

Minutes of Yell Health Support Group meeting held on 17th January 2008 in Yell Health Centre at 7:00pm

Present: Annette, Angus, Dan, Mark, Patricia, Alexis, Robert, Clare, and Hilary

Apologies: Rosie, Rae, Julia, Winnie, Charlie, Victor and Johnina

This meeting was slightly out of sync since Clare and Hilary were attending to discuss specific issues. It was therefore agreed to discuss these first.

Fit Club:

Clare gave report on her Fit Club (copy of report enclosed for those not at meeting) and she thanked the Support Group for the funding which had made it possible. It was agreed the club had been a success although 6 weeks was probably not long enough. It had been a lot of work but there had been significant weight loss and increase in exercise by the participants. Clare will send out another questionnaire to participants 6 months after the end of the club to assess the long-term effects.

Repeating the club was discussed but this will be dependant on the results. Annette had looking into alternative funding and thinks this club may be eligible for Lottery funding.

Clare left meeting.

Slimathon:

Hilary gave information on the Slimathon, which was raised at the last meeting, and will now go ahead. There will be a mass weigh-in on 31st January between 1:30 and 3pm. Any one who cannot come at this time should make an appointment with Hilary for weighing. Participants will either collect sponsorship or donate money each time they weigh in. Hilary has been in touch with the Dietician from Gilbert Bain Hospital who has suggested that the Slimathon run for 6 months and that people be weighed monthly. Hilary plans to give each person a card with his or her height, weight, BMI and waist measurements. She will then set realistic targets for each individual. There will be lots of dietary advice available and scales will be accessible for people to use whenever they want. This group will not be as "led" as the Fit Club. It will advocate gentle exercise but will not organise exercise sessions. Posters will be sent to shops etc and a letter sent to all who have expressed an interest. Patricia is to ask Lawrence Tulloch to include an article in his section of the Shetland Times.

Hilary left the meeting.

Minutes of last meeting were read and agreed.

Equipment purchased:

Mark reported that the new INR machine is excellent.

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Finances:

The Christmas Hamper was won by Alana Nicholson and raised an amazing £473. Alexis has suggested a "non-food" hamper for next year, ie crackers, Xmas lights, tablecloths, napkins, cards, wrapping paper etc.

Balance at the moment is £2,090. Mark stated that there is no urgently required equipment. The monitor for the ambulance may be needed and would cost between £1,500-£2,000. This may mean that a fund-raiser is needed. It was decided to wait and see what happens with the new ambulance. Ways of raising funds were discussed and included targeting local businesses. This would also raise awareness of the group.

Door between dental and medical reception areas:

Representatives from the Health Board have been in Yell recently. The lack of privacy between reception areas was discussed again. It has been suggested that the opening could be blocked but still have a sliding glass partition so that communication can take place if necessary.

Ambulance:

Mark is still communicating with Tavish Scott about ambulance provision. Nick Barr from Scottish Ambulance Service has promised Mark a full report. The Health Board is also in discussion with Ambulance Service. There are issues about who will provide the monitor for the ambulances. Paramedics have these already but neither SAS or Health Board seem prepared to commit to whether they will purchase them for the outer islands.

Exercise referral scheme:

This has been a victim of its own success. The scheme is ongoing but places are all full at the moment and no new referrals are being accepted.

AOB:

Robert brought up the matter of money held by the Yell Welfare Trust. This fund has not been used for a few years now and the possibility of amalgamating the groups was suggested. The Yell Welfare Trust will need to discuss this possibility further.

Robert also suggested that the current 30p per mile paid to volunteer chiropody drivers was probably not enough to cover their costs. It was agreed to increase this to 40p per mile.

Mark thanked Angus for the black bag box which is brilliant for staff and cleaners. Angus will make another. He explained that his shed is not big enough to make a single large box.

Next meeting is the AGM so it will be held in Yell Health Centre on Thursday 20th March at 7:00pm

If you prefer to receive your minutes and notification of meetings by e-mail please let me know: patriciaodie@btinternet.com

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