

Dr. Rafaqat Rashid
MBChB, MA

Dr. Amar m. Bostan
MBChB, MRCP, MRCGP

PICTON MEDICAL CENTRE

<http://www.pictonmedicalcentre.nhs.uk>

Westbourne Green Community
Health Care Centre
50 Heaton Road
Bradford
West Yorkshire
BD8 8RA
Tel: (01274) 019605
Fax: (01274) 019610

MINUTES OF MEETING

Name of Meeting:	PPG/ Meeting for Recruiting Practice Health Champions		
Chair:	Babra Mushtaq/ Uzma Irum		
Minute Taker:	Babra Mushtaq		
Date of Meeting:	17/10/2019	Time of Meeting:	10:30am
Meeting Purpose:	<ul style="list-style-type: none">• To increase development to PPG.• Promote self-care.• Improve access and demand.• Improve on line foot print.		
Meeting Room/Site:	Picton WBG		

1. Attendees		
Name	Position	Notes
Uzma Irum (UI)	Patient engagement lead	
Babra Mushtaq (BM)	Service Manager	
SE	Health champion/ PPG	
SH	Health champion/ PPG	
SK	PPG	
MJ	Health champion	
2. Apologies		
Anne Marie Mitchell (AMM)	Practice Manager	

3. Minutes of Previous Meeting/Update on Actions from Previous Meeting	Action	Due Date
Previous minutes were discussed from the meeting on 19 th September 2019 and these will be added to the practice website once all in agreeance. Action points carried forward: Breast screening event discussed for those who were not present on the day and how successful the event was.	1. Agreed minutes , post to website	

1. Naye Subah	Action	Due Date
Naye Subah are wanting to work with Picton Medical Centre and		

set up sessions around social care and mental health for patients over the age of 50. They will be holding an information session next week as there are gaps in services and they feel women are not accessing services.		
---	--	--

2. To take family/friends for leader walk	Action	Due Date
UI and SH have completed their Walk Leader training. MJ wants to undertake this training.	UI to confirm with BDCT.	

3. Photo's for website	Action	Due Date
Discussed about obtaining photographs from the events which are set up so we can post onto our website. Consent must be obtained from patients.	UI	

4. Session at Picton on Underactive thyroid.	Action	Due Date
Topic brought up by SC, wanting to share awareness on this. She wants an educational session on what underactive thyroid is and how it can be treated wanting to know more information on this. Patients can also attend and join in the group. UI to organise this.	UI	

5. Chair aerobics	Action	Due Date
Chair aerobics sessions have started today and will be running every Thursday from 10.00am to 10.45am.		

6. Stop smoking service	Action	Due Date
Patients want information/ advice around how to stop smoking but also about the negative aspects of smoking. We will try to organise this and see if Nousrat (Health Care Assistant) who provides clinics at Picton Medical Centre can attend. We can bring some statistics to the meeting to show how many patients have quit, not quit or been lost to follow up.	UI to contact the stop smoking service	

1. AOB	Action	Due Date
<p>Previous meeting the patients discussed that there are no diagnostic services for children with Autism. We highlighted that there is a Autism website and schools/ Gp's can refer. The referral process was discussed. Band's service is closed at present.</p> <p>The champions mentioned about patients accessing sport centres or gyms. We mentioned that there may be charges involved. SK to email BM, the centre's available and if there is a fee.</p>	SK	
2. Date and Time Next Meeting:	Action	Due Date
Next meeting due on Thursday 9 th January 2020 @ 10.30am		