**Mansion House PPG**

Meeting Notes

*16 May 2019*

*Present:* Sue Graham (Chair)

Luise Leech

Wendy McBain (Practice Manager)

Julie Pennington (Secretary)

*Apologies:* Richard Metcalf (Active Cumbria)

*Next Meeting:* Thursday, 11 July 2019 (16:30 – 18:00)

1. The Chair welcomed the group.
2. In our last meeting, we met Richard Metcalf, Development Officer from Active Cumbria. Our meeting today covered the first trial walk, suggested by Richard around the town centre. Led by trained Walk Leaders from Mansion House surgery, our walk lasted approximately 45 minutes. All participants from the PPG enjoyed the opportunity to have a chat along the way.

There are several opportunities for the general public to become involved e.g:

Social Prescribing - GP’s to advise patients, Wendy does this at our Surgery

Via the Integrated Care Committee

Sharon – Care Co-ordinator at Mansion House was our Walk Leader after attending the training given in the Library on 26th April.

In a national scheme through the Ramblers Association, training was given to anyone interested in becoming a Walk Leader. The session took place in Whitehaven Library on 26th April 2019. This session covered Health & Safety & Public Liability Insurances information.

Walk Leaders are now in a position to escort patients from the Surgery.

The meeting closed at 1800hrs.

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