

## Hope Triangle Health Group

Notes 24-06-14

**Present;** Elaine Aitken, Fiona Tait, Heather Levy, Andy Bracken, Mary McMillan, Frances Gosney, Greg Johnstone, Kirsty Levy.

**Apologies;** Karyn Stewart, John Stewart, Yvonne Todd, Pauline. I. Podd, Carol Melville, Jim Napier-FCC, Graeme Duncan, Rab Livingstone.

- **Gardening Scotland trip**-was its usual success although a couple of members could not take part due to ill health. Lots to see and do as well as lots to inspire. Fiona noted that she was surprised by the amount of people that knew of Hope Triangle Projects and found her name badge very useful
- **Community Plant days.** Have not been as successful although it was noted that most Wednesdays & Sundays it has rained but it is hoped with the improvement of the weather things will pick up. **Action;** continue to advertise the new dates
- **Hut-** the new hut has been delivered but we have been advised to build a slab base, it was agreed that we would purchase 6 slabs but again weather has prevented us to get this moving **Action;** Heather to investigate/source slabs
- **Craft Circle update;** Members are planning a visit to the picture's to see 'Mrs Browns Boys' on Tuesday 1<sup>st</sup> July 2014, if anyone from the health group wanted to join them they are more than welcome. The CC members are planning a 'Yarn Bomb' to raise Mental Health awareness during Suicide awareness week. The group has been donated lots of materials from our volunteer counsellor D. Hind. **Action;**K.S will investigate how we get permission & use of a Tesco trolley

- **Oxgangs Primary school May Fayre-** The Hope Triangle Health event went very well. There were over 200 people visited the Health class room with the help of the NHS student Elizabeth. It was noted the variety, ethnicity and ages of the visitors. Karyn was the lead on the HTHG stall and Carol lead with the questionnaires. Diabetes UK, Bowel Cancer UK, NHS School Nurse, Spec Savers, Patient Rights & other CAB info as well as information on Counselling services & Domestic Abuse. Spec Savers PR & H.L. put a piece in the Evening News. We have been invited to take part in the Pentland Primary School Fayre next year. H.L. is now working with the Oxgangs Primary school PTA Chair to raise awareness on Head lice in school after the summer recess.
- **Drop-In group-** The Chair reported back to the group comments/ discussion with ONC Chair re our concerns about duplication of work. P.C suggested monthly meetings where stakeholders get together. He was unaware of how active the NHS Drop-In group was and how many varied speakers they had visit the sessions. He was reminded that although we did not pay for a room let all members and visitors had spent much more money in the Café. The ONC Chair asked that H.L visit Robert and discuss accessing the free lets that ONC had and offered support with funds towards activities. H.L meet with Robert who agreed there was a free let on Wednesdays 12-2p.m in the back room. He also offered to pay the costs of the Art Therapists which would be part of the Workshop taking place during suicide Awareness week. There were some concerns from members but it was agreed bridges needed to be built. **Action;** H.L to submit a proposal to ONC for the next Management meeting on 6<sup>th</sup> August 2014

- **Invited speakers**

Wednesday 25<sup>th</sup> June 2014-Bowel Cancer

Wednesday 27<sup>th</sup> August 2014- Spec Savers Eye Care

Wednesday 29<sup>th</sup> October 2014- Diabetes UK

- **Treasurer report** - the Treasurer has created a Petty Cash box' £929 in the bank and £100 cash
- **G.J.** Reported that there will be a PHD student taking samples from the Lochan to study the animal life and ecology of the pond.
- Rapid Impact Assessment has been carried out on HTHG and projects. Report has been completed and is available on request.
- Suicide Awareness week from 8<sup>th</sup> September 2014

**D.O.N.M. - Wednesday 27<sup>th</sup> August 2014 10a.m**

All Hope Triangle meetings are public and we would encourage anyone from the community to participate.

Kirsty Levy

Minute Secretary.

The meeting was then followed by a very interesting presentation & discussion from Dorothy a volunteer for Bowel Cancer UK