

## Moving things forward

### MEETING 2

- Show value of teach back – meeting 2
- Share what works doesn't work – meeting 2

### MEETING 3 or 4?

- Have a blog or facebook page- set up before meeting 3
- Get a GP perspective: recruit to group – before meeting 3 (x2) or at meeting 5 (view of one sub-group)?
- Find out about GP awareness week in Nov 2014 – for meeting 3
- Map what local resources/support is out there - meeting 3
- Find out if people want different types of befriending –meeting 3 or 4 (one group thinks this should be taken as read and being led by CHS)
- Find out how aware the public are with respect to heart health – meeting 3 or between 3 and 4 (*though challenged by one group who thinks this can be taken as read*).

In discussion afterwards, there is disagreement as to whether or not we need to find out if the public are aware re heart health or not. Agree to park, with time an issue, but bring back in if we want.

- Find out how to best communicate with cardiology community – meeting 4

### MEETING 6

- Information sharing event? – meeting 6

## What we hope to achieve

1. Staying positive and well
2. Reduce peoples' levels of anxiety- esp. at diagnosis
3. Sharing experiences and perspectives, making connections and learning from one other (genuine co-production)
4. Reducing red tape to help everyone
5. Improving peoples' experiences *now/quickly*
6. Helping people maintain their identity/re-find themselves - based on what is important to them and for bad as well as good days
7. Raise awareness of community resources
8. Ensure good quality and up-to-date information is available; with better sharing of information with families
9. Support for family/carers and friends- physical and psychological
- 10.Reduce/interpret jargon and communicate clearly
- 11.Streamline pathways and improve continuity
- 12.Identify needs in GP surgeries and how I/we can help.

## **POTENTIAL IMPROVEMENT IDEAS**

1. Provide a stats profile of heart health
2. Provide a diagnostic pathway
3. Provide a patient pathway journey
4. Connect to people with similar support needs (and conditions) – plus at future KIP meetings
5. Share positive tips for living - plus at future KIP meetings
6. Share views/experiences with others
7. Share what works/doesn't work
8. Share positive tips for living
9. Have a blog or facebook page
10. Campaign for raising awareness around heart health – possibly linked to earlier diagnosis