

Patients Participation Group Meeting
Minutes of Meeting held in the Memorial

Hall Annexe

Monday 17/02/2025

Chairperson: Philippa Jones

Minutes: Michael Wright

Present: Mr. & Mrs. R, Adams, Mrs. L. Baker, Mr. G. Bedford, Mr. J. Blowers, Mr. & Mrs. J Cameron, Mr. & Mrs. J. Gage, Mrs. J. Gardiner, Mrs. B. Hanks, Mrs. W. Hookey, Mr. R. Knight, Mrs. D. Neilson, Mr. D. McCausland, Mrs. G. McKay, Mrs. J. Rubie, Mrs. P. Savage, , Mr. C. & Mrs. R. Sharp, Ms. K. Staff, Mr. & Mrs. Stafford, Mrs. E. Wood,

Woodchurch Surgery: Dr. J. Hickey, Mrs K. Harris

Guest Speaker: Mr. John Black, Beechwood Therapy & Hypnotherapy

Apologies: Mrs. D. Canham, Mrs. P. Coe, Mrs. G. Holloway, Mrs. R. LeViscount

Chair's Welcome:

Philippa welcomed everyone, introduced our guest speaker and outlined the Agenda for the meeting.

Minutes of Last meeting (25/11/2024)

Accepted

Matters Arising:

There were no matters arising.

John Black – Psychotherapist & Hypnotherapist

John gave the meeting a very informative and entertaining presentation on the history and benefits of talking therapies with the emphasis on Hypnotherapy. He explained that there over 400 different types of talking therapy. He became involved in Hypnotherapy after realising in his previous role a Deputy Head teacher responsible for Safeguarding, that there was very little or indeed no services of this kind available easily.

John explained that peoples impression of the subject is based on false information and the most common fear is that the subject (Client/ Patient) will lose control. This is not true and hypnosis will only work if the subject wants it to. The Hypnosis he uses increases

both the focus and imagination and concentrates on the sub conscious area of the mind. His approach can help with eg anxieties, stress, tinnitus, insomnia, some pain management and phobia's.

John ended with

“Life will bring you pain all on its own, it's your job to look for the joy.”

John can be contacted via

Beechwoodtherapies@gmail.com or 07983471336

Woodchurch Surgery update from Dr. Jack Hickey

Dr. Hickey updated the meeting on news from the surgery, confirming that Chris Hamilton will retire at the end of March, a new receptionist (Abby) has started this week, Sarah Stanley (paramedic) attained a distinction in here recent exams.

Dr Hickey also confirmed that the new Dispensing system seemed to be working very well and texts are now going out again for when prescriptions are ready.

AOB

None

Next meeting:

Monday 9th. June, Speaker to be announced.

Thanks to Liz Wood, Jean Gardiner and Linda Baker of the “Heavenly Helpers” for providing refreshments.

The meeting was closed at 7:20pm