

**Minutes of the PPG Meeting
Wednesday 18th July 2018 at 12:30**

Dr I. M. Raja & Partner

Little Horton Medical Practice

Patients: S. Small , E Small, T. Azzopardi, K. Baig, M. Phiri

**Staff: Iwona Dylag- Barszcz
Shahmim Khan
Sabina (Carers resources)**

Apologies: M. Pulford

We updated the group on the cupcake day we held on 27th June this raised £23.62 for the Alzheimers society on the day with a further £15.00 being donated later. The group were told details are on the practice website under the news section.

The aim of today's meeting was to provide information, advice and support to carers but also to get ideas and suggestions from patients how to promote health and wellbeing of our community.

Looking after someone can be tough, but you are not on your own. We had Sabina representative from Carers Resources who was very helpful. She had listened to all carers and people who receive care, gave expert information and advice that's tailored to individual situations.

Also we had very productive discussion how we can promote health and wellbeing.

Group members suggested the following

- Knitting classes
- Exercises, yoga or Zumba classes
- Ladies only coffee meetings (where ladies can share, discuss different problems)
- Support group for people with dementia

The group were thanked for their suggestions and we will update them at the next meeting of the actions above.

Next meeting 15th August 2018 at 12.00