

# QUANTOCK MEDICAL CENTRE PATIENT PARTICIPATION GROUP

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## MINUTES OF MEETING HELD AT NETHER STOWEY LIBRARY Wednesday 7<sup>th</sup> February 2018

### PRESENT

Diane Faris (Chair), Helen Stacey (Practice Manager), Alison Hoare (Village Agent), Kate Lyness, Bruce Roper, Kate Hope, Mary Reece, Terry Binding, Jo Forest, Elizabeth Woolcock, Sarah Pearson, Ian Faris (Minutes)

### APOLOGIES

None recorded.

### INTRODUCTIONS

All present introduced themselves for the benefit of Elizabeth, Jo and Sarah.

### MINUTES OF PREVIOUS MEETING (March 2017)

Taken as read and accepted.

### MATTERS ARISING

#### Health Walks

Elizabeth briefed the meeting on 'Walking For Health'. Elizabeth explained why the scheme is important, who benefits and how. It's not a group as such: the walks last for about an hour and are not strenuous i.e. not a route march. Helen S., Kate L. and Helen in dispensary have all been trained to lead and one walk has already been tested. The walks will be graded, based on their severity and distance, to provide a graduation and will be identified by the number of boots. Each walk will be risk assessed. Helen will ensure that the doctors are aware with a view to incorporating the walks into a more holistic approach to treatment.

Redgate and Somerset Bridge offer walks, also walks are promoted around Steart and along the canal in Bridgwater for wheelchair users and people with prams/pushchairs. Helen/Elizabeth will organise hi-vis armbands for participants: leaders and assistants will wear hi-vis vests/jackets. Elizabeth emphasised the social aspects of the walks as well as the therapeutic. Participants may also be accompanied by their dogs if they so wish.

Helen suggested that Elizabeth and Mary join forces to progress the programme and thanked Elizabeth for her efforts so far. Bruce recommended that those with strong views on the walks, paths etc. attend the imminent Neighbourhood Plan Consultation to make their views known as the council is bound to take heed. Answering Alison's question, Elizabeth advised that neither push bikes nor motorcycles are allowed to be ridden on public footpaths or bridleways. Also discussion about dogs and generally they were not expected on the walk as dog walkers are already walking and active the idea to is help inactive people get active again.

#### Singing Groups

Helen introduced the concept of singing groups. The ethos is the same as for health walks i.e. social as well as therapeutic but aimed at those who can't or won't walk. Some groups have already started in the area and Sarah has set up a few for various age groups. She and Helen will liaise and a meeting with a Michael Williams (who is also involved with singing

groups) was suggested for Wednesday 14 March 1030 at the medical centre with a view to starting our own. Advertisements will be placed inviting anyone interested to attend.

### **Allotments**

Bruce introduced the concept of therapeutic allotments for people with mental health issues. He explained how tools can be obtained quite cheaply from E-bay etc.. Rents are £10 per annum for a full plot and £5 per annum for a half plot. A few plots may become available in the near future. Helen suggested using the Quantock Messenger to invite those interested to contact the group and Mary, Alison and Bruce will proceed depending upon the response.

### **Arts and Crafts**

Di suggested starting an arts & crafts group in a similar vein to the preceding groups. Something simple initially but boards, wood, supports, pens, pencils, crayons etc. will be needed to get things started. She suggested that Christine Cook may be worth approaching with a view to providing assistance. Helen will send Di details of a potential venue.

### **Vaccinations Campaigns**

Carers will be vaccinated against flu as part of the immunisation campaign which this year will also include seasonal flu for over 65s, child flu over the age of 4, shingles (this year it's for age group 70 – 73 + 79) and Meningitis ACWY for 16-24 year olds.

### **UPDATE FROM QUANTOCK MEDICAL CENTRE**

There will be another resuscitation + life-support training session at St. Mary's Church Centre on Tuesday 6<sup>th</sup> March 10 am .

Helen said that this winter in particular had highlighted how many people in our community live on their own and are often isolated. Also people tend to forget to update the Medical Centre with any changed contact details.

### **ANY OTHER BUSINESS**

The possibility of a 'Death Café' was resurrected 😊 The Centre does stock 'Planning Ahead' booklets but people often don't want to think about what happens after death. Sarah gave details of a county-wide scheme called 'BeFriend' that's been set up "up north". Alison said that Age UK has set up something similar in Somerset but finding volunteers is the stumbling block to universal success. Di suggested that the more informal "coffee morning" approach (rather than presentations) has proved more successful for us so we'll hold one at the Medical Centre at 1030 on Wednesday 18<sup>th</sup> April. It was agreed that "chat" and discussion should centre around the concepts of "planning ahead" and "preparing for the future", avoiding terms such as "death café".

### **NEXT MEETING**

Coffee morning" at the Medical Centre at 1030 on Wednesday 18th April. Topic Planning Ahead and also Action on Hearing Loss will be available to show people hearing equipment and test hearing aids.

Wednesday 16<sup>th</sup> May at the library 10.30 am.

Subsequent meetings, also at the library, to be on Wednesday 12<sup>th</sup> September and Wednesday 12<sup>th</sup> December.

Additional meetings (e.g. singing group on 14<sup>th</sup> March )