

## Minutes

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### READING WEST PCN'S PPG OPEN MEETING WITH TALKING THERAPIES

Wednesday 7<sup>th</sup> August 2019 – 7pm – Tilehurst Methodist Church

Chair Alan (Western Elms PPG) Minutes Sophie (Western Elms)

#### TALK FROM EMILY WILKINSON AT TALKING THERAPIES

Talking Therapies are the primary mental health service. They are a free NHS service to anyone over the age of 18 in Berkshire. Talking Therapies are able to treat depression, PTSD, phobias, OCD, generalised anxiety disorder, health anxiety, social anxiety, health problems (i.e. IBS, Chronic pain, etc.) to name a few. They treat patients who are struggling both emotionally and physically.

Treatments include counselling for depression. This includes sitting down to talk to someone about problems and the acceptance of events that have happened. The main model of treatment is Cognitive Behavioural Therapy (CBT) – there are 4 main areas of CBT which are thoughts, behaviour and emotional and physical feelings. The hardest area to work on is emotional and physical feelings. For example, if you are depressed you may lose your appetite – you cannot just tell yourself to get it back again and you cannot just ask your depression to go BUT we can change the way we think about these things and create strategies to manage unhelpful thoughts.

Delivering CBT –

Stress Less course – you can sign up online. This includes psychological education about anxiety and how to manage in terms of the CBT cycle. It also includes help with sleeping.

Living well with low mood course – Psychological education about depression with a peer support group to encourage positive enforcements in life.

Silvercloud – an online CBT course with interactive modules, sharing entries with a supporter and you get a support call every 2 weeks for 30minutes.

Guided self-help – pen and paper based. Working with a practitioner to guide you through interventions.

Healthmakers – Offer CBT for people with long term health conditions

Face to face CBT – If telephone or group sessions do not work you can be seen face to face for 1 to 1 sessions.

How to refer in –

- Self-referral on the Talking Therapies website - <https://www.talkingtherapies.berkshire.nhs.uk/>

- Phone 0300 365 2000
- GP referral / other health professional

You will be booked in by admin for a 40 minute wellbeing assessment over the phone to gather more information.

Waiting lists - It is different for each area i.e. telephone, face to face, counselling, etc. and different locations. For example, the wait in West Berkshire is around 3-4 weeks for assessment and 1-2 months for treatment however that can change very quickly. Whereas the waiting list in Newbury could be a week.

Talking Therapies offer support to those whilst they are on the waiting list too. The referral cannot be 'sped up' if the GP has done a referral they are all treated equally – unless the patient is at risk.

Western Elms will be having a counsellor from Talking Therapies once a week at the surgery to help clear the waiting list for their patients only. They are just waiting for IAPT to appoint someone to the role.

There are also relaxation and breathing exercises on the website to help with stress.

### **PRIMARY CARE NETWORKS (PCNs)**

Western Elms, Circuit Lane and Tilehurst surgeries are now working together as a PCN and we are the first PCN PPGs to have a joint PPG meeting!

Lisa introduced herself and asked how the group felt about this.

We have already been working together in delivering 7 day appointments. WES covers Mondays and Tuesdays, Tilehurst = Wednesdays, Circuit Lane = Thursdays and Saturdays are covered on a rotational basis. South Reading currently covers Fridays, Sundays and bank holidays.

As a very new PCN we are very excited as we have just recruited our first Pharmacist who is starting on Monday; he will be working across all 3 surgeries. The next phase will focus on Social Prescribing which will encourage patients to be healthy through living well. It will support those who are lonely, need support, struggle with financial issues ... all of these things have an impact on health both physically and mentally as we have already heard tonight. Western Elms has lots to learn from Tilehurst as they are very already very good at identifying carers etc who may need additional support! We will be running a pilot with Reading Voluntary Action and we need all of you and the other members of the PPGs to help us deliver these projects. Sadly 10 who had confirmed for tonight had not arrived.

How do we encourage people to attend our meetings! We discussed whether there was an appetite to do this again and how the groups could meet once every quarter to talk about PCN issues and how we will move forward with NHS requirements. Would it be better to have a speaker at each one and then we may appeal to a wider audience. Agree that we will have another joint open meeting in 3 months' time with a speaker – have a

<p>think about who you would like to have as a guest speaker for the future but agreed that we would explore carers in November. Email suggestions to <a href="mailto:we.patientgroup@nhs.net">we.patientgroup@nhs.net</a>. The meeting will also include an agenda'd section in which we can discuss PCN matters.</p> <p>The open meetings will be for patients of the surgeries only. There will always be a GP in attendance – Dr Chauhan and Dr Hunt are lead GPs for the PCNs. We will take it in turns between the surgeries to organise / host the open meetings.</p> <p>Agreed that this location at Tilehurst Methodist Church was good; central location, on a bus route and lots of parking across the road.</p> <p>Thank you everyone for coming and see you next time ...</p>		
<b>Date of next meeting: Wednesday 6<sup>th</sup> November 7pm</b>		