

Open Meeting
Monday 19th February '18
10.30 am to 12.30 pm



OUR LADY AND ST. JOSEPH'S CHURCH HALL
100A BALLS POND ROAD,
LONDON N1 4AG Buses: 30; 38; 56; 277

Prescriptions for Health and Happiness

Raj Radia—City &
Hackney Local Pharma-
ceutical Committee

Making the most of your
pharmacy

Rozalia Enti— CCG
Head of Medicines
Management

Prescription drugs of low
value

Sahil Patel—Hackney
Wellbeing Network

Social prescriptions for
health and happiness

Alicia Weston—Bags of
Taste

Cooking for health and hap-
piness



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Dear OPRG Member

1st February 2018

I am writing to invite you to our next Open Meeting, on **'Prescribing for Health and Happiness'** at Our Lady and St Joseph's Church Hall, 100a Balls Pond Road, London N1 4AG on **Monday 19th February from 10.30 to 12.30.**

New restrictions are being placed on 'medicines of low value' (such as herbal and homeopathic medicines and over-the-counter pain relief *e.g.* paracetamol.) **Rozalia Enti** from the City and Hackney Clinical Commissioning Group will explain the reasons for this and how exemptions can apply in specific cases.

Local pharmacies play a critical role in the health service, and with more pressure on GPs and hospitals their role is being expanded. They do not just issue prescriptions but also provide many other services. **Raj Radia**, the Chair of City & Hackney Local Pharmaceutical Committee will talk about making the most of your local pharmacist and the services offered.

Helping people stay healthy rather than intervening only when they become ill is now fully recognised by GPs as an important part of their role. They are also seeing increasing numbers of patients who come to them because they feel **isolated and lonely**. In response, GPs are looking beyond conventional medication, helping patients to take part in therapeutic activities that can complement or replace drugs in reducing physical symptoms, address social isolation, bring happiness, and assist overall in maintaining good health. This is known as **'social prescribing'** and can include a wide range of interesting and enjoyable pastimes. **Sahil Patel** from Hackney Wellbeing Network will talk about how people can get referred for social prescriptions and the range of organisations involved. **Alicia Weston** from "Bags of Taste" will share her personal experience of running a social prescribing organisation.

We do hope you will be able to attend the meeting. Drinks, fruit and biscuits will be available. **If you have mobility issues and need transport, please call me on 020 8981 7124 / 07743913281 or email martin.sadler@ageukeastlondon.org.uk**

With best wishes

Martin Sadler

Martin Sadler Older People's Involvement Officer