**PATIENT PARTICIPATION GROUP**

**MEETING – TUESDAY 4TH JUNE 2019 @ 6.30PM**

# PRESENT

Dr. Jas Bhari (JB) – Partner

Mrs. Aija Selby (AS) – Practice Manager

Mrs. Linda Smith (LS) – Administrative Assistant

Eric Hitchcock (EH) - Chairman

Peter Curtis - (PC)

Anita Patchett - (AP)

Rob Kerr - (RK)

Nick Pineger - (NP)

1. **Presentation by Poly Raskopoulou, Dietitian and Nutritionist from Everyone Health. (PR came in place of Claire Hembrow)**

EH, the Chairman welcomed everyone to the meeting and introduced our guest speaker this evening PR, Poly Raskopoulou, Dietitian and Nutritionist from Everyone Health.

PR gave a very interesting presentation on the services of Everyone Health and in particular Adult Weight Management. The service is supported and funded by Cambridgeshire County Council and is free to people who fit the criteria following a one to one session with a clinician. This service is for Adults age 16+. Their main aim is to empower to people to make changes to improve lifestyle and eating habits. Supporting people to make realistic goals.

The Weight Management programme is weekly for 12 weeks and each session is 45minutes of Physical Activity and 45minutes of Nutrition advice.

Everyone Health also offers support in other areas such as cutting down on Alcohol and Stopping Smoking.

Patients can self-refer to the service either via Telephone, by Email or via the website at: <http://www.everyonehealth.co.uk/cambridgeshire-county-council/>

There is no requirement to go via their GP.

ER thanked Poly (PR) for taking the time to visit us this evening for what was a very interesting and informative presentation.

1. **Questions relating to presentation**

PR answered many questions about the service from those present and all agreed that this is a very welcomed and needed service.

1. **Apologies** – Nil received
2. **Receive the minutes of 2nd April 2019**

7.1 RK asked about [www.labtestsonline.org.uk](http://www.labtestsonline.org.uk) and if LHY would share a link to their website. JB mentioned that she had looked at this website and noted that this would be ok to share.

7.2 Discussion was held re the Parking on the main road outside the front of the practice leading upwards past the Library and downwards down Landsdowne Road.

1. **Matters arising from the minutes**

EH explained to those present that RG, Richard Galpin has sadly decided that he no longer wants to be involved with the PPG. RG had been very involved and concerned about the situation of parking outside the front of the practice. He had been in discussion with the Parish Council, our PCSO and HDC about this. Everyone present agreed and wanted it noted that they very much appreciated RG’s efforts.

 All present agreed that parking on Landsdowne Road outside the practice was not up to staff to monitor.

Further discussion was held on how we could try and engage more people to the PPG, in particular younger people

1. **Any other business**

**Estates and Technology Transformation Fund (Building Extension)**

As no members of the PPG were able to attend the open afternoon on Wednesday 15th May where the plans were being shown regarding our possible building extension, it was agreed that we would invite Dr. P Gela to our next meeting on either 6th August 2019 @ 6.00pm. LS to liaise

**Date and Time of next meeting:**

**Tuesday 6th August 2019 @ 6.00pm (Please note earlier time)**

**PATIENT PARTICIPATION GROUP**

**MEETING – TUESDAY 6th AUGUST 2019 @ 6.00PM**

**AGENDA**

1. **Presentation by Dr. Peresh Gela**

**Estates and Technology Transformation Fund – Proposed Plans to extend the Practice.**

1. Questions relating to presentation
2. Apologies
3. Receive the minutes of 4TH June 2019
4. Any matters arising from the minutes.
5. Any other business.
6. Date and time of next meeting.