

Your monthly patient bulletin from SHP Patient Participation Group (PPG)



World Mental Health Day is 10th October 2022



Be kind to your mind this World Mental Health Day

There are small things we can all do to help be kind to our mind and these can make a big difference to how we feel.

Search **Every Mind Matters** for free, NHS approved advice and simple tips to help you look after your mental wellbeing and see whether you can make them part of your daily routine.

[Every Mind Matters - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Another site that you may like to refer to... **Action for Happiness**

www.actionforhappiness.org

**We are now in...
OPTIMISTIC OCTOBER!**

Covid Booster and Flu vaccination schedule – Autumn 2022



From 13th September onwards, 75- year olds and older are being contacted (text or telephone call) for both the booster and flu jab. This will be a Monday to Saturday activity and will last into October. When contacted, we can either book via

the link within the text or on the call or call directly on 0121 281 5729 (Covid booking).

We must not call the surgery! Or call ahead before we are invited.

Once this cohort has been vaccinated, contact will be made through SHP by age.

SIGN UP!

What does your PPG do for you?

What could you do for your PPG?

If you want to make a difference and be involved in SHP development and service delivery, please **complete the form available on the PPG space on SHP web site.**

For further information please email shp.ppg@nhs.net

The next PPG Committee meeting was scheduled for 13th October 2022 at Monkspath Surgery

The next full online PPG meeting has been scheduled for 20th October 2022 from 7pm to 8pm via Zoom

Agendas to follow

Our first AGM is scheduled for 18th January

A new committee will be introduced. Details of an election process will follow shortly.

Thank you for your patience.

Please continue to let us know what you'd like included in the Bulletin and what you find useful... and what's unhelpful! The purpose of the Bulletin is to add another channel through which SHP PPG can share information and keep registered patients up to date with current items of interest across health and care as well as the activities the PPG are engaged in.

A small group from the PPG committee are currently planning some activities to share with you. Watch this space!!

PPG volunteers in demand!

Many, many thanks to the fourteen PPG volunteers who covered the flu clinic on Saturday 1st October. Your support was much appreciated by all staff and ensured that the whole process worked smoothly for patients. A new rota for the next walk in clinic on 22 October will be circulated via the PPG membership database. Many thanks in advance!



The team of staff and volunteers at Haslucks Green surgery on 1st October.

A Day in the Life of... our Chief Pharmacist



Hi, my name is Rupesh, and I am the Chief Pharmacist for SHP PCN. I also work for NHS England Transformation Directorate as the Implementation Lead of Midlands Region, 'Digital healthcare - empower the person' team.

I have built my career over the last seventeen years in the NHS. Before joining SHP, I have had positions including interim Head of Medicines Management at Walsall CCG and the Medicines Optimisation Lead Pharmacist for Primary Care across the Warwickshire CCG sites. Within these roles, I led QIPP* planning, budget management, patient safety prescribing and commissioning decision making. I also have had strategic oversight of Primary Care Clinical Pharmacists and Technicians.

I have a specialist knowledge of clinical pharmacy and medicines management together with a background of primary care commissioning, NHS England, and Public Health England relations. I also have a specialist interest in cardiology and medicines management in care homes, together with a Clinical Diploma and Independent Prescribing qualification.

After two years of hard work, I completed the Elizabeth Garrett Anderson Programme which is a two -year master's degree in healthcare leadership, leading to an NHS Leadership Academy Award in Senior Healthcare Leadership. This programme evaluated, developed, strengthened, and shaped my leadership and behaviours working within my teams and organisations. It incorporated and improved my understanding of diversity, equality, and inclusion as part of my key leadership behaviours.

A typical day for me at SHP includes developing and implementing effective medicines strategy and operational business planning across my PCN. An example of this includes, the Investment and Impact Fund (IIF) PCN DES** scheme which I lead on and ensure key milestones are met. I ensure the team and medicines are managed and compliant with legal and professional regulations, ensuring the safe and effective use of medicines, and providing pharmaceutical advice, at all levels, on the effective, economic use of medicines and ensuring the systems and processes are robust.

In leading the Pharmacy team, I also take the lead on the performance management and recruitment needs of the Pharmacy team, ensuring high quality and operationally efficient pharmacy services for our registered SHP patients. Together as a team and key part of the multi-disciplinary team at SHP, we take pride and have great satisfaction in ensuring that our patients have their medication needs met and knowing that we are helping them.

Jargon Buster:

*Quality, Innovation, Productivity and Prevention
CCG = Clinical Commissioning Group (now replaced by Integrated Care Boards and Systems)
PCN = Primary Care Network
**Directed Enhanced Service