

# The Range Medical Centre – Patient Participation Group (PPG) Meeting

**Date:** Tuesday 9th September 2025

**Start Time:** 6:00 PM

**Location:** Online

## Attendees

- Daanyaal Anwar (Deputy Operations Manager, TRMC)
- Mike Harrop
- Hana Aideed
- Andy Ballington

## Minutes

### 1. Review of Park Run Initiative

- Recent **Alexandra Park Run/Walk** was discussed.
- The event was successful with good patient, staff, and PPG engagement.
- Messaging around inclusivity (walking, jogging, or simply socialising) was noted as important to reduce barriers for participation.

### 2. Future Initiatives

#### a. Coffee Morning

- Proposal to host a coffee morning to encourage social connections and reduce isolation, particularly among older patients.
- **Bembe Café (Alexandra Park)** suggested as a potential venue due to central location and strong links with the community.
- Discussion on affordability, availability of function space, and timing (weekday vs. weekend).
- Hosting within the GP surgery was considered but ruled out due to infection control, space limitations, and practical challenges.

#### b. Walking Group

- Proposal for a regular community walking group, meeting outside the surgery and walking around Alexandra Park.
- Aim: patient-focused, with occasional staff participation.
- Recognised need for a consistent “champion” to lead the group each week.

#### c. Volunteering Opportunities

- Discussion around promoting volunteering at **Alexandra Park Run** as an alternative to running/walking.
- Highlighted benefits include social connections, mental health support, and inclusivity for those unable to run/walk.

- Range clinicians to be informed so they can **signpost patients** to volunteering opportunities.

#### d. Linking with Friends of Alexandra Park

- Identified potential for collaboration with the **Friends of Alexandra Park** group.
- Activities include litter-picking, tree care, and community events that could complement PPG initiatives.

### 3. Administrative Matters

- Andrew’s confidentiality agreement pending – to be resent and completed.
- Agreement that upcoming PPG meeting communications should include a request for volunteers to act as walking group champions.

## Action Log

Action	Responsible	Deadline/Update
Contact Bembe Café regarding feasibility of hosting a PPG coffee morning.	Mike Harrop	Before next PPG meeting
Lead planning of the coffee morning concept (in partnership with TRMC).	Hana Aideed	Ongoing
Explore options for setting up a regular walking group.	Andrew Ballington	Ongoing
Draft and circulate call for volunteers to act as walking group champions in next PPG communication.	Daanyaal Anwar	Before next PPG meeting
Provide Alexandra Park Run volunteer contact details for patient signposting.	Mike Harrop	Completed during meeting
Develop template text message for clinicians to send patients re: Park Run/volunteering.	Daanyaal Anwar	Before next PPG meeting
Connect Andrew with Jenni (Friends of Alexandra Park) once confidentiality agreement is returned.	Daanyaal Anwar	Next meeting