

Patient Participation Group Meeting 01st June 2013

Healthy Eating Event was Held at the Practice on Saturday 1st of June 2013 at 12 pm lunch time. This was promoted heavily by the GP's at the Practice to encourage our patients to think about the way they can eat and cook a balanced meal, there by taking a lead of their lifestyle in terms of eating a balanced diet. The event was well attended by the Doctors, Practice Nurse, Practice Staff as well as patients. A combination of healthy dishes were prepared and patients as well as staff thoroughly enjoyed the event. There was also a short demonstration in the art of cooking Spinach & Okra in a healthy way. Doctors/ staff were on hand to provide leaflets and advice to those patients that required dietary information and advice. The details of the patient event is below

Theme Patient Participation Group Healthy Curry Day

Date 1st June 2013
Venue Roundhay Road Surgery,
173 Roundhay Road

Staff Dr Rai

Dr Ling

Practice Manager Nilima Rai +APM

Practice Nurse Karen Womersley

Practice Nurse Nadia Mughal

Receptionist Sarah Ahmed

Receptionist Saddam Ditta

Patient Participation Group representation

HK

U L T

CHAN

S S

Patients attending

A A

Z Bi

D B

HK Mrs K

IR

IR

AR

AT

RT

DT

Friends of Patient Participation Group

DB

DW

EW

Itinerary

10:00 -12:00pm Set up and people arriving

12:00-12:30 pm Smoothie and mingling

12:30-1:00pm Cooking demonstration

1:00-1:45 pm Eating

1:45 -2:00pm Dr Rai's talk on healthy eating

Menu

Starter

Smoothie (RT)

Spicy chick pea (Mr K)

Sweet corn pepper chilli salad (NR)

Spicy Daal (NR)

Main course

Biryani (chicken and vegetarian) (AH)

Spicy Pasta (SA)

Okra and Spinach Chinese style (M C)

Salmon and potato (SM)

Oil free tomato Chicken (S S)

Healthy Chicken + Vegetable kebab (N M)

Desert

Rasmaliya low sugar (ZBi)

Rice Pudding (EW)

Fruit Salad (SD)

Summer pudding + Yogurt (DW)

Conclusion

A good start to a new trend

Many people involved and patients who participated gave good reviews.

Many people already have new ideas for next year e.g.

henna finger painting to attract more patient involvement,

more cooking demonstration , chutney making, smoothie making

talk on which food choice is healthy,

exercise programme to promote-leaflet on let's change , almost free gym membership

more areas separated off for more ideas on exercise and healthy diet

advertising the practice weekly pilate class

Advertising the patient participation group allotment behind the surgery

Looking forward to next patient participation group meeting in 8th October 2013.