

PPG Minutes of Meeting Thursday 6th June 2019

Present: Christine Harris (Chair), Richard Bellman (minute taker), Dinesh Shah, Graham Gulliver, Susan Relph, Claire White (secretary), Avani Jagdev, Dr Meera Nathan, Catherine Woodruff, Barbara Mitchell.

Apologies for absence: Maggie Daly, James Cross, Colin Watts, Mimi Watts, Robin Ollington. Sadly Claude Philip one of our members passed away a few months ago, R.I.P.

Minutes from last meeting

- Minutes from last meeting was approved, amendments were made to Apologies for absence. Maggie Daly's name was added.
- Talk on Stress – following Christine's talk on stress on 11th April 2019. A Stress Test was distributed to each member of the meeting. The purpose is to develop resilience and to be completed at home: Happy Life, a scientist's step-by-step guide and How can I cope with stress were also distributed.

Matters Arising

- Susan gave an update in Maggie's absence on Parents of Teenagers Support Group. There is a need and much interest however there is poor uptake. Maggie has visited and distributed leaflets to six schools. A move to the Cassandra Centre is contemplated, on the proviso of the move a new poster is in the offering.

Patients' Questionnaire

- A copy was given to each member: to comment, amend and give any suggestions. It was decided to omit and add some questions which will be revised in at the next meeting.

Any Other Business

- It was discussed as a surgery we should push nutrition and healthy life style. A poster and material with health life style information was suggested.

Close of meeting 1.35pm.

Date of next scheduled meeting Thursday 5th September 2019 at 12.30pm for 1pm start.