

**PALACE ROAD SURGERY**  
**PPG Meeting Minutes**  
**Date: Monday 06.11.23**  
**Time: 3pm-4pm**  
**Location: Surgery Meeting Room**


<b>Host</b>	<b>Anushia (Operations Manager) &amp; Ineta (Social Prescriber)</b>
<b>Attendees</b>	<b>patient AM, patient AO, patient TO, patient MA, Patient TE</b>

<b>Time / Subject</b>	<b>Discussions</b>	<b>Actions</b>
3pm-3:10pm Welcome and Introduction by Anushia	Anushia welcomed everyone to the meeting. We all gave our first names and talked about why we attend the PPG meetings.	Networking with PPG members
3:10pm-3:40pm Wellbeing for Body and Mind Ineta	As a GP practice we are committed to promote our patients physical and mental wellbeing. Take a note how are you feeling now? <i>Maybe here we can do 5min gentle stretching; chair stretches?</i> Has anything changed in how you feel? Discussion: <ul style="list-style-type: none"> <li>• What makes you feel happy?</li> <li>• What do you experience when you are happy?</li> <li>• How does that affect your body?</li> <li>• What improves your mental wellbeing and how we can create those “pockets of wellbeing”?</li> </ul>	

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.
- **Legos.** To keep your hands and minds moving. It has a surprisingly calming effect.

<p>3:40pm-3:50pm Chair Exercises with Ineta</p>	 <p>Chest stretch – this is good for posture Upper body twist – this stretch will develop and maintain flexibility in the upper back Hip marching – this will improve flexibility Arms raise – this will help with circulation Neck rotation – this will help with neck strain Neck stretch – this will help with neck stiffness</p>	<p>Everyone to practice chair exercises at home and encourage their friends and family to get involved.</p>
<p>3:50pm-4pm AOB</p>	<p>The group discussed local events and groups.</p> <p><b>Lambeth Events</b> <a href="https://www.lambeth.gov.uk/events">https://www.lambeth.gov.uk/events</a></p> <p><b>Event Lambeth</b> <a href="https://eventlambeth.co.uk/">https://eventlambeth.co.uk/</a></p> <p><b>Your Community</b> <a href="https://www.lambeth.gov.uk/your-community/events">https://www.lambeth.gov.uk/your-community/events</a></p> <p><b>The Best of Lambeth</b> <a href="https://www.thebestof.co.uk/local/lambeth/events/">https://www.thebestof.co.uk/local/lambeth/events/</a></p>	<p>This information was shared with PPG members</p>

### 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