

Healthy Living Group held Wednesday 3rd July 2013

In attendance;

Mandy Neville, Clair Liversidge, Jenny Laird, UG, G and T E, JF, JS, WD, SB and JA
Apologies – B H and RR

Grow Sheffield

Jenny Laird introduced herself as the worker at **Grow Sheffield** based at Foxhill Forum.

She runs sessions for free on a Tuesday 10am-11.30am around Growing fruit and Vegetables and had come to meeting to find out where to advertise and to let the patients know this activity was running. To book on ring Andrew on 0114 231 5522. The practice also offered to have summer holiday activities run from Foxhill in the group room.

Mandy suggested that the advertising should mention that it isn't all about heavy duty digging and people with mobility problems can still get involved.

GE mentioned some- one who may be interested in attending from the yoga COPD group. He will speak to her. Clair mentioned the possibility of working outside one of the big working men clubs – Wadsley Bridge for example.

The group got tips about slug repellents and growing in tubs. UG may consider attending!

Care Planning

Mandy highlighted this new initiative which would involve identifying those at medium risk of admission (not high) a score of 30-70 on the Combined Predictive Risk tool the practice uses. We already analyse the high risk.

Patients will be sent an invite letter explaining about the scheme, with a first appointment to have blood tests and then an appointment to see a doctor to review the results and prepare an action plan. Hopefully this scheme will pick up some people who may not be receiving the support they need and fill in the gaps in care.

HLG agreed to look at the draft letter to go out and make comments.

NHS Health Checks

Clair also mentioned the NHS health checks which will be a new screening service for the otherwise fit and well 40-70 year olds. The idea being to pick up health issues early and promote healthy lifestyles.

Ian Davidson Retirement

Mandy highlighted how well we felt the leaving party went and that we will all miss Ian Davidson. Mandy also mentioned Chris Lily our new partner and that we are not having a senior partner at the practice so instead the practice will simply be named FOXHILL MEDICAL CENTRE. (It was known in the NHS as Dr Davidson and Partners)

Art Workshops

Clair mentioned an extra art workshop in the school holidays Friday 2nd August. 10-1 .

This is for people on the waiting list and members of the existing art group who may be interested

Clair also in discussions with SOAR about an overflow Art Group

COPD Yoga

The group like the room and are happy to continue feedback via email from Carol (yoga tutor) and GE who attends the group. There had been some confusion when someone rang reception but this all sorted now, and reception made aware of group being here.

Physiotherapy

Mandy highlighted that the clinical rooms will hopefully be used by two physios from physio works. There was some discussion about the 'type' of physio we may get as WD and TE had had different experiences with physiotherapy. Mandy explained that the physios would simply be placed with us and patients from anywhere in Sheffield will be able to attend here. When patients are referred to Physioworks they are offered an appointment at the most convenient location. It will be beneficial to have the physio on site for our patients.

Activities at the Practice

JS made a suggestion about picking a few health related days and running events in the group room. COPD world day for example or Carers Day. **CL to take back to clinical staff and come back with ideas.**

JS also suggested trying to get a health walk back at the surgery. CL to look into this but as the Health Walk is run from Parson X pavilion we do not want to interfere with any existing groups. The Parson Cross group pick-ups from home and has 2 spare places and costs only £2.50 for transport and refreshments.

Clair to speak to Tina Moore (Health Walks) re possibility of a new group in Foxhill as JS thought extra funding may be available?

Clair and Mandy told the group of the meeting with SOAR (Southey and Owlerton Regeneration) and potentially the extension of the Friday social café to us at the medical centre. But this is a possibility for the future- nothing is confirmed!

Working Mens Club

Clair and Karen doing Health promotion at Lane top Club in September

Complaint Review

Mandy ran through the types of complaints for 2012/2013 with the group.

Move more, Do Something Campaign

Clair was asked to look at this and pass on information about it see below:

"We would really like you to advertise and promote involvement in these 2 weeks of activities. There are details on the www.movemoresheffield.com website

There is a competition to see how many new participants practices can get involved in 'all inclusive' parkruns on Saturday August 3rd. We'll be tracking which practices people come from on the day (with their permission)..... There will be prizes, local media will be involved.

Move More, Do Something...is the public facing 'brand' for the citywide physical activity strategy.

AOB

- National Patient Surveys – Mr Day had received one and was encouraged to fill it in.
- UG highlighted having problems with the booking in computer, Mandy to investigate. (POST MEETING NOTE: A message appears after booking in to say either 'take a seat' OR if there is a problem 'see the receptionist'. Where the date of birth is 29th, patients have been pressing 2 and 9 rather than 29 and this causes problems. We will put a notice up to this effect)

Next Meeting

Tuesday 10th September at 5.30pm