

**Notes from the Streatham Common Practice Patient Group Meeting
held on Tuesday, 22nd May, 2018 at 6 pm
Guildersfield Road Surgery Conference Room**

Welcome and Introductions

Eight people attended, plus 3 apologies for absence.

All present introduced themselves.

Date of next meeting

The next meeting will be held on Tuesday, 19th June at 6pm.

Notes of last meeting and any comments

Meeting commented that there were still problems with getting through on the phone and the availability of appointments.

It was discussed that it was probably a good idea to explore the idea of sending emails. One member said he would try this and report back to chair.

Members welcomed the new position of Primary Care Navigator and will certainly ask to see Michaela if the situation arose.

The new PG leaflet is still being designed.

Report from Chair

Chair attended the following meetings:-

23rd April -

Network meeting with all the trained Community Connectors in Lambeth. More training will be available over the next few months if anyone is interested in becoming more involved with the job of sign posting others to better health and wellbeing.

25th April -

South West Locality Meeting. Chair attends this regularly to find out how other health organisations are working and how this can be of use for our practice.

1st May -

Streatham Patient Network Meeting to support other Patient Group chairs around Streatham.

9th May-

Health Education Morning with the focus on keeping fit and how walking is really good for you. This was a very enjoyable and well attended morning. A few patients decided to go on a walk afterwards around Streatham common and the Rookery.

10th May -

The South West Locality Meeting. Chair attends this meeting to hear how other health organisations are working and to promote the value of Patient Groups.

18th May -

A workshop at the Hideaway in Streatham to produce a strategy to help young people's health and mental wellbeing in Streatham.

Practice Report

Elaine was on holiday at the time of this meeting so news from the practice will be given next month

AOB

The next Health Education Morning will be on Wednesday, June 20th and will be entitled 'Menstrual Matters'. This talk will be given by a very dedicated lady called Sally King and here is a brief outline of her background.

Sally King is the founder and Director of [Menstrual Matters](#), an online information hub about the role of the menstrual cycle, and hormonal medications, in a range of female-prevalent chronic ill-health conditions (e.g. asthma, anxiety, chronic fatigue, depression, irritable bowel syndrome, and migraine).

Before setting up Menstrual Matters, Sally spent nearly a decade working in human rights and international development/humanitarian organisations, with a focus on the design and evaluation of gender-equitable, and environmentally sustainable, projects, programmes, and organisational learning initiatives.

More information can be accessed via this link:-

<https://www.kcl.ac.uk/sspp/departments/sshm/people/PhDStudents/Sally-King.aspx>

Meeting ended at 7pm. Chair thanked all those present for attending.

Next Meeting will be on the 19th June at 6pm