**W P P G**

**The Wheatbridge Patients’ Participation Group**

**Minutes of the WPPG Meeting held on 15 January 2019**

**Present:** Judith Stanley Ian Edmundson

Sue Ottowell Mavis Plater

Philip Abbott Ruth Ludford

Mike Little Roy Falconer

Aileen Dawson-Pilling Tony Pope

Linda Clarke Dr Susan Savage

Tina Hensey, CBC Tracey Lawson

**Apologies:** Muriel Lascelles Spencer Hoskin

 Ruth Elliott Carole Sadler

1. **Welcome and Introductions**

Judith welcomed everyone to the Meeting.

1. **Presentation from Tina Hensey**

Tina Hensey introduced herself. She is the Community Lifestyle Officer from the Chesterfield Borough Council and deals with the health and wellbeing of residents within the Borough. They run lots of different courses and activities across the Borough for the wellbeing of the residents.

Walking for health programme – Guided walks are done within various areas within the Borough. Volunteers lead walks and Tina is always looking for willing volunteers for this.

Exercise on referral. This is done by a GP referral. Patients need to have a health condition which would be deemed to be helped by exercising. The patient would then receive two free sessions per week for a twelve week course, either at Queens Park or at the Healthy Living Centre at Staveley. Once these sessions are completed it is hoped that the patient will continue with the exercises and join the gym.

Live Life Better Derbyshire. This is a scheme that helps people deal with a number of health issues including weight management, stop smoking and alcohol service. It is better if a patient refers themselves as they can be signposted to the correct scheme but it can be done via a GP.

Strictly no falling. This is a chair based exercise programme which is at various locations within the Borough. They usually have one hour activity and then have time for socialising with a cup of tea or coffee. There is a small charge for this.

Tina runs a class at the Proact Stadium on a Wednesday morning at 11.30am. This is known as Senior Spireites. This is a chair based activity similar to the strictly no falling classes but is done to music.

A 5k park run takes place at Poolsbrook Country Park every Saturday morning at 9.00am and a 2k junior run takes place every Sunday morning at 9.00am at Stavely. Everyone is welcome to join in.

Tina explained that good mental health is important to help us all live a healthier, happier lifer and some easy steps can be taken in order to improve how you feel each day. These are known as the Five Ways to Wellbeing and they are:

Take Notice, Connect, Keep Learning, Give and Be Active. Tina distributed a leaflet explaining these.

Training is also provided regarding mental health first aid. This will help you understand people with mental health conditions. There is also training specifically for understanding young people.

Dementia friends’ training is also available and can be done at groups like the WPPG. The aim is to make Chesterfield a more dementia friendly town.

The Chesterfield Football Club runs an eight week course which is designed to help people with mental health problems.

There are also places that people with mental health problems can self refer such as Trent PTS, Rethink and MIND.

In the Public Health section schools follow a curriculum for exercise and healthy living and during school holidays activities take place which include the whole families. These provide both activities and a meal. The idea is that the parents will continue with the healthy lifestyle once the classes have finished.

Work is done with the Midwifery team at Queens Park Health Centre with pregnant ladies, encouraging them to undertake a healthy lifestyle.

If anyone is interested in any of the above activities they can contact Chesterfield Borough Council Community Lifestyle Officer on 01246 345669 or email tina.hensey@chesterfield.gov.uk

Judith thanked Tina.

1. **Minutes of Previous Meeting**

The minutes of the meeting on 16 October 2018 were agreed as a true and correct record.

1. **Feedback from Group Reps**

The next meeting of the Derbyshire PPG will take place on Thursday, 31 January 2019 and Ian will attend and feedback to the group. If any one has got any questions with regards to the NHS long term plan please let Ian know who will bring them up at the meeting.

Karen Ritchie (CEO of Health Watch) will be leaving her role in February 2019. Her role has been advertised.

Judith thanked Ian.

1. **Items from the suggestion box**

Spencer and Tracey had checked the suggestion box on a regular basis and there had been no suggestions.

Judith thanked Tracey in Spencer’s absence.

1. **Any Other Business**

Linda introduced Dr Susan Savage who will be the new GP representative in place of Dr Alston who has now left the Surgery.

Linda informed the members that the CQC inspection will take place on Thursday, 31 January 2019 and asked for a volunteer to be interviewed by them. Judith very kindly agreed to do this and will liaise with Linda regarding the time.

Ruth asked whether the Surgery offered healthchecks for 40 – 74 year olds that have been on the news recently. Linda said that we do offer free NHS Healthchecks for people without chronic diseases. A recall programme is in place. Linda also stated that any patient can request a healthcheck with a nurse if they want one.

Members stated that they felt there had been a big improvement in the appointment system recently.

Members asked how many patients were registered here at Wheatbridge. There are 15,300 patients which equates to 1600 patients per GP (pro rata). They wondered how many of the 15,300 patients were active. Linda will speak to Matt to see whether it is possible to find this information for the next meeting.

1. **Date of next meeting**

The next meeting will be the Annual General Meeting and will take place on Tuesday, 9 April 2019 at 12.00 noon.

Judith thanked members for attending.

The meeting closed at 1.20pm