

Good Health Group



The meeting was
on
Monday 19th June
2006



People who came:

- Anup Upadhyaya
- Liam Tremayne-Reichsburg
- Liz Pond
- Polly Owens
- Jill Turner
- Jeanette Cuddon
- John Beesley
- Sue Chapman
- Dawn Wiltshire
- Eddy McDowall
- Patricia Miller
- Steve McNally
- Ian Porter
- Mark Smyth



People who couldn't come:

- Jackie Roberts
- Holly Carpenter
- Liz Pinner
- Sheila Seymour
- Pauline Turner
- Claire Edmead
- Pat Purkis

1. Introduction

Everyone introduced himself or herself as some people were here for the first time. Sue introduced the topic for today's meeting which was "What have we done so far?"

The group were asked to walk around the room putting information on to lots of different sheets of paper about what the Good Health group has been doing.

We also wanted to know what we should also be doing. We had a lot of time to do this work. We then talked about the information on the sheets of paper.



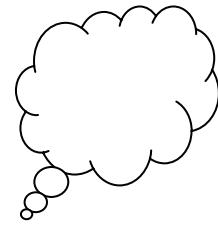
2. Feedback

There was a lot written on the sheets - the headings were

- Hospitals
- GP's and Primary Care Trusts (PCT's)
- Focus Groups
- Dentists
- Vision
- Health Facilitation/Health Action Planning
- Disability Equality Scheme
- Healthy Lifestyles
- Networking

Following the meeting Sue has produced the first Good Health Newsletter. This has lots of information about what we have been doing. It is attached to these minutes. This seemed the best way of writing up all of the information.

3. What else did we talk about?



We talked about the Good Health meetings.

We said we would like people involved in Health Services to come and meet with us. We also want the meetings to have one topic as the main item – we felt we had tried to do too much in the meetings sometimes.

So from July we will have speakers or activity based meetings.

The topics that were suggested at the meeting are

- Women's health
- Men's health
- Mental health
- Healthy Lifestyle
- Hearing/Vision

In September we are having a **Women's Only** meeting to talk about Women's health. It has been requested that it is only women who come – we will do the same for men for Men's Health. This is so that people can talk more easily about personal things.

Four times a year the meeting will be mainly information and discussion about what we are doing – and planning for the future.

Sue will let people know more information by email or letter so that we do not spend too long talking in the meetings.

4. Meeting in July

This meeting will be about **Healthy Lifestyles**. If anyone has ideas about what to talk about/do please let Sue know. We will try and get a dietician, physiotherapist and Practice Nurse to come to the meeting.

We are meeting at the **Abbey Centre, Abingdon** on **July 17th** at **10.30 - 12.30**.