

## VALLEY ROAD PATIENTS' GROUP- STEERING GROUP MEETING

MONDAY 11 April, 2022 at 10.00am on Zoom

### NOTES of MEETING

1. **Present:** Sandra, Beverley, Felicity, Stephanie, Yasmin, Jenni (for item 1 only) and Suzy.  
**Apologies:** Catherine and Kemi

2. **March event *Help Yourself to Better Health***

Everyone provided feedback on what they thought went well and what could be improved next time which Suzy will write up and present as an Evaluation Report to the PCN.

Sandra suggested that as Streatham Action has some funding available, we could utilise their resources to organise another event. Suzy said that whilst it looked as though the PCN would be willing to underwrite another event, it would make sense to link with the PCN however if this position changed we should consider involvement with Streatham Action.

The following was agreed:

- To hold a second event in mid to late September
- To have it on the theme of Women's health including speakers on heavy/painful periods, POS, Endometriosis, Menopause and how chronic pain is an issue with some of these conditions.
- Sandra to investigate hire costs at the Baptist Church in Lewin Rd

3. **Delayed Christmas Party**

- It was agreed to hold the delayed party on **TUESDAY, 24 May from 1.00 – 3.00pm** (but organisers will need to be ready to set up at 12.30 and clear up by 3.30pm). The theme will be a celebration of spring/summer.
- Thanks to generous donations by Felicity Forde and VRS we will be able to claim expenses for a gift for each attendee, food and consumables.
- We wish to limit the number of attendees to 30 – **to a maximum of 40**.
- **Sandra to contact South London Cares** to ask them to again run the pub quiz.
- **Suzy to invite Vicky from Froglife and Bev from Black Prince trust to each speak for a few minutes on how the guests may want to get involved in their activities.**
- **Food to include:** sandwiches, mince pies, sausage rolls, cake, tangerines, tea/coffee/juices. Need to keep in mind need for some gluten free and vegetarian food. Sandra/Bev to source paper plates, cups, spoons and napkins. **Suzy to email everyone closer to the time to arrange who will supply the various items of food.**
- Justin and Audrey be invited to play some songs which all can join in.
- **Suzy to do the invitation** but omit venue so that people can't just turn up – they need to contact Suzy or Sandra to get venue details so we can see how many are coming.

4. **AOB**

Sandra said that Bev from Black Prince is sometimes in receipt of meals to be given to those who would benefit from such help. Members considered how such meals could be shared out in the future. Stephanie said she was aware of new local accommodation being established to support those requiring urgent accommodation and such support as meals could be the ideal way to support them. She will investigate this further and report back.

**Date of next meeting: 16 May, 2022 at Valley Rd Surgery**