

Good Health Group



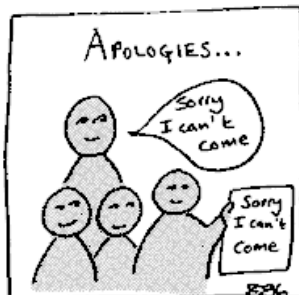
The meeting was
on
Monday 17th July
2006



People who came:

- Anup Upadhyaya
- Kerry
- Liz Pond
- Polly Owens
- Jill Pawlyn
- Jeanette Cuddon
- John Beesley
- Jenny Vaux
- Sheila Seymour
- Sue Chapman
- Patricia Miller
- Ian Porter
- Mark Smyth
- Pauline Turner
- Nigel
- James
- Rob Charlton
- Pat Purkis

Speaker: Tim Chapman, Oxford City PCT



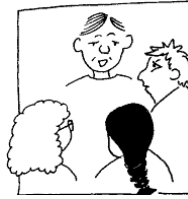
People who couldn't come:

- Jackie Roberts
- Claire Edmead

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 Healthy Lifestyles. The meeting

would be held in small groups, and we had a speaker coming to talk to us about some work he was doing.

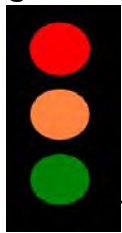


2. Group Work

We had three groups. Everyone went to each group for 15 minutes each.

Group 1. Healthy Eating

This was a Traffic Light game about different foods and whether they were healthy or not. We had lots of fun talking about the different foods and agreeing if they were good for us or not.



The game was made out of three big pieces of coloured paper - red, orange and green. There were lots of photographs of different foods and the group had to decide if they went on Red - not good for you, Orange - alright to eat but not often, Green - good for you to eat often. This is an easy game to make and we found it very helpful as well as lots of fun.



or



?



Group 2. Exercise

The group started by talking about why exercise was good for you. They then went for a short walk by the river. It was a very hot day so were careful not to walk too much. When they came back they talked about how a little bit of exercise is better for you than none at all.



Group 3. Signs of ill health

This group played a game. A person had to pretend to be ill and people in the group had to guess what was wrong with them. The person could not speak whilst they were pretending to be ill.

People found it hard to understand what was wrong with the person. This helped them to talk about how it is difficult at the doctors or the hospital to get people to understand what is wrong with you if you have difficulty telling them. There were pictures we could use to help people to explain what was wrong.

This was a fun game and we may do some more work with this again.



Everyone enjoyed the groups and we saw people learning about what foods are good for you, why a short walk is good for you and how to let people know you are unwell.

3. Speaker

Tim Chapman, from the Public Health Team at Oxford City Primary Care Trust (PCT) came to talk to us about a project he is involved in. He is part of a team putting a bid in to the Big Lottery for money to help people change their lifestyles to make them healthier.



Some examples are –

- helping people to know what to do with different foods they see in supermarkets,
- having information that is easy to understand so that people can chose healthy options,
- having leisure clubs more accessible,
- having more areas doing healthy walking programmes.

We had a good discussion and Tim was given some good ideas about accessible information and communication, training programmes, and contacts across the South East region. Sue will keep in contact with Tim to see how the bid is going.

4. Date of next meeting - important information

The next meeting is on Monday 18th September 2006 at 10.30 -12.30. It is at Kidlington Fire Station.



This meeting is for Women Only.

We are going to talk about women's health and have been asked for it to be only women who will be there. The meeting in November will be for Men Only. Please let people know they are welcome to come - women in September, men in November. New people are always welcome.