

Kiveton Park Primary Care Centre Patient Participation Group

Wednesday 20th February 2019

Attendees: Keith Emsden, Barry Winterbottom, Alicia Higgins, Ron Law, Dorothy Bradley, Beverly Garbett, Jean Hirst, Elizabeth Fanning, Sister Lyca Downing, Mike Brabbs, Dr Ullah, Marsha Raynes

Apologies:

1. Welcome and Apologies

Keith welcomed everyone to the group including the guest speaker - Beverly.

2. Minutes of January Meeting Approved

The minutes were approved.

3. Any Matters Arising

All covered on the agenda.

4. Treasurer's Report

The balance remains the same. We are still waiting for the purchase of the bench.

5. Vice Chair/Secretary's Report

None.

6. Guest Speaker Beverly - Mental Health

Beverly started her presentation by getting the group to each write down some of their worries. She then went on to talk about what mental health is - the emotional, psychological and social well-being, how it affects us and what are the causes of mental health illnesses.

Beverly explained the different types of mental health illnesses people can suffer with, the symptoms of stress and how to calm the 'fight or flight' feeling we sometimes experience unnecessarily. The symptoms of stress includes; lack of energy, headaches, aches and pains etc. Ways to calm the 'fight or flight' feelings are; mindfulness, focus on your breathing, look at diet, or progressive muscle relaxation - starting from the toes and working up the body.

We looked at the signs of poor mental health, living with a mental health illness, signs of mental health in children, self-harm and how to help people who self-harm, and how to look after mental health. Signs of mental health in children include; changes in behaviour, changes in grades, substance misuse, persistent nightmares etc. Ways to help people who are self-harm include; helping them identify the triggers, don't try and stop them straight

away, praise them for the good things they do, and help them find new ways of coping. Ways to look after mental health includes; a soothing box, ask for help, talking, medication etc.

A list of numbers and help services:

Samaritans - 01709334905

Rotherham Talking Sense - 01709447755

Mental Health Crisis - 01909302670

Mind - 03001233393 or text 86483

Children and Adolescent Mental Health Service (CAMHS) - 01709304808

Local A&E

Keith thanked the guest speakers on behalf of the group.

7. News from the Surgery

None.

8. C.R.Y. 50/50 Club Update – Helen

N/A

9. Date of next Meeting – Wednesday 20th March 2019

The meeting closed at 7pm.