

### My PPG

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 or contact our practice manager to find out more:

Practice manager: .....

PPG email address: .....

(Not all PPGs have their own email!)

**I'd like to join the PPG**

We'd love to see you at our next meeting.

Our next meeting is: .....

**I'd like to join the virtual PPG**

If you join our virtual group you will be able to raise items for discussion at the meeting, even though you aren't there! You'll also receive minutes from the meeting and find out first when you have an opportunity to share your opinion on a change at the practice.

**I'd like to share my experience of using the practice**

Tell us what you like or don't like about our practice:

.....  
.....

If you want us to contact you please fill in your details below:

Name: .....

Email: .....

Tel No: .....

# GP Practice Patient Participation Groups (PPGs)

Help us improve  
our practice

Practice name: .....



This leaflet explains  
what a PPG is and  
outlines how you can  
get involved.

Thanks to  
Arts and Minds illustrator,  
Tom Bailey @tombaileyleeds  
for the illustration.



## Why do we involve people in healthcare?

Like every other city in the UK, Leeds has some major healthcare challenges. We want to work with local people to meet these challenges head on. Listening to patients helps us understand people's health needs and can identify innovative and efficient ways of designing, delivering and joining up services.



### What is a Patient Participation Group (PPG)?

A PPG is a group of volunteers and health champions who meet regularly to help their practice improve its services. Every GP Practice has to have a PPG. The group works in partnership with the practice to support health promotion and understand and respond to the needs of all the different patients who use the practice.

**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 support do we get as a PPG member?

You don't need any specific skills or knowledge to get involved, just a passion to improve your local health services for all the different communities in your area.

The NHS in Leeds offers lots of support to help you get involved in your PPG. They offer free training and a chance to meet other PPG members from across the city to share ideas about how you can improve our practice.

- Find out about free NHS patient training and support here: [www.leedswestccg.nhs.uk/training](http://www.leedswestccg.nhs.uk/training)
- Join the Leeds NHS patient network: [www.leedswestccg.nhs.uk/network](http://www.leedswestccg.nhs.uk/network)
- You can also visit the website for the National Association of Patient Participation (NAPP) here: <https://www.napp.org.uk>

## 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.



### Case studies

Here are some great examples from PPGs in Leeds:

#### City View

Patients and staff at City View Medical Practice have worked together to purchase and run an allotment. The project helps local people keep fit, make friends and eat more healthily. It's a great example of what patients can achieve when they work with their practice.

#### Leigh View

The Patient Club at Leigh View Medical Practice has been established since December 2014. It offers practical activities and social events for patients such as chair aerobics, coffee mornings and peer support groups. As well as addressing social isolation these initiatives help the practice support local health and wellbeing.