood Surgery Somerset Gardens due to the ill health of our senior doctor. This merger is intended to ensure continued and uninterrupted medical services for all patients, with all existing doctors and staff remaining in place. This will ensure continuity of care in the near vicinity ( two minutes’ walk)

After the health-related presentations, the managing partner from Somerset gardens introduced herself and announced the plan for merging the two practices. She provided a comprehensive overview of Somerset Garden's operations, staff structure, and highlighted the potential benefits of the merger for both practices. The presentation shed light on the strategic aspect of this proposed collaboration.

**Open Discussion about the merger**

Patients in attendance expressed their support for the merger, demonstrating their understanding of the need for such a step due to the senior doctor's ill-health. Their main concern, however, was that they wished for the physical location and the staff to remain unchanged post-merger. This concern was noted and will be taken into consideration during the merger planning.

There was a prevailing belief among attendees that this collaboration would lead to better, continued healthcare services for all.

**Conclusion**

This PPG meeting proved to be a vital platform for discussing the proposed merger, addressing concerns, and garnering support from both staff and patients. The overwhelmingly positive reception of the merger proposal indicates a promising future for the collaboration between Tottenham Health Centre and Somerset Gardens. Patients' commitment to maintaining the familiar aspects of their healthcare experience post-merger will be a focal point in the planning process. This merger holds the potential to enhance healthcare services and ensure the continued well-being of the community.