

Meeting of Riverside and Tower House PPG – Open Information Meeting

Date:
22nd February 2017

Time:
6.30pm – 7.15pm

Venue:
Tower House Surgery

CORE GROUP PRESENT:

Michael Benson, Chair, Core Group

Rod Wallace, Vice-Chair, Core Group

Rachael Cameron, Core Group

Pam Tuckett, Core Group

Andrew Turnbull, Core Group

Amanda Coleridge, Practice Manager

Jo Curtis, CCG Patient Experience Lead

Two patients.

APOLOGIES:

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Item:	Subject:	Action:
	<p>The Chair welcomed everyone to the meeting and explained the purpose of the PPG was to support the practice and staff and to “add value” with any activities they undertook.</p> <p>The PPG is currently focusing on staging a wellbeing event in both towns to raise awareness of the actions we can all take to improve our wellbeing.</p> <p>5 a day for Mental Wellbeing – Michael explained the five areas as identified by the New Economics Foundation as having a positive impact on wellbeing.</p> <ul style="list-style-type: none"> • Connect...With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day. • Be active...Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness. • Take notice...Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether 	

	<p>you are walking to work, eating lunch or talking to friends. Be aware of the world around you appreciate what matters to you.</p> <ul style="list-style-type: none"> • Give to others...Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you. • Keep learning...Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun. 	
	<p>There was an open discussion about accessing services which are available but many patients are not always aware of, especially the vulnerable and housebound.</p> <p>Carol, from Volunteering In Health explained they are able to offer befriending, shopping, transport and home help to patients living in Chudleigh. They make a small charge for transport and home help. Volunteering In Health also provide the NHS Wellbeing Programme. The Wellbeing service accepts referrals from any healthcare professional to support older people to be active in managing their own wellbeing, health and care; to enable each individual to measurably improve their sense of wellbeing and their connection with their community to reduce isolation; and to reduce the need for older people to access urgent and emergency services and to support them to connect with community services available. Recent case stories include a patient benefiting from taking up knitting again, and another from simply feeding the birds. Janette Osman the Wellbeing Lead and Bob Alford would be invited to the next Core Group.</p>	

Signed:..... Chair

Date: