

Friends of St Lawrence Surgery – Patient Participation Group
Notes of Committee Meeting held on 13th March 2018

Present: [redacted] Chris, Judith, Phil, Patsy, Eric, Lindsey, Robin, Sylvia,
 Jo, Dr. David Stokes,

ITEM	ACTION
1/2. Welcome and Apologies for Absence	
	Apologies for absence were received from Jo, Hilary and Richard. Sylvia was welcomed.
3. Minutes of the Last Meeting	
3.1	The minutes of the meeting held on 13 th February 2018 were agreed.
4. Matters Arising	
4.1	MIAMI – still due to come here. We are awaiting news on the extension bid. Dr James Lewis is speaking at the AGM.
5. Treasurer's Report	
5.1	Judith presented the Treasurer's Report – a copy is attached. Assets at present are £4975.42. Tony Ede has approved the 2017 accounts and they were signed. An update to the book report which appears later on the agenda is that we have collected and paid in money since the book report was written and the takings are now £110.91, which is only 70 pence down on last year!
	Judith

5.2	Group of 100- Judith reported that she has received the second assignment, which she had forwarded to the committee for them to provide any feedback. It is asking questions concerning a proposed new service.	Judith
6. Practice Manager's Report		
6.1	David Stokes expressed his thanks on behalf of the practice for the support of the PPG.	
6.6	Chris thanked the practice on behalf of all the patients.	
7. Chair's report		
7.1	A patient (Clinical Psychotherapist) has been in touch with regard to inviting 6-8 patients with long term conditions to a lunch time meeting where she would consult with patients about a research project looking at the feasibility of group counseling and what they think is do-able and what they think needs to be changed to fit in with patients' needs. Chris has referred this to Jo and the doctors. Dr Stokes felt the PPG should recruit volunteers so Chris will liaise with Alan to advertise for interested patients with long term conditions.	
7.2	<u>Books</u> A lot of new books have been added but unfortunately the income does not reflect this! There is a continuous need for more good quality paperbacks and hardback fiction books.	

7.3	<p><u>Walking Group</u></p> <p>£85 was given to the treasurer last month. An extra walk was arranged which was appreciated by walkers.</p>	
7.4	<p><u>Singers</u></p> <p>Sue is now back after her Op and the group remains popular. Feedback indicates that the group is effective at lifting mood. New people are starting all the time which keeps numbers up.</p>	
7.5	<p><u>Self-care</u></p> <p>The Self-Care focus group have met, and an action plan has been developed which was circulated for discussion and approval.</p> <p>David Stokes informed us that a meeting is held when patients are first diagnosed with Diabetes.</p> <p>Chris drew the committee's attention to a couple of resources she came across that will be included in our resource directory.</p> <p><u>DistrACT</u> which is a new app to help young people with mental health issues who are feeling desperate and suicidal.</p> <p><u>Well-being resources in libraries</u> (March is well-being month in libraries)</p>	
7.6	<p><u>Books on prescription</u></p>	

	<p>The books are all endorsed by health experts, as well as people living with the conditions and their relatives and carers. A title can be recommended by a health professional, or the person can visit their local library and take a book out themselves.</p> <p>There are currently four book lists available:</p> <ul style="list-style-type: none"> • Reading Well Books on Prescription for common mental health conditions • Reading Well Books on Prescription for dementia • Reading Well for young people • Reading Well for long term conditions <p>And also....</p> <ul style="list-style-type: none"> • Self Help for young people 	
<p>8. Proposals and confirmation of Focus Groups - Co-coordinators and Members</p>		
<p>8.1</p>	<p>Self Care – Chris, Judith, Phil, Hilary, Debbie</p> <p>Children and Young People – Lindsay, She will ask Rachel Church. Judith (H&S and safeguarding consultancy)</p> <p>Social, Fundraising, Social Events - Robin/Patsy,Sue, Eric, Sylvia.</p>	
<p>9. AOB</p>		

9.1	Eric asked about the flyer to advertise the walkers and singers.	
9.2	Patsy asked about the Christmas meal. It was suggested that the social group looked into this.	
9.3	Judith reminded people that application forms needed to be filled in prior to the AGM.	

Next and Proposed Future Committee Meeting

Tuesday 29th May 2018 at 6-30pm **AGM**

Tuesday 14th August 2018 at 6-30pm

Tuesday 23rd October 2018 at 6-30pm

All meetings in the Education Room at the Surgery