

We know that people have busy lives and not everyone can find the time to attend meetings. There are lots of ways you can get involved. Fill in this form and hand it in to Reception.

☐ I'd like to speak with the current PPG Chair to learn more and I consent to my details below being provided to them.

☐ I'd like to join your PPG. If you join our group you will be able to raise items for discussion at meetings. You 'll also receive minutes from meetings. You can share your opinion on any changes at the practice.

Title: _____

Name: _____

Address: _____

_____ Postcode: _____

Telephone Number: _____

Email: _____

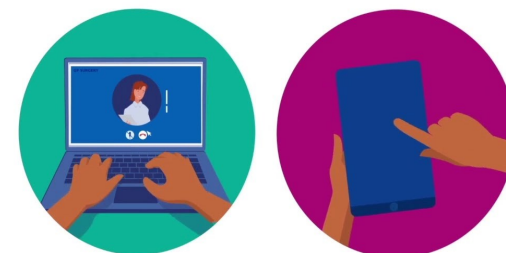
Signature: _____

Date: _____

Once this form has been received, you will receive a copy of the declaration to sign before becoming a PPG member.



**A new way to contact
your GP Practice**



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Fremington
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**www.fremingtonmedicalcentre.co.uk
01271 376655**



Who We Are & What We Do

Members of the Patient Participation Group (PPG) are volunteers who work with the practice to represent patients, offering views on the services and facilities that are provided. The PPG is a forum to improve the practice, it is not a place to take individual concerns or complaints. If you have an individual concern, please contact our practice manager.

What can a PPG actually do?

There are lots of ways that PPGs can support our practice to improve our services, the only limit is your imagination!

- Patient experience - Feeding back the experiences of patients
- Health promotion - Supporting patient activities such as health awareness days, self-care, walking groups and carers support.
- Fundraising - Helping our practice apply for funds that improve the patient experience such as for equipment e.g. patient wheelchairs, refreshment machines etc.
- Information - Supporting the development of our practice leaflets, online services and newsletters.
- Critical friend - Acting as a sounding board for new ideas.

When do we meet?

We aim to quarterly on a Wednesday between 5.30pm—6.30pm. It is attended by the PPG, Practice Manager, occasionally a Practice GP and sometimes an external speaker. The meetings are held in the downstairs waiting room.

I can't get to meetings – how else can I be involved?

If you are not able to join us at the meetings, you could always join our “virtual group” and assist the group by responding by e-mail.

A virtual group is a group of patients who would like to be part of the Patient Participation Group but prefer not to attend meetings. They get involved by email instead. Information such as practice newsletters, minutes of the Patient Participation Group meetings and surveys will be shared electronically. It means that if you can't make face-to-face meetings, are caring for someone and unable to leave them, or are working, you can still be kept informed, give your views and participate.

Will my views be heard?

Your views are important and will be listened to. It may not be possible to act on every suggestion, but all feedback is very valuable.

Working in a spirit of mutual respect, openness and trust, all patients' views will be discussed and, where appropriate, we will work together on solutions.



Joint PPG Meetings

We are part of a very active Primary Care Network (Barnstaple Alliance—www.barnstaplealliance.co.uk) and aim to have two joint PPG meetings with the other member practices (Brannam, Litchdon and Queens) a year.

Data Protection

The information you provide overleaf will be used by Fremington Medical Centre to contact you about our healthcare services, activities and to inform you of the ways in which you can become involved. Your details will only be used for this purpose and will not be shared with anyone else. The information you supply will be held securely and in accordance with the Data Protection Act 1998. You can opt out of the PPG at any time by informing the Practice Manager and your details will be removed.

Getting Involved

No training is required to become a member of our PPG. The most important thing is that you are keen and focused on taking positive action to help the practice. Be prepared to give your opinion about the way the practice is run and any thoughts you have on how things could be improved.

To join our PPG complete the form overleaf and hand it in to reception