

VALLEY ROAD PATIENTS' GROUP- STEERING GROUP MEETING

5 SEPTEMBER, 2022 at 10.00am AT THE SURGERY

Notes of Meeting

1. **Present:** Sandra, Felicity, Stephanie Kemi and Suzy

Apologies: Yasmin, Bev and Justin

2. Matters arising from previous Notes

2.1 The Spring party – All agreed the party went well – there was more than enough food and the guests enjoyed the activities. The size of the Hall was perfect. Perhaps next time we prepare the quiz to ensure the questions are more suited to older guests. The use of future donations from the Chair exercise Group will help defray the cost of food and gifts.

3. September event - *Help Yourself to Better Health*

Programme

Stephanie and Felicity reported on the speakers that have accepted or are waiting to be confirmed. It was suggested that Bev Bowen may be willing to speak as a recent patient with breast cancer. It was agreed that we should hire the meeting room at Gracefield Gardens to enable those who do not have internet access to view the online sessions there and be able to ask questions either by the chat facility or in person.

At present the programme is:

Tuesday, 4 Oct	6.30 – 7.15pm	Menopause	
Tuesday, 4 Oct	7.15 – 8.00pm	Breast Cancer	
Wednesday, 5 Oct	6.30 – 7.15pm	Chronic pain	
Wednesday, 5 Oct	7.15 – 8.00pm	Osteoporosis	

ACTIONS:

- Sandra to see if someone from the self-help group on menopause would be willing to be present for the Menopause session to offer advice
- Sandra to look into getting someone from IAPT to speak about mental health
- Felicity to ask Deborah Halloway if she knows someone who could speak on osteoporosis
- Stephanie to follow up a speaker on breast cancer
- Kemi to speak with Francesca to see if she would be willing to be on a panel for one evening and to ask Emma about a Pharmacist for the other evening.
- Suzy to liaise with Gracefield Gardens re the room hire and with Catherine about how to manage the online session there.
- Catherine to liaise with Nick re the sending him the filmed sessions for editing as he did with the previous event.

Leaflets/Posters and marketing

Members considered Yasmin's helpful strategy for marketing and it was agreed that all surgeries would be strongly encouraged to send out the initial text announcing the event and inviting people

to register their interest so we can build up a mailing list from there and then send out further texts as required.

ACTIONS:

- **Suzy to liaise with Yasmin and Catherine on design of poster/leaflet**
- **Suzy to arrange printing of 1000 leaflets and some posters**
- **Sandra and Felicity to distribute leaflets to the PCN surgeries and local pharmacies**
- **Kemi to speak with Catherine about her sending out texts to patients**

4. Chair exercise partnership with Black Prince Trust

Sandra was thanked for all her work in bringing together our Chair Exercise project and the Black Prince Trust.

ACTIONS

- **Felicity to send out a revised rota**
- **Sandra to send an updated contact list for the attendees from the current group.**

5. Collaboration of project with Bishop Thomas Grant School

The group agreed that Felicity should resume her connection with BTG School with the aim of setting up a project (possibly using Duke of Edinburgh students) on a Saturday morning perhaps starting with a singing club but then widening it to other topics.

6. News from the surgery

Kemi reported that Dr Uke has resigned.

Date of next meeting: Monday 19 September at 10.00 at the surgery