



Patients Group

SPITAL SURGERY PATIENTS GROUP

MEETING MINUTES - WEDNESDAY, 4TH MARCH 2026

THE HEY, HOLY TRINITY CHURCH 1.00 PM

ATTENDEES

Steve Evans (Chairman), Tricia Harrison (Vice-Chair), Julie Bowen, PCN Nurse, Ian Wrigley, Heather Wrigley, Susan Milner, Pat Carter, Austin Joynson & George Rennie

APOLOGIES

Na'Amat Little, Emma Hadwin, Bob Wright, Ann Evans, Cheryl Peers, Mary Jordan & Lucy Ferguson

RATIFICATION OF LAST MINUTES & MATTERS ARISING

The minutes of the last meeting were agreed.

CPR PRESENTATION BY JULIE BOWEN

Julie Bowen, Specialist CVD Nurse, gave a CPR presentation, followed by discussion. Several members took the opportunity to have a practice on the 'dolls' Julie had brought with her, including a baby doll.

CHAIRMAN'S UPDATE

Eastham Walk In has reopened again. During the closure local residents had got a petition a together about the closure. This had been supported by the local MP

Healthwatch are willing to give Digital Training on the NHS App.

Phlebotomy at Spital Surgery - the surgery now offers Monday & Friday appointments for Spital Surgery patients only.

GENERAL PRACTICE UPDATE

STAFF CHANGES: -

Dr Hesham Hegazi, GP registrar, has now left the practice. He passed all his exams and will take a up a salaried GP post at Eastham Group practice after his wedding this month.

Dr Ife Osaekete, GP registrar (ST1) joined the practice early February and will spend a year with us. This is her first appointment in England.

We will welcome back Dr Marianne Pourikkou-James, (ST3), mid - April following her maternity leave. She will be with us until October 26.

Another registrar Dr Rajiv Sharma (ST2), will join us in April until August

Medical students will resume training with us in September.

We welcome two new Clinical pharmacists to Healthier South Wirral, Kiera Lee and Georgina Evans. Suzanne Saunders is the new HSW health coach.

Referral criteria: Support with healthy lifestyle - weight management and physical activity for patients with the following conditions:

- Prediabetes
- Type 2 Diabetes
- High cholesterol
- Hypertension

Suzanne works with Spital Surgery on a Wednesday.

Alex Easton, our new Children and Young persons practitioner, has also joined the primary care network. She will be able to see: -

Children and young people with moderate to severe mental health difficulties who require specialist assessment, advice or brief intervention. This can include those presenting with suicidal ideation but not with plans or intent. If reporting suicidal plans or intent, then please contact CYPMHS Urgent Support Team on 0151488 8033 for support or advice.

Examples include:

- On-going persistent low mood (3-6 months)
- Excessive Anxiety (symptoms of GAD/Social Anxiety/OCD traits/Panic/Phobia)

- Trauma/ACE's
 - Emotional Dysregulation
 - Self-harm/thoughts of suicide
 - Visual and or Auditory Hallucinations
 - Sleep difficulties related to mental health

 - Problems with eating/negative thoughts related to body image/purging/laxative use/vomiting (most recent height & weight required)
- Neurodevelopmental & Diagnostic Complexity
- ADHD/ASC with associated mental health impact
 - Emotional or behavioural difficulties in CYP with known SEND/LD
 - Mixed or unclear presentations requiring further assessment.

Mental health difficulty must have a significant impact on daily living (education, social life, family, relationships, sleep disturbances).

Medicines Waste campaign

We need your help to reduce medicines waste in our area. We are asking patients who order repeat prescriptions to Only order what you need:

Check what medicines you have at home before you order and only request the medicines you need this time. You will still be able to order others again in future.

Check your prescription bag straight away: Check that you only have what you need before you leave the pharmacy, and that there's nothing extra in there.

Let us know if your medicines are no longer right for you: Talk to your pharmacy team or attend/request medication reviews to make sure medicines are optimised for you.

Take your medicines into hospital: Keep a current list of your medicines on your NHS App and take all your medicines in with you.

Dispose of medicines safely: Return any unused or out of date medicines or inhalers to your pharmacy for safe disposal

The PCN is running an Easter Egg Appeal in support of the Charles Thompson Homeless

Scheme. Any new, packaged Easter eggs should be donated to the surgery reception by Friday 27th March. Thank you in advance for your support - it is very much appreciated.

Covid 19 vaccinations

The 2026 spring Covid-19 vaccination campaign will run from 13th April- 30th June 2026.

Eligible patients will be contacted.

RSV vaccinations

Since September 2024, RSV vaccination has been routinely available to older adults as they turn 75 years of age, with an initial catch up also offered to adults who were aged 75 years and over on 1 September 2024 and had not yet reached 80 years of age.

The forthcoming change from 1 April 2026 will expand the eligibility criteria for the older adult RSV programme to also include those aged 80 years and over (with no upper age limit). Adults aged 75 years and over who have not previously received a single dose of RSV vaccine under the NHS RSV campaign may be offered the vaccine from this point forward. In addition, all residents in care homes for older adults will also become eligible, regardless of their age, due to their increased risk from RSV.

The vaccine used in the programme will continue to be Abrysvo® on a one-dose schedule.

The timing of the introduction of this expansion will enable providers to offer co-administration with the COVID-19 vaccine during the spring 2026 campaign to individuals eligible for both vaccines.

Surgery closures from 1.00pm for staff training and GP Protected Learning.

Tuesday 10th March

Tuesday 14th April

Wednesday 13th May

Thursday 18th June

[AOB](#)

There was no other business

DATE OF NEXT MEETING

Our next meeting - This is scheduled to be held on **Thursday, 7th May 2026 starting at 1:00pm at Spital Surgery.** Speaker to be announced at later date.

An email a week before the May meeting will be sent out with an agenda asking for any other ideas or points you may wish to add and will also include details of the presentation.

If any members have any queries or comments about these minutes, please feel free to contact us by E-mailing Steve on stephenevans03@hotmail.co.uk