



Lambeth
Patient
Participation
Group
Network

LPPGNews

May 2020

News and updates from the Lambeth Network



We hope you, your family, friends and neighbours remain well and are managing to stay positive and finding creative ways to keep mentally and physically fine.

Many of you may still be self-isolating or shielding and finding ways to navigate through this challenging time.

If you'd like to share things that you've found useful or if you know of any innovative local ideas please let us know so we can circulate them to the wider network.

Stay well!

Working differently

We are all having to adapt and change to a 'new normal' and the likelihood is that some elements of our lives will be different.



Making sure patients can still access practices' services is important, as well as safeguarding staff. Using digital solutions, working from home and using technology to manage care have all become options used by healthcare providers.

Click here to find out how one Lambeth practice has adapted and is using digital solutions to make sure patients can readily access services.



Become an Age UK Lambeth Phone Friend

Age UK Lambeth are coordinating phone friend calls to local people, to reduce isolation and

loneliness at this time.

Friendship phone calls are made by volunteers to check-in and chat on a regularly weekly basis.

They are running an induction webinars to outline the expectations and help volunteers understand what might happen on a call.

To sign up to participate in a webinar, click [here](#). There are a range of available dates.



Mental Health Awareness Week

18 - 24 May

At a time when many of us are self-isolating, alone or supporting someone who is alone, paying attention to our mental well-being is just as important as our physical health.

Recent reports indicate that many people will be suffering from mental ill health, so we are highlighting mental health awareness week.

This year the theme is **kindness**. Share your acts of kindness during mental health awareness week by clicking [here](#).

Events

Healthwatch Lambeth are running a free webinar on mental health during Covid-19 (20 May, 1-2pm). The webinar will include information on what support is locally available and tips to stay well, including:

- Being Kind to yourself: Mindfulness with Tessa from Being Mindful
- It's good to talk: Out-of-hour telephone support with Alexandre from Solidarity in Crisis, Certitude
- How to cope if things get too hard: Coping during crisis point with David from Recovery College, SLAM

For more information and how to join click [here](#).

There are a number of other free online events, webinars and helpful tips and resources to help with mental wellbeing at this challenging time and to mark mental health awareness week.

Click [here](#) for more details.

Lambeth Hospital consultation



South-East London Clinical Commissioning Group are holding public consultation on the relocation of mental health services.

The consultation will be held online on **Wednesday 20 May and Thursday 21 May at 5pm-6pm**, for which you can register by emailing lamccg.hospitalconsultation@nhs.net.

For full details about the proposals, consultation and to share your views, click [here](#).



Lambeth/Southwark COVID-19 Cleaner Air Campaign

Global Action Plan are working in Lambeth and Southwark with Guys & St Thomas Hospital Charity Trust to better understand the link between COVID-19 and air pollution, how it affects people and what people's experience of the lockdown has been and what they want to see happen next.

As part of this research, they are conducting interviews with residents of Lambeth and Southwark:

- They are looking for individuals to take place in a one-off one-to-one interview with someone from our team.
- The interview will take place over Zoom or over the phone and will last 30 minutes.
- They are interested in your experience of the lockdown: there are no right or wrong answers or previous knowledge required.
- Participants will be paid £15 by bank transfer as a thank you.
- Interviews will take place over the next two/three weeks.

To register to express an interest in taking part please complete this [questionnaire](#).

Keys4Life



[Key4Life](#) has taken a few of their emotional resilience tips and created a video which are relevant to all of us right now during lockdown.

Click [here](#) for the video.



Dates for your diary

To reiterate, due to the Covid-19

pandemic most meetings are not being held in public. Please refer to the relevant meeting websites for more detail.

Nicola, on behalf of the LPPGN, has already asked questions at two South East London CCG Primary Care Commissioning meetings about the impact of Covid-19 on inequality groups, and what can be done to mitigate and address these inequalities. A similar question will be asked at the Lambeth Scrutiny committee, where the whole agenda is focussed on the Council's approach to Covid 19.

In addition, the first full board meeting of the new six borough South West London CCG will be held on Thursday, where again we will be submitting questions.

Lambeth Council

Overview and Scrutiny Committee, 19 May, 7pm

For meeting agenda and papers click [here](#)

and to listen to the meeting live, via MS Teams, click [here](#).

South East London CCG

Governing Body Meeting, 21 May 2020, 1.30pm.

This meeting is not being held in public, but questions can be submitted in advance (by 5pm on Tuesday, 19 May). The meeting will be streamed live and there will be an option to ask questions during the broadcast.

Please send advance questions to selccg.questions@nhs.net by 5pm on Tuesday, 19 May. To access the meeting papers and to join the live stream click [here](#).

Primary Care Commissioning Committee, 11 June, 2pm.

NHS South East London CCG has responsibility for commissioning local general practice (GP) services in Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark. The Primary Care Commissioning Committee (PCCC) is responsible for making collective decisions on the review, planning, and procurement of general practice services.

The next meeting of this committee is Thursday, 11 June, 2pm - 5pm and will be lived streamed. Questions on agenda items can be submitted beforehand to selccg.questions@nhs.net.

Click [here](#) to access meeting papers and the live stream link.

Lambeth Placed Based Board Meeting, 17 June 2020. Time tbc.

This will be the first meeting of the placed based board. We understand that the

intention is to hold the meeting in public (albeit virtually). Meeting details will be circulated nearer the time.
