

Victoria & Mapperley Patient Participation Group
Mental Health Presentation by Dr Wheeler
Meeting held on Zoom at 17.30 on 01.03.2021

Present: Cath Verhoeven (Chair), Debs Main (Secretary), Alan Wilson, Anne Hardy, Bill Brown, James Pam, Roy Sells, Sally Eaton, Tony Wright, Catherine Wallis, Robin Taylor, Martin Rudge.

On Behalf of the Practice: Dr Wheeler(GP), Simon Jones (Practice Manager).

Apologies: Sue Clague, Magdalena Patel, Susan Jones.

Agenda

1. Supporting Mental Health Presentation - Dr Wheeler.

- a) Dr Wheeler gave an excellent presentation (see appendix 1. Slides attached).
- b) During the presentation she mentioned a resource list on the practice website. Click to follow link here:
<https://victoriamapperley.co.uk/mental-health-resources/>
- c) For additional information see the V&M Practice Newsletter:
<https://victoriamapperley.co.uk/wp-content/uploads/2020/11/V-and-M-Newsletter-winter-2020-FINAL.pdf> (see appendix 2. Emergency information).
- d) Debs mentioned that, for patients who can afford to pay for counselling privately, they can access approved counsellors via the counselling directory. <https://www.counselling-directory.org.uk/adv-search.html>
- e) 'Social Prescriber' - As part of the presentation Dr Wheeler mentioned Andrew Simpkins - Social Prescriber, who is now in post at the practice. GPs can refer patients to Andrew who can then help patients access on-going support from appropriate organizations.

2. Questions to Dr Wheeler & Simon Jones post presentation.

Social Prescriber:

- a) When did Andrew Simpkins (social prescriber) start at the practice?
Around a year ago.
- b) How many hours a week is he dedicated to the practice?
Andrew is at the practice once a week.
- c) How well is this resource being used?
Social Prescriber role still evolving. Some of their work made difficult because of Covid19 (i.e. working locally with various groups, making connections within the community, introducing patients to different groups and activities) but he will be used fully once restrictions ease and more opportunities are available. Used for sourcing services that don't need a clinical referral i.e. food banks, financial advice.
- d) How can patients access Social Prescriber service?
GPs refer patients when they think they would benefit from input. Simon explained that service has not been advertised to patients as yet it is a limited resource and it is important to manage expectations until the role and capacity develops.

Action: Simon suggested that Andrew is invited to a PPG meeting to explain his role more fully. Cath to arrange.

- e) Simon mentioned that, as part of a national scheme, the PCN will have a mental health worker assigned to support the practice and the social prescriber.
 - f) The practice also has a Physiotherapist and a Pharmacist working for them as part of the PCN. However, as a new initiative, how the pharmacist will work within the practice and the PCN is still being debated to find an optimal way for them to work e.g. the pharmacist will do medication reviews.
 - The PPG felt that the practice should be involving the PPG/patients in discussions about how these resources are used. It would be helpful if patients were made aware of services available and how they can be accessed i.e. via referral from a GP.
 - **Action:** Cath to discuss further with Simon
 - g) One member commented that the ability of doctors and reception staff to signpost patients to other services in relation to mental health could be much better.
3. **Covid Vaccinations** - Simon updated on Covid vaccinations:
- a) Cohort 6 (Those who are 65 and over and in a clinically vulnerable group) have been invited in the last few weeks.
 - b) Cohort 7 (60 years old and over) to begin later this week.
 - c) Patients advised to contact the practice if they think they should have had an invite and have not yet received one.
 - d) The practice has become more involved with vaccination programme as it goes on, in January vaccinated all of the staff and residents at a local care home, and recently vaccinated staff and residents at a learning disabilities care home. The majority of housebound patients on the practice list have also been vaccinated. Have just started some pop-up clinics which are being supported by staff through overtime and on days where clinical capacity allows.
 - e) Patients vaccinated within our practice to date:
89% of patients over 70 & 86% of patients over 65.
 - f) The vast majority of population being vaccinated at the vaccination hubs. The CCG are targeting hard to reach groups such as the BAME community and have recently opened a mosque as a vaccination centre.
4. **Close of Meeting:** Cath thanked Dr Wheeler for an excellent presentation and all those involved.

