

NOTES OF THE PATIENT PARTICIPATION GROUP MEETING WEDNESDAY 18 SEPTEMBER 2019

Present: Antony Radley (chair), Hazel Bulcock, Mary Jenkins, Pamela Reader, Clare Shepherd, Kathleen Sutton, Dr Sarah Jagger, Stephanie Harrison (Healthy Lifestyles Co-ordinator, Craven Leisure Centre).

Apologies: Joanna Antemes, Judith Benjamin, Kai Dada, Brian Harrison, Sally Harrison, Mike Palin, Barry Rogers.

Healthy Lifestyles: Stephanie discussed the Craven Leisure Centre Weight Management Course. Clients can self-refer or be referred by their GP. Their BMI must be over 25. An initial health consultation confirms the BMI and discusses co-morbidities. The course is free, initially 12 weeks long and combines nutrition advice with exercise advice and exercise classes (also some free access to the gym and swimming pool). Weekly weigh in, with the objective to lose at least 5% of body weight. The sessions are combined with much help and support along with rewards/incentives. If this 5% weight loss objective is met the clients can continue for another 12 weeks. Sessions take place at Craven Leisure Centre, Dyneley House and Broughton Road Community Centre. Clients are expected to be committed to the course and should let the organisers know if they will miss classes for e.g. a holiday. A male only course is starting. There was some discussion about whether similar courses could be started for specific health conditions such as depression. There was discussion whether a long term maintenance class would be possible.

Minutes of Meeting 17th July 2019: Accepted as correct.

Matters arising (not covered by the agenda: see AOB in the last minutes. Joanna, Clare and Antony are going to the next PPG Network Meeting at Steeton Hall, and anyone else who would like to go is welcome. The timing will be the same as last time. Antony will give a lift to anyone who does not want to drive; meet at Dyneley House 5pm on 1st October.

Temporary Vacancy for Chair; Barry is finding himself very busy with Dementia Friendly Skipton and has stood down from the chair of the PPG for a few months. Clare has volunteered to chair the meeting until January 2020.

Meeting Venue: See Practice Update. The current meeting room is going to be used as a waiting room for the new out of hours service detailed in the Practice Update. Antony suggests that we meet in the Meeting Room in the main Surgery at **6pm** from now on (the time change allows us access into the building before it is locked up).

Joanna's Update: Joanna was not at the meeting. She will bring the results of our GP survey to the next meeting.

Practice Update: A paper copy was available.

- Extended Hours Service – new arrangements for extended opening hours start 1st October. Dyneley House Surgery will be open 18.30 – 20.00 on Wednesday and Thursday evenings each week. This replaces the DH presence at the Addingham/Ilkley hub, as part of the new

GP contract and as part of WACA Primary Care Network. We will provide a broad clinical team for these evenings, including GPs, Advanced Clinical Practitioners, Practice Nurses, Health Care Assistants and a Physiotherapist. Telephone access for GPs and a Pharmacist will also be available. The Saturday morning Surgery will stop. (Saturday/Sunday clinics will be in Silsden).

- Patient Survey – the National GP Survey has been published for this year, Antony brought copies to the meeting. We will compare our results here with the in house patient survey at the next meeting (AGENDA ITEM).
- Macmillan coffee morning Friday 27 September, request for help at this.
- Also request for help during Self Care week 18-24 November, including marshalling the Park Run on Saturday 26 November.
- Request for help at a learning disabilities event on 31st October.
- Request for help at the flu clinics which start in October.

AOB: A change of day is planned for the Osteoporosis group, to the last Wednesday of the month 10.30.am. Pam noted that the information given in general to the people who attend this group is poor, arriving late or not at all. The next meeting is Wednesday 23 October, and a physiotherapist will be talking.

Next Meeting: Wednesday 16th October 2019, 6 PM, Meeting Room Dyneley House Surgery (note change of time and location).