

We're here to make sure your views on health and social care in Sunderland are heard!

Healthwatch Sunderland works to ensure people's views of Sunderland's health and social care services are listened to.

Healthwatch Sunderland gives everyone a chance to say, what services they need now, or in the future.

We can also provide you with free information and advice, about local health and social care services.



Visit our website: www.healthwatchesunderland.com to share your experiences of health and social care services across the city of Sunderland, the good and the bad.

Contact us

Call: 0191 514 7145

Freephone: 0800 023 8840

Email: healthwatchesunderland@pcp.uk.net

Web: www.healthwatchesunderland.com

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Healthwatch Sunderland
Stanfield Business Centre
Addison Street
Sunderland



@HWSunderland



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**Be the voice of younger patients
in your GP Practice**



**Help your practice make the right decisions in
the planning of Healthcare services for
yourself and other younger people**

What is a PPG?

A Patient Participation Group (PPG) is a group of patients, carers and GP practice staff who either meet to discuss practice issues and patient experience to improve the service. As an alternative, at some practices these discussions can also take place via email.

What does a PPG do?

PPG's exist to:

- To give patients and practice staff the opportunity to have discussions about current topics affecting the surgery and its patients
- To enable patients to become more involved and make suggestions about the healthcare services they receive
- To explore issues from patient complaints and patient surveys and help monitor improvements
- To support health awareness and patient education around health issues.

Who can join a PPG?

A PPG is open to every patient on the GP practice list. All communities, groups, genders, ages, ethnicities, and disabilities representing the patient list. There are no other membership requirements except that patients must be registered with the practice.

What is in it for you?

- Get to know what is going on in your GP practice and the NHS as a whole
- Use the opportunity to enhance your studies or your C.V.
- Gain recognition for your views, opinions and ideas. That they can be valued and can make a difference
- Increase your confidence, self-esteem, experience and skills and become more independent
- Help your practice make the right decisions in the planning of Healthcare services for yourself and other younger people
- The chance 'to give something back' to your GP practice.

Why is it important for younger people to get involved?

Patient Participation Groups (PPGs) across Sunderland have very few younger patient members yet they are significant users of health services and part of our future.

It is really important that the younger person and the issues which affect younger people are heard!

Think you might be interested?

Visit your surgery's website or ask your GP practice staff for more information on your PPG and how you can get involved.

To find out more about Patient Participation Groups visit:
www.napp.org.uk