



**Littlefield Surgery**  
**Patient Participant Group (PPG)**  
Held on Tuesday 11<sup>th</sup> March 2025  
at Freshney Green Primary Care Centre.

*See separate patient attendance sheet.*

FT welcome everyone to the meeting.  
Staff present took it in turns to introduce themselves.

**PCN Health & Wellbeing Service**

AD introduced the health and wellbeing team and explained how the service works within our PCN for Littlefield patients.

The Health and Well-being Coaches work with patients over several sessions, supporting them to develop their knowledge, skills and confidence, helping them to become active participants in their own health and well-being. Unique to our PCN, the coaches work with patients with a long-term condition such as type 2 diabetes, osteoarthritis, or high blood pressure and with those who are at risk of developing a long-term condition, providing support and preventive measures to help reduce this risk. The coaches look to encourage structure and routine to help the patient incorporate this into their day-to-day life and to ensure they are doing what is right for them. They can also refer on to external partners/services if felt more appropriate. This could be weight management sessions, exercise sessions or our in-house Escape Pain Programme.

*Patient feedback:*

*“My weight had significantly reduced, and I am attending the gym twice a week, which I really enjoy. The coaches were very knowledgeable about what is available in the local area. I would not be where I am now without the teams support. ”*

*“I love having the health and wellbeing support – they were very motivating and helped me on my journey.”*

**Escape Pain Programme**

The Health and Well-being coaches run an ESCAPE-pain programme, which is only programme in our area.

Escape Pain is a group-based, rehabilitation programme for the management of osteoarthritis of the knee or hip. It integrated educational self-management and coping strategies with an exercise element for each participant. It is designed for people to understand their condition and teach them simple things to help themselves to cope with the pain better.

This programme can offer patients:



- A basic understanding of osteoarthritis and how symptoms can be managed through theory-based sessions. Lasting roughly 20-30 mins
- A structured exercise plan which has been known to improve and slow down symptoms of hip and knee osteoarthritis. Lasting 30 mins
- A confidential environment where patients are open and honest about their current and previous experiences with coping with osteoarthritis.
- A quantitative approach to seeing how symptoms have improved through surveys and qualitative approach of the same through patient feedback forms.

Patient feedback:

*“Since attending the course I have less knee pain and feel much better, more motivated, and more active.”*

*“I am so surprised in my improvement. I had lost a lot of confidence walking and was afraid to stand for long periods of time due to the pain. With support and encouragement, I feel much more confident.”*

*“This is a course that would benefit so many people, it should be further extended in the community.”*

Leaflets and contact details for the Escape Pain Programme are available to take at the end of the meeting.

Questions from patients:

*Is there a course for low back pain?*

The coaches have completed a training course and are fully qualified to run a programme for lower back pain however they are not currently running one due to health and safety and room availability. Hopefully this will be run in the future.

A patient in attendance informed the group that they had attended the Escape Pain programme and found it to be very informative, helpful and fun. There were 5 people in the group she attended, and everybody gelled well together and gave feedback on their experiences with pain.

*Is there an age restriction for this course?*

Anyone over the age of 18. The course can be adapted to suit all abilities.

*How do we refer?*

Patient can be referred by a GP or clinician to both the Escape Pain programme and Health and Wellbeing Service.

Patients can also contact reception and ask to speak with our wellbeing coaches, and they can discuss the right path for the patient to suit their needs.

**Northeast Lincolnshire Health Watch**

Susan from Health Watch Northeast Lincolnshire had to cancel and will hopefully be attending the next meeting.



### **Practice Updates**

Dr N Dukes will be leaving the practice on 20<sup>th</sup> March. She will be returning in the summer to cover annual leave.

Dr E Zoon will be leaving the practice on 31<sup>st</sup> March.

Dr Layla has nearly completed her training to become a qualified GP.

### **Our PPG.**

Patient asked if we could discuss the purpose and structure of our PPG at this meeting. CA opened the discussion by stating the PPG is for the patients. We can put together practice updates and ask services to attend but what would the patients like to get out of these meetings. Patient explained how the structure of the meeting has changed since Covid as there used to be a lot more involvement for patients. LM explained how since COVID, we had the big practice merger where lots of communication, updates and questions were needed, and we have had our inhouse service, like the health and wellbeing attend but the practice also feels now it the time to give the meetings more of a structure. A PPG needs to have a patient representative as the chairperson. CA asked the group to think about what they would like to see happen at these meetings and we can discuss it together at the next meeting. We are happy to invite other local services, like Health Watch to attend, or if the patients have any suggestions to contact LM to book these.

### **AOB**

#### Patient Questions

*Do the practices refer patients to other services in the area like Navigo?*

Yes, we have a Navigo team who work in the building for our PCN, to see our patients.

*Will the practice ever revert to walk in appointments?*

No, it works a lot better for the practices, the GPs and nurses prefer this system. We haven't had any complaints from patients. It works better for the GP as they can structure their day and take time out for admin, prescriptions, letters etc.

There is now a cut off at the end of day, but the GP still work at home and on weekends to catch up on administrative tasks.

### **Close**

Ft thanked all for attending.

The next PPG meeting will be held in Summer 2025.

Details of the meeting will be sent round and advertised on all our platforms.