

**Minutes of the PPG meeting Wednesday July 25<sup>th</sup> 2012 4.00-6.00pm**

After a previous meeting where the group looked at ways of engaging patients and the best ways of getting important information through to patients ( see results if survey on the website ) the group turned its attention to what messages or information patient's might want or need.

There were a variety of leaflets etc available to look at and Changemakers attended to the meeting to talk about screening programmes and engaging patients.

The following plan was agreed.

<b>Family Medical Centre Education Plan</b>		
June - Sept	<p>Have a safe Summer With the sub text</p> <p>Looking after yourself this summer</p> <p>Feeling great for summer healthy eating and exercise</p>	<p>This is a campaign that was agreed at a previous meeting and is currently on the walls at FMC.</p> <p>It contains information on holiday health, holiday vaccinations, safe eating etc malaria prophylaxis</p> <p>A section on sun safe and the importance of using sun screen. The slip, slap slop campaign.</p> <p>A section on safe sex</p>
Sept – Nov	Childhood Vaccinations	<p>The practice struggles to meet vaccination targets and although rates are rising it is still an issue and the PPG felt that this was an important area to reinforce.</p> <p>This would also include adolescent vaccinations and the cervarix campaign.</p> <p>( The WHO states that vaccination and clean water have the biggest impact on health )</p>
Nov- Jan	<p>Alcohol</p> <p>Domestic Violence</p>	<p>Christmas is a peak time for alcohol consumption and it was felt important to raise awareness of Units and how much specific drinks contain. And also about what help is available for people with alcohol problems within the practice and at Last orders.</p> <p>Domestic violence is often fuelled by alcohol and the group felt that these 2 areas could be worked on together and would tie in with the IRIS project. The group viewed some of the domestic violence</p>

		posters
Jan - Feb	Healthy eating and exercise	The group saw obesity as a growing problem with links to many chronic diseases and felt that January was the ideal time to focus on this area when people are thinking about new year resolutions . This would tie in with the change makers decade of better health pledges. And healthy Change
March-April	Heart disease	Linking with changemakers who gave a presentation at the PPG meeting and have a heart, disease, stroke and diabetes campaign. Early treatment saves lives. ? link with annual quit smoking campaign in march

There was long discussion about the aims of changemakers and how the group could help and encourage people to attend screening. Some of the barriers to taking part in screening were explored. A variety of promotional material was available for comment and a member of the health promotion team was present to answer questions and talk about their initiatives.

**The next meeting will be on Wednesday 24<sup>th</sup> October 2012**