

Patient Participation Group Meeting

10th April 2019

In attendance – AD, DR, JR, GB, AH

Speaker - Rochelle from Bolsover Wellness Programme

AH kindly asked Rochelle from Bolsover Wellness Programme to attend to give a talk about their services.

'Bolsover Wellness' is a health improvement programme covering the district of Bolsover that aims to increase participation levels in physical activity by extending access to a range of community based physical activity programmes for local people. 'Wellness' offers support to a wide range of target populations who are less likely to lead active lives, and may have a range of issues that impact on health and wellbeing.

The first 12 weeks of this programme are free and after this it is £60.00 for another 12 weeks. With this you will get free gym membership, free swimming and free exercise classes. You will also get a plan and help from the qualified instructors. There are also chair based exercise programmes based at Welbeck Road Health Centre and the Arc in Clowne. You can go and watch the first session so you know what it's all about before getting involved in any activity.

Eligibility for Exercise by referral

- aged 19 years + and a Derbyshire resident/registered with Derbyshire GP
- Inactive, i/e less than 150 minutes moderate intensity physical activity each week
- Not previously been referred onto this programme and have at least 1 of the following health conditions
 - controlled respiratory disease
 - controlled hypertension-systolic <180 diastolic <100
 - controlled diabetes type 1/2
 - Hyperlipidaemia
 - Diagnosed and stable mental health condition
 - undergone NHS health Check and identified with CVD risk of >20 %
 - Cardiovascular disease
 - simple non-mechanical low back pain
 - osteoporosis
 - rheumatoid arthritis
 - Stroke or TIA

Eligibility for Bolsover Wellness available to people who do not meet the above criteria and would benefit from a 12 week exercise programme

- BMI <19
- Vulnerable
- Long term unemployed
- Ex-armed Services Veterans
- Disabled
- Socially isolated

Other Live Life Better Derbyshire Services (self-referral)

- Weight Management Support (age 16+ BMI 25+)
- Stop Smoking Support (Age 12+ ; Smoking tobacco)

We then discussed getting new patients to join our Patient Participation Group. GB suggested we get more posters etc up in the waiting room. AD asked that members spread the word and try and get friends etc who are patients here to join so we can get more new ideas for the surgery.

GB knows someone who runs their own PPG who could help us with ideas and will ask them to email AD.

Next Meeting Wednesday 12th June at 1.30pm at the surgery