



23/1/07

«Name»

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«Ad5»

Dear «Greet»

Gamesley & Glossop District Healthy Heart Group Meeting

Thank you to all that attended the recent meeting.

Present:

Lisa Jowitt Community Centre Coordinator

Denis Burns Chair

Keith Bates

Barbara Bate

Jim Bonney

Dot Dixon

Apologies:

None

Everyone welcomed back Lisa following her maternity leave.

Barge Trip

Everyone that attended the barge found it extremely pleasurable. Future trips will be organised as and when.

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Cardiac Rehabilitation

There is currently a cardiac rehabilitation session at St Lukes School (Phase 4). There were a number of people within the group today that felt that when attending previous phase four sessions that they found them too hard and strenuous.

Keith explained the format of the sessions that relates to traffic lights of red, amber and green and the different exercises that are delivered this way.

ACTION:

Lisa to contact the phase 4 delivery unit and ask if they would be willing to do a session for the Glossop and Gamesley Heart Group.

ACTION:

Lisa to look at organising a trip out to other Heart Group to see how they operate.

First Aid (Appointed first aid certificate)

Lisa informed the group of the first aid course that has been organised by the Community Centre. Lisa welcomed any members of the heart group not qualified to attend for free. Most members are currently qualified.

Denis said that he would like to attend the course. The course is planned for Saturday 20th October.

ACTION:

Lisa to book Denis on the course

Gentle Exercise

Lisa informed all Healthy Heart Members that they can now attend the Wednesday gentle exercise session at Gamesley Community Centre for FREE. The session is delivered by Michelle (who has been delivering the armchair exercise sessions). All agreed that they enjoyed these sessions and may attend the free sessions.

Skipping

A skipping event was organised and delivered by Gamesley Community Centre in conjunction with the British Heart Foundation and Gamesley Primary School in January.

As part of this initiative it was agreed that the 25% income would be split between Gamesley Primary School and the Heart Group. The money that was generated was presented to the group and these funds helped fund the day trip for the heart group on to the barge.

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Defibrillator

Lisa informed the group that she has found funding to purchase this piece of equipment. All agreed that this may help the group attract new members.

ACTION:

Lisa to price up and report back
Training will need to be organised thereafter.

Walk Leader Training Scheme

Lisa informed the group that a walk leader-training scheme has been organised for Saturday 27 November. The course is free and anyone wishing to attend is to contact Lisa.

The group discussed options of attending walks locally. All thought that this would be good idea for the Heart Group to have a gentle walk. Possible options were discussed which included a walk over the Melandra site.

ACTION

Lisa to look into organising a guided walk on the Melandra Site

Talk by Pharmacy Team

Lisa suggested a talk by the Pharmacy team on over the counter products and prescriptive products. However, all agreed that they felt supported by their current pharmacy provider on ensuring that personal details were discussed at the time of receiving their 'additional' medicines. No further action required at this time.

Members

The group discussed how it can attract new members. Lisa felt that greater support is needed for the group by GP's. Lisa informed that Cottage Lane are extremely proactive but other surgeries need to be more supportive.

ACTION:

Lisa to write to local GP surgeries to ask for their referrals and support in this group.

Lisa will ensure that the minutes are also distributed on the Gamesley webpage via HPBC and to local GP practices.

Lisa to coordinate a PR for the forthcoming meeting.

Lisa to arrange an advert on High Peak Radio. Jim Bonnie may be willing to do this for us.

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Insurance

The group discussed the issue around insurance solutions for people with medical conditions.

All Heart Group members can access the British Heart Foundation webpage at the Community Centre. Alternatively, a link may be found here:

<http://www.bhf.org.uk/helping/index.asp?secondlevel=198&thirdlevel=435&artID=2432>

Forthcoming sessions:

Tuesday 13 November: 1.30PM

Heart Group Health Walk to Melandra Castle and guided talk by Archaeologist Pat Ellison on the Melandra Castle and its ruins. Talk will be approximately 40 minutes. Pat will also bring with her some actual archaeological finds from the site. Not to be missed.

Tuesday 11 December: 1.30 PM

Christmas Special: Cook and East Session with the Community Nutrition Department (Tameside and Glossop PCT). Places will need to be booked in advance due to food provisions.

Tuesday 8 January: 1.30 PM

Looking after your heart – the next year ahead.

Session will include a gentle exercise session, reiki, massage, BMI, blood sugar and blood pressure checks and much more.

Future sessions to be confirmed:

- Walk / Trip to Lymefield Visitors Centre
- Gentle Walk around Lyme Park
- Trip to Buxton College to the new University (Canteen)
- Visit to other heart groups

I look forward to seeing everyone on the 13 November. Please wear appropriate attire for the short walk up to the Melandra Castle. A usual fruit and refreshments will be available afterwards.

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Best wishes

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