Next meetings:

- PPG Business Meeting - Tuesday, March 30th at 7.30pm

Appendix 1.
Dr Wheelers presentation

Supporting Mental Health



A presentation for
Victoria and Mapperley Patient
Participation Group
March 2021
Dr Lyndsey Wheeler

PPG Agenda

- What effect the pandemics had on mental illnesses i.e. loneliness?
- Children and young people should be remembered as being significantly effected in this.
- How does the practice manage mental health issues? What is the process it follows for patients with these problems?
- What is the role of the 'Social Prescriber' in this area and are they active within our practice yet?



Impact of Covid 19 pandemic on mental health



- Social isolation/loneliness
- Financial pressures
- Job loss
- Loss of routine
- Increased pressure on time

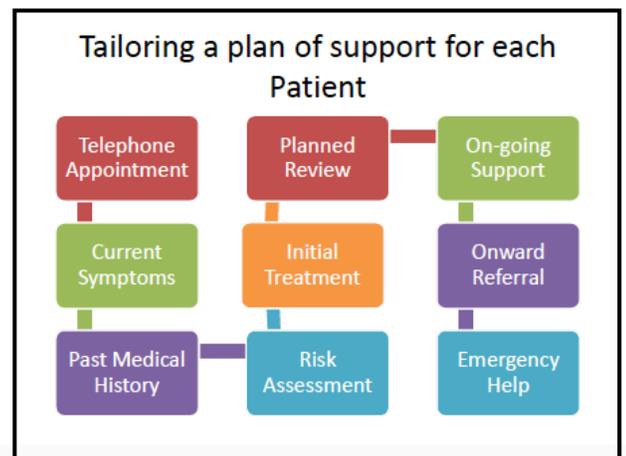
- Insomnia
- Bereavement
- Impact on carers
- Worry about seeking support
- Families in crisis

- Reduced Exercise
- Loss of coping strategies
- Loss of support groups
- Different family dynamics
- Shielding group at risk
- Drug/alcohol

- Health anxiety
- Physical components – anxiety
- Physical illness
- Covid 19 related illness
- Excess deaths – Suicides ?

- Improvement in some conditions
- Due to change in circumstance

<p>Children</p> <ul style="list-style-type: none"> • Impact on emotional wellbeing • Anxiety, worry, • Impact on coping strategies • Loss of routine/structure • Family interactions changing • Change in routine can be positive • School involvement • CAMHS • Base 51/BEMH/Youngminds • Safeguarding team 	<p>Older adults MH/Memory concerns</p> <ul style="list-style-type: none"> • Social isolation • Reduced social support • Impact on physical health • Concern relating to putting self at risk by attending • Reduced stimulation • Carer strain • CMHT/Memory clinic • Social services/Carers federation • Care home reviews
<p>Learning Disabilities</p> <ul style="list-style-type: none"> • Social isolation • Reduced social support • Carer strain • Actively reviewing at VAMP 	<p>New parents</p> <ul style="list-style-type: none"> • Postnatal depression • Domestic abuse concern • Loss of social /family support • Actively reviewing at VAMP • Health visitor/midwife support





What's Next?

- The pandemic continues to impact on mental health
- VAMP is working to actively support patients with their individual mental health needs
- We are aiming to make support more accessible especially for those at risk groups
- How can we work alongside PPG to support this further?

Appendix 2.

Addition mental health resource information taken for the practice newsletter:

For Help in a Crisis: If your mood deteriorates and you need urgent help contact one of the following:

[The Nottinghamshire Healthcare Crisis Line](#): If you're in a mental health crisis, call the crisis line anytime of the day or night, and they can arrange for you to speak with a mental health professional. They can also advise you about other services, which can help you. The crisis line is operated by local health workers. The Crisis Line is open 24 hours a day, seven days a week, to people of all ages.

Call: [0808 196 3779](tel:08081963779) or [0300 303 0165](tel:03003030165)

For Children and Young People:

Call the [CAMHS](#) Crisis number: [0115 844 0560](tel:01158440560) Outside office hours call your GP, [NHS 111](#), or in an emergency go to an A&E dept.

Samaritans: 24 hours a day, 365 days a year.

Call free on: [116 123](tel:116123) or On Line: www.samaritans.org

For other medical advice and support contact your GP or visit [NHS 111](#). While the Emergency Department (A&E) and 999 are not the best places to get help for the majority of mental health problems, you should still use these services if you have an immediate, life-threatening emergency requiring mental or physical health assistance.