

PATIENTS PARTICIPATION GROUP
CHEVIOT PRIMARY CARE GROUP
WOOLER

Minutes of Health Awareness meeting held on Tuesday 14th October 2014 at 6pm, jointly with Glendale Surgery PPG.

PRESENT: Rosanna Reed (Chair), Sue Wade, Jan Clucas, Mike Allport, Teresa Culberston, Christine Short. Glendale PPG Chris James, Colin Burn, Peter Bates. Andrew Colvin from Health Trainers

APOLOGIES;Caroline Douglas, Lorna Moore

Rosanna Reed welcomed Glendale PPG members to the meeting, and introduced Andrew Colvin from Health Trainers, and invited him to give a quick talk on what they do. Started in 2006, they are based in Ashington and cover all of Northumberland, but only seem to work a new area when requested to come. At present time there are 10 Trainers, and Jacky covers Alnwick & Berwick. Covers over 16s. None of the committee had heard of them before. Subjects covered included Healthy Food Choices, Smoking, Drinking less, Increasing physical activity in your life, weight management, all these following basic health checks for blood pressure etc. Can also signpost to other areas anyone who they cannot assist directly. Can be achieved on one to one basis or in a group, at the client's wish and agreement. Normally 6 or 12 sessions required, not necessarily weekly. All free at point of contact. Leaflets left for our information. RR thanked Andrew for his presentation, he then left meeting.

RR then listed all groups who had agreed to attend on 25 March 2015

1st Responders – Mark Mather, would bring defibs etc. Diabetic Group, Podiatrist, Age UK, Cycling, Health Trainers, Stroke Association, British Heart Foundation, Hear to Help, Health Team – Nurses, Midwives etc. WI will offer refreshments for 50p per item.

The title was agreed as 'YOUR HEALTH MATTERS'

SW reported that the printing costs from Martins were too high for our budget. Fantasy Prints offered a better and cheaper service. Suggested that members could possibly design a poster containing all info as above, and bring to next meeting? Adverts in Local Papers. It was suggested that Health Trainers might be able to offer printing? RR to ask Andrew. LV to contact Jason at Wooler Art Gallery. Decision must be made when leaflets etc. to go out, so printing can be organized in good time.

Addiction Service – lady is difficult to contact. LV suggested that Mental Health be included in some way. District Nurses to be asked if they can talk about Memory loss. Mike Allport to contact Wooler Drop In lady to see if she would come to talk to teenagers. Bellview Centre offer a Hospital Food pack for people returning home.

£300 awarded from Doctor's Fund to go towards any expenses.

DATE OF NEXT MEETING – Tuesday 11 November 4pm.