

## MINUTES OF MEETING HELD 8th January 2024

1.	<p><b>ATTENDANCE</b></p> <p><b>Apologies:</b> Sheila Dale, Jan Lloyd, Mark Wilson, Madeleine Carrington, Sarah Setterfield, Gordon and Angela Lovell, Clive Robinson</p> <p><b>Present:</b> Steve Bates (Chair), Mark Pitman, Hilary King, John Neale, Judith Westell, Fay Read, Christine Cartwright, Sandra Whitefoot, Bon and Vanda Gould, Jacqui Coleman, Bruce Battams, Shona Manson, Elspeth Woods, Lena Bates, Jane Hanlon, Dr Bunting</p>	
2.	<p><b>Speaker:</b> Venkat Tikkireddi</p> <p>Venkat, representing MK Integrated Falls Prevention Service gave a most interesting presentation with helpful tips on how to avoid falling and how to help get back to a safe position if you do fall. Over 300 reasons why people over the age of 65 may fall but trips and slips right up there as a high reason.</p> <p>MKIFS run virtual clinics with triage via questionnaires to assess each client's situation and risk. Nurses assess requirements and Occupational Therapists can provide other supporting services and therapy assistance can signpost clients to a range of supporting services.</p> <p>Self- referrals are accepted, and clients just need to contact <a href="http://www.mkfalls.co.uk">www.mkfalls.co.uk</a></p> <p>There were several questions, including osteoporosis is a high-risk factor for post-menopausal women and diet and exercise are key elements in managing risk in such cases to help manage risk and health. More information available from National Osteoporosis Society.</p> <p>Steve thanked Venkat for his time and enthusiasm for the service provided by him and his team.</p>	
3.	<p>Suggestions for speakers to add to the 2024 list to be forwarded to Jan Lloyd.</p>	
4.	<p>Minutes for December 2023 meeting approved.</p>	
5.	<p><b>GP Update: Dr Bunting &amp; Jane Hanlon</b></p> <p>Very little by way of information to update other than Dr Okoko will not now be joining the practice on a permanent basis.</p> <p>Telephone system due to be implement in February.</p>	<p><b>ACTIONS</b></p> <p>Jane to update on progress at Feb meeting.</p>

	<p>A.O.B</p> <p>1. Ideas for how PPG can actively get involved in activities to support the practice need to be collated and thought through. Elspeth invited volunteers to form a sub-committee to get the ball rolling</p>	<p>Mark P. Jacqui agreed to get involved.</p>
	<p><b>Next full PPG meeting – Monday 12<sup>th</sup> February 24 @ 6.15pm for 6.30pm start</b></p>	

Elsbeth Woods  
Secretary to Red House PPG

**Future PPG Dates for 2024 (2<sup>nd</sup> Monday of each month)**

8 <sup>th</sup> January, 2024	12 <sup>th</sup> February	11 <sup>th</sup> March	8 <sup>th</sup> April
13 <sup>th</sup> May	10 <sup>th</sup> June	8 <sup>th</sup> July	12 <sup>th</sup> August
9 <sup>th</sup> September	14 <sup>th</sup> October	11 <sup>th</sup> November	9 <sup>th</sup> December