

Ashburton Surgery PPG – Minutes of November Meeting

Date of meeting 4 November 2025

Attendees

Surgery

Dr. Ben Titford – Partner

Emma Knowles – Practice Manager

Jenny Ubsdell – PCN Care Co-ordinator

PPG

Darren Laker – Joint Chair/Secretary

Sue Reid – Joint Chair/Secretary

Peter Sudworth

Tony Hodgkin

Kay Graymore

Apologies

Esther Lee

Theresa Scoble

Sandy Walker

Elaine Baker

Guests

Anja Kroening-Maynard – Teignbridge Community Voluntary Services (CVS)

Julian Thorne – Retired pharmacist

Notes

Welcome

DL opened the meeting. Welcomed everyone and apologies noted.

Doctor update

Ben has taken on a voluntary role as Climate Change and Sustainability Lead for the D&C Tamar faculty of the Royal College of Physicians.

Ashburton Surgery is encouraging staff to cycle to work where appropriate. A bike rack is to be installed, provided by the council. There is a plan to have an electric car available for out-of-surgery visits.

Research – The surgery has been accepted for an international research project. COPD and hypertension are now part of the research projects. Hypertension project replaces tablets with monthly injections. This will run for 5 years.

Power cuts cause problems for the surgery, particularly with stored vaccines. There is a plan to install solar panels.

Anja mentioned that Teign Energy Communities may be worth contacting as they have been supplying schools with panels.

Emma Update

Building work will start the first week in December and is expected to be completed by mid-April.

Phase 1

The current kitchen will be taken out, and a kitchen area will be created in the staff room.

This will create additional office space upstairs, and all of these areas will be refurbished.

Phone calls and back-office administration will now be located upstairs.

Phase 2

The current fridge room and back-office toilet downstairs will be made into a new consulting room.

Phase 3

Reception will be smaller with room for 2 receptionists.

Dispensary-ready medicines will be relocated to a new cupboard, ensuring easy accessibility without disturbing the pharmacists.

New fridge storage area.

New consulting room.

When completed:

- 3 new consulting rooms
- New medicine cupboard next to reception
- Purpose-built note storage area upstairs
- Smaller reception
- Waiting room refurbished and changed shape, but with the same amount of seating area.

There will be some noise and disruption that patients need to be aware of. Car park spaces will be less due to builders. Unfortunately, the surgery will need to chain off the car park to discourage inconsiderate parking by some locals.

Dash Update – JU

A consulting service has been found to assist DASH with their options.

Guests – Anja and Julian

Anja - The cost-of-living crisis is starting to have an impact on health in some areas. Hospitals are noticing signs of malnutrition in physical and mental health. This is low but rising.

Caused by food inflation and barriers to food support.

Ashburton has our community fridge, and there are plans for a social supermarket.

The surgery makes referrals to the social prescribing health coaches where needed.

Julian – Has an interest in building ‘health spans’ – healthy living into old age.

Julian has researched the so-called ‘Blue Zones’ where people tend to be healthier for longer.

PPG members present agreed that we could promote healthy eating habits which are both easy to manage and cost-efficient. We did this in a small way at the Cost-of-Living Day in the town hall.

Follow up -A meeting to brainstorm ideas will be arranged – Anja/Julian/SR/JU
If anyone else wishes to be involved or has ideas. Please let SR know.

NAPP

National Association for Patient Participation – Welcome to the National Association for Patient Participation

Those present felt it would be a good idea to use £80 of the PPG seed money to fund a year's membership and then review in 12 months.

JU – Dartmouth PPG are members and find it really helpful to be part of the network.
SR to start the application.

Other matters

The new website will be live this Thursday.

PPG meetings in 2026

Please mark your calendars.

Tuesday, 17 March – note that this will not be held in the surgery. SR to find a suitable location. Dartmoor Lodge was suggested.

Tuesday 16 June

Tuesday 8 September