



Let's get connected and support people to live well

Stanborough Centre, St Albans Road, Watford
Monday 29 April 2019

Agenda

- Chair based exercise taster session
- Social prescribing
- Park runs
- Preventing loneliness
- Healthy eating
- GP group consultations
- Health walks
- Dementia Friends

On Monday 20 April 2019 Herts Valleys Clinical Commissioning Group (CCG) held an event called 'Let's get connected and support people to live well'. The purpose was to bring together members of GP practice patient groups (PPGs) with representatives from a number of support organisations to discuss ways that these groups could work together to:

- **Raise awareness of healthy living initiatives and the range of support on offer to local people**
- **To encourage the involvement of PPGs / practices in promoting healthy lifestyle initiatives**

Around 40 people attended and there was representation from Watford and Three Rivers Trust, The Maltings social prescribing

PPG, Park Runs, Herts Community Trust and Age UK Hertfordshire specialist dietician service, Herts Healthwalks and Dementia Friends.

The meeting was facilitated by Alison Gardner, a non-executive director on the CCG board with responsibility for public engagement and started with a chair based exercise taster session followed by short 'pop up' presentations from a number of community groups, giving a flavour of what support there is available to help people live healthy lives. The presenters spoke about the advantages and health benefits of their projects and in particular highlighted the value and social inclusion experienced by their volunteers.

After lunch and a networking opportunity, where participants could find out more about the presented initiatives, the group took part in a Dementia Friends session: learning more about what it is like to live with dementia and turn that understanding into action.



Outcomes and actions identified at the meeting and subsequently

- Organise an engagement event to explore GP group consultations in more detail including patients, practice managers and GPs.
- Sharing the information with PPG members and practice staff, for further discussion and actions.
- Contact details of speakers through Heather.aylward@nhs.net
- Presentations used during the session shared with all attendees

Feedback received through our online survey following the meeting was:

Please give your ratings on the following:	Excellent	Good	Fair	Poor
Meeting organisation	5	13		
Chair based exercise taster session	5	11	2	
Morning presentations	3	10	4	
Dementia Friends session	5	10		
Venue	5	11	2	
Meeting times	4	11	3	1
Total	27	66	11	1

Comments on ratings included:

- Suggestion that more time needed for morning sessions.
- Disappointment that some agenda items were not covered, in particular carers and mental health.
- Speakers seem to be Watford and Three Rivers focussed – needs a wider west Herts emphasis.

“We have already been in contact with Herts Walks and are arranging further participation and using their displays”

Heather Aylward

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