

**MINUTES OF THE GREAT BENTLEY PATIENT PARTICIPATION GROUP MEETING HELD ON
THURSDAY 18th April 2019**

AT 6.30PM IN THE MITCHELL ROOM, GREAT BENTLEY VILLAGE HALL

Chaired by Kathy Chilvers

Present: Charles Brown, Vice Chair/Treasurer

Surgery Guest Dr Nambi

+ 12 Members

1. Welcome:

The Chairman welcomed the members (including 2 new members) and Surgery Guest Dr Nambi.

2. Minutes of Last Meeting:

No points were raised and approval for the minutes of 18th March 2019 was given.

3. Hollies Surgery News Dr Nambi

Dr Nambi reported that the DNA for this month was 76 which was up on last month's figure of 75.

Overall this year the average DNA each month was 68.

4. Report from last meeting of Health Forum 11th April 2019

The most interesting item from this forum was a presentation by an optometrist about a new service for Minor Eye Conditions which is now available in the Tendring Area. The speaker gave a very interesting talk with slides illustrating various minor eye conditions and reasons why these might be occurring and how this service works and will free up time for doctors and hospital eye clinics. It is not a sight test.

The service is free and covers conditions such as red eye, dry uncomfortable eyes, irritation, discharge, recent loss of vision and more. To find the problem a special machine is used to look in the eyes (only one doctor's surgery in Tendring has one of these and it is not ours). Most of the conditions can be dealt with by the optometrist and if it is serious they can refer straight you to the hospital eye clinic as an urgent case.

You have to ring to make an appointment and there are opticians in Clacton, Frinton, Brightlingsea that offer this service. It can usually only be a few days wait for a routine appointment but could be quicker if it is thought to be more serious.

There are some leaflets in the surgery about this and some were available in the meeting and will be at the next meeting for anyone interested.

5. Interim report from PPG Liaison Meeting 17th April 2019

Minutes from meeting not available yet so will be discussed at our next meeting.

6. Further information, discussion and news following on from Cheryl Lomas's presentation last month.

KC attended the Health Forum on 11th April where Cheryl repeated her presentation that she had given to us last month but added a few more details about the funding. In June there should be a decision on what the money might be available for and there may be £2,500 available for small ideas and more for bigger projects. The main focus will be on replications of existing successful projects, projects that can be tested and learnt from, and ones that are sustainable (where volunteers might be upskilled).

Alan Bishop (member of our group) spoke about what he and Judy had done since the last meeting and provided the information below:

Following on from the visit of our guest Cheryl Lomas on 21st March when she spoke with great enthusiasm about a new venture aimed at encouraging people to exercise & seeking ideas from us as to what we felt might be appropriate & possible for us to achieve. During that meeting a lively & light-hearted exchange of suggestions ensued during which Dr Nambi asked us several questions relating to fitness levels in other countries, Great Britain did not fare well! In an effort to get us started Dr Nambi asked us to put our hand up as high as we were able if we knew the answer saying something as simple as that could contribute to our well being if we did it a few times a day at home. Alan & Judy Bishop took this idea away with them & at the next monthly Coffee Morning in The Methodist Chapel Alan employed it when he called the raffle asking winners not to just call out but raise their hand too! This was met with much laughter however it did capture their interest so much so it lead to Cheryl visiting Judy & Alan at home to discuss how we might introduce some form of a basic, gentle & safe exercise programme at said Coffee Mornings. The monies from the Lottery Fund are still to be distributed & there would be some cost involved if the services of a professional were sought to come to coffee Mornings to lead us. Judy said perhaps it would be in order for her to be shown some appropriate & achievable exercises we could all of us do as to the best of our ability, we await the outcome of that. We invited Cheryl to come along to a Coffee Morning to meet the lovely folk who enjoy the warm welcome & friendship each month assuring her that they will love her, Cheryl has a wonderful, natural personality which makes you feel instantly uplifted. Come along & take the opportunity to meet her again at 10am in The Methodist Chapel in Great Bentley on Friday 7th June.

7. NHS News

Nothing discussed.

8. Virtual Members

There had been two emails possibly from virtual members letting us know that Thorrington had installed some adult exercise equipment next to their children's playground and possible that might be something that Great Bentley might like to consider. KC showed the members some pictures of what this equipment looked like.

9. Any other business

Updating the noticeboard in the surgery and whether it would be possible to help with the DNAs at the surgery.

There are a series of short walks (2 miles) with the Colchester Rambling society over the rest of the year which might be of interest. Contact us if you would like to know more.

10. Date and time of next meeting

May 16th 2019 at 6.30