**Park House Medical Centre**

**Minutes of PPG meeting**

**23rd July 2025**

**Present:** Dr Baker, C Walters – Park House MC

A Carter, D Swain, Catherine Middleton – Knowsley Health Services

**Apologies:** L Gray-Williams, G Allford, G Devlin, E Devlin, C Williams

**CW:** Welcomed all to the meeting and gave apologies for the non-attendees.

**CM:** Presented a slide show of services available to patients and discussed lots of preventable ways that patients can set small realistic goals to make changes.

 How patients can improve their health as within Knowsley we have lower life expectancy and higher rates of cardiovascular disease, cancer and diabetes.

 A lot of these illnesses can be avoided through lifestyle changes.

 The gap is getting bigger for those who are not living healthy, and more education is required on healthy foods and to make the right choices.

 Coaches available assist patients in setting realistic goals aimed towards a healthy lifestyle.

 National statistics show 6/10 women, and 7/10 men are living with obesity and this is a real common problem.

 A small percentage of people are living with a healthy weight.

 Obesity rates vs household income the higher the income the less likely family members are to be obese as their food choices would be different to those on lower income as it’s easier for larger families on lower income to eat fast food or takeaways as this would be an easier option.

 The national child measurement programme nurses visit schools to measure children’s height and weight with parents consent they then publish the data and that childhood obesity is increasing and in Knowsley a 3rd of children are overweight or obese by the time they start school and by year 6 almost half of the children are overweight.

**DS:** With all due respect political correctness doesn’t help and that if you’re fat then your fat and if obese then obese and what’s wrong with using those words as opposed to dancing around the subject of weight matters with a view to weight management referrals.

**CM:** Looking from a children’s point of view that child hasn’t had the choice in food or how it is cooked or given and don’t have the mind set to choose. And that stigmatising language makes things worse and not using this language helps support people who haven’t been able to make choices of their own for both children and adults.

 Obesity harms children and causes illnesses of diabetes etc, and that children are now presenting with such illnesses of diabetes and high cholesterol, and it’s more likely that being overweight as a child can continue to adulthood.

 It’s all about making small changes with food and demonstrated the eat well guide discussing healthy carbs, protein, fruit and veg and some dairy.

 Lots of people do manage this but for some people this is less achievable.

 To continue to look a food label and the traffic light system yet the small print shows the content for a 3rd or half of the product so it’s important to look at labels correctly.

 Maintaining a healthy weight has lots of be benefits to health and wellbeing.

 People have genuine reasons time is a huge barrier to people with working and looking after children and the healthy plate isn’t always possible as not all cook from scratch and microwave meals and take aways are more of a go to for some families.

Lack of support sometimes people don’t have the support network around them those that do have the added benefit from having a meal from grandparents if parents at work and meals can be cooked from scratch not all parents have this option. And children are often in after school club therefore being fed later.

Food foundation – found that the most deprived 5th of the population people would have to use 50% of their disposable income to meet the government standards of healthy food diet, this is not achievable as there needs to be school uniforms, school clubs, holiday outings and not always achievable to spend 50% of their income on food.

Healthy food prices are on the increase and for some families not affordable. Families face lots of barriers with day-to-day outgoings and cannot always purchase good healthy food.

Nationally, 1 in 4 places to buy food now is a fast food and we are living in a world where it’s becoming easier to weight gain.

Sugar is also a big factor in weight gain and the highest children’s anaesthetic is for teeth extractions as children are consuming over and above the national guidelines for sugar intake.

Weight management referrals – activity for life, 12-week gym pass, 12 week slimming world registration, cookery classes and assistance to making lifestyle changes.

150 mins per week moderate exercise is what people should aim for.

AC: Informed all that local swimming pools and centres are closing just when these are needed for all to remain healthy.

Summer holidays Volair are offering free swimming for children thorough out the holidays.

Discussed smoking cessation services, alcohol awareness and gambling advice.

MH – suicide has increased in Knowsley.

**DS**: discussed survey of GP Practices across the country listed in the Daily Mail comparing Prescot MC to Park House MC figures and that we were listed lower and discussed % of admin and GPs.

SB/CW to review listing on DM website to review statistics.

**CW** – discussed appointments offered over past 12 weeks and that appointment quota is being met and discussed phone data for June being above 90% of call handling.

Discussed general Practice update and Allan touched on the PCN – PPG minutes of the meeting.

AC – confirmed PCN PPG meeting will be held on 11th September and that he will be away as will CW therefore Danielle Killen – PHMC will attend this meeting.

AC – discussed the pending GP industrial action and are we prepared as a Practice due to the onset of calls/visits.

SB – informed that we are as ready as possible given the resources that we have and that 111 slots will be used more as these are generally not booked.

As the meeting was largely covering the services from Knowsley Health, we have reduced time to discuss other matters.

***Matters not discussed at meeting but would like to inform members:***

*Flu clinics are on for the month of September onwards.*

*All children and pregnant women to be vaccinated in September all other cohorts both under/over 65 from October onwards, a text message will be sent to all with a self-booking link for patients to book their own appointment on our system.*

*LD reviews again this year will be done via a home visit as this proved to be successful last year.*

*We are re offering our diabetic patients a “free style libre” training session in August for them to understand this product further.*

**Date of next meeting: Wednesday, 15th October 2025**