

Palace Road Surgery

PPG Meeting

Wednesday 24.05.23

3PM-4PM

Hosted by:-

Anushia (PPG Practice Lead) and Ineta (Social Prescriber Link Worker)

Attendees:-

Patient AO

Patient AM

Patient MA

Patient KA

Patient DE

15:00 – 16:00 Mental and physical wellbeing

15:00 – 15:10 Welcome and Introduction by Anushia

15:10 – 15:40 Wellbeing for body and mind by Ineta

As a GP practice we are committed to promote our patients physical and mental wellbeing.

Take a note how are you feeling now? *Maybe here we can do 20 minutes of gentle stretching; chair stretches?*

Has anything changed in how you feel?

Discussion:

- What makes you feel happy?

- What do you experience when you are happy?
- How does that affect your body?
- What improves your mental wellbeing and how we can create those “pockets of wellbeing”?

Often meditation, mindfulness breathing techniques are offered when talking about “wellness” but is it for everyone. Often when we are feeling anxious, depressed, worried, in pain, the idea itself of being still can be quite daunting. How can we find tools for ourselves, which work for us?

As a practice we are planning to offer some ways how to help our patients to look after themselves and care for their minds and bodies. Obviously as your doctors already mentioned numerous times we cannot overemphasize the importance of physical activity. Remember that exercise isn’t about losing weight or changing your body shape. If you enjoy it and it makes you feel good, that’s important.

- **Wellbeing corner in the Waiting Room** area where we will leave some information that can be used for children as well as adults.
- **Start a walking group.** Sometimes it is hard to keep promise to yourself. We were thinking about setting up a walking group for those who find it difficult to do walking on their own. Would there be any volunteers to help with it? There is even an opportunity to train as a volunteer to run a walking group.
- **Lego.** To keep your hands and minds moving. It has surprisingly calming effect.

I don't remember if that is all we were planning to talk about? I think we can set a sampler for all of those activities? I will print some materials for the “Wellbeing corner” and bring a Lego game that I have at home.

[Physical activity and mental health | Mental Health Foundation](#)

What are the benefits of exercise on physical health?



Reduced risk
cardiovascular disease



Strengthens bones
and muscles



50% lower risk
of type 2 diabetes



Helps to
control weight



Improves
sleep



Improves energy
levels



30% lower risk
of dementia



Prevents
cognitive decline