

## CHILWELL VALLEY & MEADOWS MEDICAL PRACTICE Patient Participation Group 'Healthy Living' Events 2016/17

In 2016 the PPG, supported by the Practice, applied for funding from the Broxtowe Health Partnership Lifestyle Fund to organise some health information events for patients. A total of £1,360 was awarded and this was used to facilitate four events during 2016 and 2017.



**NHS**  
Nottingham West  
Clinical Commissioning Group

### Age with Independence

*Keeping safe, well, and active in your later years*



**Wednesday 28<sup>th</sup> September 2016**  
1.00 – 5.30pm

**The Village Hotel**  
Brasford Way  
Nottingham  
NG5 6DL

A free open event for older people and their friends, carers, relatives and supporters, who want to find out more about healthy living and the help available to those with problems.

Free entry. Please come and join us, visit our information stalls, ask our experts questions, and have a cup of tea.

Organised by the Patient Participation Group of Chilwell Valley and Meadows Medical Practice. This project has been funded by NHS Nottingham West Clinical Commissioning Group in partnership with Broxtowe Borough Council as part of the Broxtowe Health Partnership.

Official opening by the Mayor of Broxtowe, Councillor Graham Harvey and Lady Mayoress Alison Harvey at 1.30pm

Support groups represented and topics covered will include:

Broxtowe Borough Council	Medicines Advice from a Pharmacist
NHS Nottingham West CCG	Cruse Bereavement Care
Nottinghamshire Police	MacMillan Cancer Support
Nottinghamshire Fire Brigade	Parkinson's UK
Message in a Bottle	Nottingham Osteoporosis Support
Alzheimer's Society	Chilwell Valley & Meadows Medical Practice
Age UK Notts.	The Helpful Bureau
Citizens Advice Bureau	Attenborough Friendship Group
Forces in the Community	Royal Voluntary Society Nottingham
Carers Federation	Physiotherapy (NHS Nottingham West)
Metropolitan Connect	Healthy Eating from a Dietitian
Primary Integrated Community Services Ltd.	British Heart Foundation
Voluntary Action Broxtowe	Kindred Spirits Notts

and more!

COME AND TALK TO THE EXPERTS



If you have any questions about this event, please contact Mike Lewis (Vice-Chair Chilwell Valley & Meadows Medical Practice Patient Participation Group) on 0115 9723783.


The first event was a large scale drop-in afternoon, run at the Village Hotel, on 28<sup>th</sup> September 2016, aimed at promoting independence amongst older people. It was open to anyone living in Broxtowe and was publicised widely. Twenty-seven organisations and individuals provided information for up to 300 attendees, with the event being opened by the Mayor of Broxtowe, Councillor Graham Harvey and his wife. Free tea and coffee was offered to everyone who came.

Following the success of the first event the PPG decided to run three smaller 'healthy living events' based at Chilwell Meadows Surgery specifically for registered patients of the practice. Practice staff promoted these events, and clinicians could target the invitation to most appropriate individuals. A small number of organisations and individuals were invited to resource the drop-in sessions.

The events focussed on three topics:

- **Bones & Joints**, on 24<sup>th</sup> Mat 2017, had representation from the National Osteoporosis Society and Fit for Life.
- **Weighty Matters**, on 14<sup>th</sup> June 2017, had representation from Everyone Health and a community dietitian giving healthy eating advice.
- **Mind & Brain**, on 22<sup>nd</sup> June 2017, had representation from Insight Healthcare and Community Mental Health.


Up to 80 people attended each event, with the Mayor of Broxtowe, Councillor Halimah Khaled MBE, visiting two of them, and Prof Helen Stokes Lampard, Chair of the Royal College of GPs, was a guest visitor at one.



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### Chilwell Valley & Meadows Medical Practice Healthy Living Events

A series of drop-in events to provide information about common health issues, with experts and representatives from relevant organisations available to answer your questions.



Drop-in for a drink and a chat at **Chilwell Meadows Surgery**, any time **between 4.30pm and 6.30pm:**

**Wednesday 24<sup>th</sup> May 2017**  
**BONES & JOINTS**  
How to keep your bones and joints healthy and to manage any problems that you might develop.

**Wednesday 14<sup>th</sup> June 2017**  
**WEIGHTY MATTERS**  
How to reach and maintain a healthy weight whilst eating a balanced diet.

**Thursday 22<sup>nd</sup> June 2017**  
**MIND & BRAIN**  
How to keep your mind healthy, deal with stress, and manage common problems such as memory loss and low mood.

Free entry. Please come and join us, visit our information stalls, ask our experts questions, and have a cup of tea. Ask at reception for more details.

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