

## Pinfold Medical Practice's PPG July 2025 Newsletter

Contact us via **reception** or the **suggestion box** in the practice foyer

Email: [nencicb-cd.pinfoldppg@nhs.net](mailto:nencicb-cd.pinfoldppg@nhs.net)

Hi All,

The long-awaited NHS 10-year has finally been unveiled. The full document can be found at [www.gov.uk/government/10-year-health-plan-for-england-fit-for-the-future](http://www.gov.uk/government/10-year-health-plan-for-england-fit-for-the-future) however, a very quick summary is as follows:

The main emphasis is on:

- Neighbourhood Teams (connecting health/social/local authorities)
- Technology (The use of Artificial Intelligence and the NHS App)
- Preventative/Healthier options
- Tackling health inequalities
- Making the NHS the best it can be

Additional aims are to train more GPs and to keep our health records in one safe place so we do not have to keep repeating our health story every time we see another health professional. Going forward there will be a drive toward preventative measures and finding the best ways to keep people healthy. This has already started in County Durham. A five minute survey is available for any patient who wishes to take part to help form this new initiative within our local area: [Let's Talk County Durham](#)

The government also wants the NHS to become leaders in health and data research with the NHS App becoming more prevalent day to day enabling patients to access their own data and arrange their own appointments. 'Wearables' such as electronic devices to track and collect data will be used more. The government is also investing in the Generation Study with the help of 100,000 newborn babies and are studying the genomes of 150,000 adults toward future decisioning.

The PPG have had some interesting discussions recently. Lesley Jeavens, the Independent Chair of Adult Safeguarding popped into one of our recent meetings to explain her role within the Adult Safeguarding Partnership for County Durham. She was heavily involved in the investigation to uncover and bring to light some of the failings related to Whorlton Hall which were presented by the Panorama production team.

It is not quite straightforward. Out of a population of 522,100 adults in County Durham it is only adults who are *over 18* and have needs for *care and support* which fit the criteria. It is then a case of determining whether the adult *is* at risk or if there is a suspicion of abuse or neglect for which Lesley and her team can then intervene and support. There is a robust legal framework for managing safeguarding but if you are in anyway concerned about an adult at risk of or experiencing abuse or neglect, including self-neglect then please call 03000 267979 or consult with <https://www.durham.gov.uk> website and search for safeguarding. If someone is in immediate danger or needs urgent medical attention ring 999 or for non-emergency and

advice call NHS 111 or Police 101. Additionally, you can share your concerns with the Dee, the Practice Manager.

It is not all doom or gloom though, because some of the PPG members are going along to enjoy a beautifully cooked meal at Butterknowle village hall on Monday, 4<sup>th</sup> August at 11.30a.m. We think for price of £8.00 we can sit back, enjoy a chat and be waited upon for a short while! If you want to join us and you are **over 18** then contact Amanda Raine: Tel: 01833 695822 or email: [contact@teesdaledayclubs.org.uk](mailto:contact@teesdaledayclubs.org.uk) or seek further details from the website: [www.teesdaledayclubs.org.uk](http://www.teesdaledayclubs.org.uk) – we would love to see you there.

A huge thank you to the patients who turned up for Pinfold's Open Day, last Saturday. The feedback we received was very positive with patients welcoming an opportunity to speak freely with Dr. Shashi, Dr. Julia and our Practice Manager, Dee. We will be holding future Open Days so keep checking the latest newsletter in practice (on table near reception window) or Pinfold's Facebook page, or on the Pinfold's website [www.pinfoldmedical.co.uk](http://www.pinfoldmedical.co.uk)

Our **Mental Health Walk-In initiative** starts on **Thursday, 17<sup>th</sup> July** at the Village Hall. Doors are open between 9am – 12 noon. This particular walk-in session on the 17<sup>th</sup> relates to two topics, **cancer** and **bereavement**. If either of these experiences have affected you directly, or as a family member or friend then we would love to see you at the walk-in. Come and talk with us, tell us about your experience and whether the NHS has supported you, or not. We are relying on your feedback and patient experiences. We make no promises, but we will listen carefully to what you have to tell us and we may be able to offer signposting or essential links. There will be mental health professional in attendance, Kyle Lawson, from the Tees, Esk & Wear Valley NHS Trust. Please do not be shy, come along and we will make you a nice cuppa and even offer you a piece of cake or a biscuit (but don't tell Dr. Shashi about the cake!)

In the meantime, the PPG are going to be talking about the new 10-year NHS plan and how it *actually* affects us. Health inequalities are also on our radar and we are always interested in hearing from our fellow patients. So if you have something you wish to tell us about, please do get in touch. Patients can always ring the practice or pop a note in the suggestion box in the foyer marked clearly for the attention of the PPG.

In addition to help and guidance from Pinfold Medical Practice on 01388 718230 or the website: [www.pinfoldmedical.co.uk](http://www.pinfoldmedical.co.uk) further health guidance can be sought from:

<https://www.england.nhs.uk>

<https://nhs.uk/live-well>

<https://www.who.int>

<https://www.gov.uk>

Little-Orange-Book.pdf via [www.newcastle.gov.uk](http://www.newcastle.gov.uk)

Take care & stay healthy,

Bernadette

PPG Chair & Teesdale Patient Representative

