**Minutes of Portland PPG Meeting Wednesday 7th March 2018 5.00 pm**

Attendance:

Sue Cousins, Jeanette Harvey, Jean Halford, Gail Jukes, Frank Brookhouse, Dawn Smart, Melinda Green, Sally Foster, Hilary Mulholland, Jack Charlesworth, Liz Smith

Apologies for absence: Chris Blunt

1. Minutes of last meeting – agreed as an accurate record.
2. Presentation by Lesley Dews and Martin Berry, Community Health Team from Walsall Housing Group. WHG is the largest social housing group and many of their customers have high health needs. 3,500 tenants over 65 live alone.

Programmes include Waist Away, Nifty Over Fifty, Walking Football, Walking Netball, seated exercise, Tai Chi and Touch Tennis.

214 men have attended Walking Football, and a core group of over 50 continue to attend. As well as health benefits, 90% felt they had more friends and felt happier.

Locally WHG has links with The Thomas Project.

Energy champs give advice in relation to fuel poverty, e.g. check tariffs etc. There are also programmes in the Families Fitness and Fun series to encourage physical activity and offer weight management advice. Other programmes are available as short courses such as the Playground Leader course to teach lunchtime school supervisors to run simple physical activity sessions.

The team is able to offer a pop-up health stand, PPG members thought this would be useful for the practice waiting area if it could be arranged. SC to make enquiries. Martin also has posters and materials which could be used for a waiting room display.

1. Suggestions for future meetings:
* Discussion about creation of a What’s On folder, to assist with social isolation
* Safeguarding was suggested but may not be a suitable topic
1. Waiting room agenda: Gail and Frank have offered some waiting room sessions. If anyone is available please let SC know so that new people can be teamed with someone who has done this before.
2. Next meeting: June 6th