

# PPG Minutes of Meeting Thursday 7<sup>th</sup> March 2019

**Present:** Christine Harris (Chair), Richard Bellman (minute taker), Claire White, Paul Mason (guest speaker), Sandra Ward (counsellor), Susan Relph.

**Apologies:** Avani Jagdev, Claude Philip, Colin Watts, James Cross, Margaret Daly, Mimi Watts, Robin Ollington.

**Absent:** Catherine Woodruff, Dinesh Shah, Graham Gulliver.

## Matters Arising

- Cassandra Centre has been set up to help people with abuse issues. It has been set up by Jennifer McDermot. Talks were given on Autism and Domestic violence by Veronica and Jennifer respectively.
- The minutes were agreed.

## New Business

- Stress and Resilience Course to be run by Christine Harris on 11<sup>th</sup> April 2019 at the surgery, 12.30pm for 1pm start, duration one hour.
- Parents of Teenagers Support Group. Update and progress report was given by Susan in Maggie's absence. Two mums have been greatly helped. It was stressed more awareness was needed. Susan asked if it could be pushed at reception. Claire suggested doctors maybe more equipped. Joan is to design a new poster. It was suggested the surgery could do more to advertise the group. Maggie to contact secondary schools to reach out to families and Sandra volunteered to spread the word.
- PPG Quality Care Commission in 2017 gave Fairview a rating of 'Good' the highest level that can be awarded to GP surgeries.

- Health Walk on Saturday March 9<sup>th</sup> and each Saturday at Brigstock Medical Centre 11am – 11.45am this is a free and all welcome. It is advertised in reception.

### **Any Other Business**

- Discussion between Christine, James and Dr Nathan regarding PPG questions along with 'Note and Invite' to patients to encourage more PPG members to be deferred and addressed at the next meeting.
- Claire informed the group, Caroline has updated Fairview website. Also any information anyone may have for the website should be sent as a soft copy to Caroline.
- Welcome to Paul Mason – Social Prescribing. Encouraging the community to bond with one another, doing like-minded things together, and improving self-esteem. Our Social Prescribing connector/navigator is Stephanie Champion.
- Christine will be standing in for Maggie for the PPG meeting scheduled on Monday 11.3.2019 at 6.30pm.