

Our meeting last month was exceptionally well attended by over thirty patients – seats were in short supply - it was very gratifying to see many 'new faces' who we hope will now make our quarterly get-togethers a regular event.

The guest speaker, Rebekah Conway, a specialist dietitian from Cambridgeshire & Peterborough Foundation Trust gave a brief outline of her role within the local health sector. She then, with the aid of power point diagrams, described various types of food, their positive and negative effects on health, with optimum portion size. She particularly emphasized the benefits of certain items in relation to prevention of common illnesses, such as diabetes, heart disease, weight management, and she also stressed the importance of maintaining recommended alcohol levels. There were several questions including how medications can affect weight, recommendations on the consumption of 'ready meals' and suggested cooking methods. Patients worried about weight issues can be referred to a dietitian through their GP.

The Treasurer reported that funds remain fairly steady at just over two and half thousand pounds and at present there were no requests from the practice for donations towards additional equipment. Reports were given by the PPG representatives who attend all meetings of the Borderline Patient Forum, the Local Commissioning Board, the Central Commissioning Group Patient Reference Group and the PMCF (Prime Minister's Challenge Fund) Transformation Board. Particular reference was made to recent developments within the OPAC (Older People's & Adult Community) services, following the termination of the contract with Uniting Care Partnership in December, including a workshop in February where detailed plans and projects were presented and discussed. All proceedings for public dissemination at these meetings are recorded on various websites and if any patient has a matter which they would like the PPG's representatives to promote, details can be emailed to Reception Manager (annette.johnson3@nhs.net) who will forward appropriately.

Following a decision at the December meeting some patients will have been contacted by email seeking their agreement to receive direct notification of Communicare matters. However this project has been temporarily halted as the ongoing data input work was becoming too onerous. The matter will be further discussed by the officers and practice staff with hopefully a satisfactory outcome.

Patients visiting the Wansford surgery will be aware that the 'booking in' screen is now sited in the atrium - the area of wall between the two reception windows is now devoted to Communicare matters – look out for future notices and information on display. The next general meeting will be held on Wednesday 8th June when it is hoped to have a guest speaker from 'Age UK'.

The social group's monthly coffee morning is on Friday 15th at 10am in the Kings Cliffe Sports Active hall, and there is still very limited space on our spring holiday to Melrose, Scotland on Monday 16th May (4 nights DBB). If you require further information please contact Clare Wagstaffe on 01780 470437 or email: superfoguk@aol.com

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