

## **Minutes of Yell Health Support Group held on 8<sup>th</sup> February 2007 in Yell Health Centre at 7:30pm**

**Present:** Clare, Angus, Annette, Dan, Julia, Johnina, Victor, Mark, Rosie and Patricia.

**Apologies:** Alexis, Rae, Robert, Winnie and Charlie

Minutes of last meeting were read and agreed.

**Ambulance:** There has been no formal training from Scottish Ambulance Service recently. Mark and Rosie will chase this up. Local training is ongoing.

**Website:** Mark had asked Karl Odie to prepare a draft website. Mark thought it was very good and agreed for it to go live. This site will cost approx £130 per year to run. It was agreed that this item is covered by the constitution and it was also agreed to pay Karl at a rate of £8 per hour for the 16 hours he put in, total of £128.00. Many more items of local interest and relevant links can be added to the website. Please feel free to suggest anything you think is appropriate. It was suggested that minutes of Support Group meetings be added. There have been varying numbers of "hits" to web pages (from 61 to 4) but these result in an average of 34 people accessing the site which is pretty good since not too many people know of its existence and so far it does not appear in search engines. Web address is: yellhealthcentre.co.uk

**Young people:** Our constitution states that members must be over the age of 16. It was agreed that Rosie should still contact the school to involve younger people in the website content, suggestions for the health centre, etc.

**Items for purchase:** Mobile screens and light boxes were purchased. Spirometer is still being investigated. Clare's "Fit Club" was discussed further at end of meeting. Johnina suggested that a comprehensive list of all equipment should be kept. Patricia to compile prior to the AGM and she will then keep this updated for presentation at each AGM.

Clare presented her case for establishing a "Fit Club". She quoted figures for obesity in Yell which were quite startling. Overall 15% of men and 20% of women in Yell are clinically obese, ie with a BMI (Body Mass Index) of over 30. (You can discover yours on the interactive section of the website!) The plan is to encourage unfit people to take exercise with encouragement from various health related speakers (ie dietician, smoking cessation advisor, alcohol resource centre, podiatrist, physio and Jake Williams from Health Promotion of NHS Shetland) and to include local clubs like the dance club. The club will run over 6 weeks. Clare will meet up with participants before the club starts, 6 weeks later and again 6 months after the trial period is over.

She has tried everywhere to get funding but none has been forthcoming. She was asking for a maximum of £500 to cover costs of use of the Leisure Centre (which will be at concession rate) and help to cover travel costs of visiting speakers. There will be a maximum of 25 participants.

It was generally agreed that this was a very good idea. There was much discussion about how it would be advertised. David Gear has a medical assessment form that will need to be completed by participants before commencing on exercise. This could be done in conjunction with the practice nurse. It was agreed that to put notices in shops, advertise on Radio Shetland, on ferry notice boards, GPs and nurses to encourage appropriate patients to take part.

The constitution was checked and, since this project came under its objectives, it was agreed to fund Clare's project to the tune of £500 maximum.

Office bearers: Johnina is going to resign as Treasurer at the AGM. Mark thanked her for all her hard work over the years.

**Next meeting (AGM) to be held in Yell Health Centre  
on 26<sup>th</sup> April at 7:30pm**