

The Three Spires Medical Practice Patient Participation Group

Who we are:

We are a small committee of volunteers who meet once every three months or so; our aim is to promote co-operation and strengthen communication between the Practice, patients and the wider community. We try to take an active part in improving the service and experience of patients of The Three Spires Medical Practice through identifying areas for improvement, collecting patient opinions and experiences and communicating these to the Practice Partners and management team.



Some of our committee members (from left to right):

Mike Crook, Debbie Frost, Chris Parsons, Beryl Goddard, John Noble, Jenny Wellsted, Lindsay Southcombe

In addition to the Practice representatives our committee members are:

Karen Blatchford

Chris Clay

Mike Crook:

I have been involved in the NHS for the past 54 years after joining the Estates Department at the Plymouth Hospitals as an engineer.

In 1967 we moved as a family to Truro when I became a senior engineer with the Cornwall Hospital Group. On arrival we joined the lower Lemon Street practice.

I have seen many advanced in the NHS Service over the years so by joining the Three Spires PPG, I hope to continue an involvement in a minor way. I have also had a minor 'public' role with the Kernow Clinical Commissioning Group when they are tendering for services.

Emily Taylor:

My name is Emily Taylor, I moved to Truro 3 years ago, at which point I became a patient of Three Spires. With a background in the NHS and charity sector, I heard a lot of experiences from people finding it hard to manage various (both physical and mental) health conditions and hoped that by joining the PPG, I could act by voicing some of these concerns to the surgery. Also passionate about the health benefits that can be offered through community, I do my best to share and connect people with the various groups and activities going on around Truro. I have been greatly encouraged by the response of the Three Spires Team. They have already listened and acted on several of the suggestions made at the PPG and appear very receptive to new ideas.

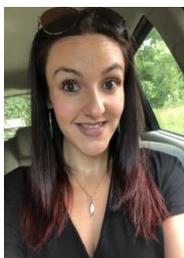
Debbie Frost:



I came to Cornwall in the late 1980's when I was transferred by my company intending to stay for just two or three years, and here I am three decades later still in Truro and still with the same GP practice. I worked in the corporate sector nationally and internationally for about twenty-five years and then for the last decade ran my own business more locally. Once I started to work rather fewer hours I was very keen to put something back into what is now the Three Spires Medical Practice, a practice that has looked after my husband and I in an exemplary fashion for over thirty years.

Lesley Ibbotson

Stacie May:



Stacie is a second-year student nurse studying at Knowledge Spa (Truro.) She joined the PPG group after hearing about wider patient engagement opportunities at university and decided that joining the surgery where she is a patient would be interesting and a great development in her nursing journey. In November 2019 Stacie won Student of the Year due to her commitment working with placement areas on developing their dementia care pathways. Alongside her degree, Stacie works as a band 3 Healthcare Assistant for Cornwall Foundation Trust. Her passions include palliative and dementia care which is what she wants to specialise in further on in her nursing career. In her spare time, (a rarity!) Stacie likes to relax with her family and pets; she is a huge animal fan and likes to take on the ones that nobody else wants! Alongside relaxing at home with her partner, Stacie enjoys reading and doing cross stitch.

John Noble:

I was born in the Royal Cornwall Infirmary three years before the birth of the NHS and have been registered with this practice all my life, firstly in the Lower Lemon Street surgery and now at the lovely new Truro Health Park. I am on my fourth doctor ! Originally Dr.Hood then Dr Graymore followed by Dr Vowles and now Dr Bull.

I joined the group at the inaugural meeting in February 2014 after seeing the request for members on the website. Being a member of the group gives me the opportunity to put forward ideas, discuss if any improvements can be made, listen to other members thoughts and build a sound relationship with the practice Doctors and all the staff.

Lindsay Southcombe**Kelvin Steel:**

As well as a patient of Three Spires, Kelvin is one of Cornwall Foundation Trust's Registered Mental Health Nurses. His career within care began back in 2003, when he took on the role of a support worker, working with adults on the Autistic Spectrum. In 2006 he underwent an access course at Truro College before applying to complete his nursing degree at University of Plymouth. Since qualifying in 2010 he has worked within several environments, including the acute inpatient mental health units in both Redruth and Bodmin, as well as psychiatric intensive care unit, low secure unit, rehabilitation unit and more recently, the new child and adolescent unit based on the Bodmin hospital site.

Kelvin was introduced to the PPG by his partner Stacie, and saw this as an opportunity to experience being on the other side of the fence, and ultimately continue with his professional development and broaden his knowledge.

In his spare time Kelvin enjoys spending time with family and friends. Whether watching a film, dining out or playing poker, Kelvin enjoys making the most of being around people.

Jenny Wellstead