MINUTES OF PPG SPECIAL MEETING 19 FEBRUARY 2016

BRIEF: RESPONSE TO DR B’s QUESTION RE EXERCISE

Attendance: H Ballard (Chair), M Ellison, P Exon, S Johnson (From 2.15pm), S Smith (Minutes), Jean Thompson, Jim Thompson, B Tyrrell

Apologies: K Johnson, L McCornick, P Ormrod

1 EXERCISE DVD’s S Smith submitted details of five exercise workout DVD’s. Comments do at Do at home when convenient. No need to go to the Gym. H Ballard noted that Aldi & Lidl have lots of cheap exercise videos on sale. Question of advertising. M Ellison said that such DVD’s always had warnings on them about responsibility of use. Please see attached Notes Number 1.

2 LOCAL VENUES M Ellison submitted information on local health exercise programmes. YMCA and table tennis club she runs at All Saints Church, Anchorholme. Please see attached notes Number 2.


4 Mr Thompson said that Sports Centres at Stanley Park and Fleetwood had free bikes for use on their facilities. Recommended swimming at Fleetwood Baths.

5 YMCA Mr Ballard presented exercise information obtained from Thornton YMCA. They would be prepared to give a presentation to us. Please see attached notes Number 3. {Mrs Smith telephoned YMCA on 22 February for an update re the free YWeight Loss Scheme. They are funding decisions and hope to start a new course in May 2016. Names can be put on the waiting list.}

6 EXERCISE REFERRAL PROGRAMME GP’s can refer. Takes place at YMCA. Cost £2.00 per session.

7 Mrs Tyrrell gave information on a learn to swim course at Moorpark Baths. 9 weeks’ duration. Said if a room was available at Thornton Practice she could offer a programme.

8 Mrs Exon recommended family walks. Burnaze community centre available for public use.

9 Mr Ballard read out an email he had received from Mrs McCornick. Hope there will be a printout available.
10 S Johnson recommended Tai Chi. (Matters arising from PPG Meeting 12 February she produced a colourful, eye catching poster for being Cancer Champions.)

11 Chair thought that a few of our members should meet up with Dr B to discuss our findings.

Chair thanked everyone for coming and their work. Meeting closed 3.15 pm.

SHEILA SMITH

23 February 2016
Notes for PPG Meeting 12 February 2016

Dr B’s request for exercise details.

AMANDA HART MARACATTACK DVD Unconventional workout regime that aims to blend fun and fitness (cannot find a price)

DAVINA MCCOLL £12.99 ‘5 week fit programme’ Range of 7 minute workouts and a 21 minute fitness challenge.

DE-TOX YOGA with Amy Schmelder £10.99 Great for beginners and experienced yoga practitioners Promises to release stress and calm your mind.

ZUMBA £9.99 Celebrity fitness trainer Beto Perez Starts with step by step guide of basics. The helps you to progress on to a super cardio dance party. Fun and high calorie blasting workout.

BACK TO BASICS FITNESS WITH CHARLOTTE ORD Simple no-frills fitness programme. Simple 15 minute workouts. Brilliant for beginners.

Advantages of DVD’s. Don’t have to go to the gym. Do at home when convenient.

Does this list constitute advertising?

Need for a warning to seek advice from GP before commencing exercise programme.

Should there be a rider about legal responsibility?

Sheila Smith

8 February 2016
Wyre and Blackpool both have programmes of short, guided walks with the aim of walking for health. Most of these walks are free.

**Walking Wyre Health Walks**

The nearest of these set out from 1) Wyre Estuary Country Park Stanah, 2) Cleveleys Community Centre, 3) Marsh Mill Tavern, 4) Teanlowe Car Park Poulton, 5) Skippool Picnic Area Thornton plus 9 other starting points ranging from Fleetwood to Garstang. There are around 17 walks each month, spread out over Sundays, Tuesdays, Wednesdays, Fridays and Saturdays. At least half of these are described as easy. For further details look on the Wyre councils website or ring 01995 602125 or look out for one of the poster timetables.

**Blackpool Council Steps to Health**

These walks commence from 1) Blackpool Sports Centre, 2) Devere’s Car Park, 3) Moor Park H & LC, 3) Imperial Hotel, 4) The Solarium Building South Shore and sometimes from other places. During the winter there are around 12 walks a month, spread out over Monday afternoons and Wednesday and Thursday mornings. For further details look on the Blackpool Council website or ring 01253 478007 or look out for one of the poster timetables.

**Exercise classes – YMCA Thornton and Moor Park Bispham**

The YMCA in Thornton runs various exercise classes. These include Gentle exercise on a Tuesday morning, and Low impact circuits on a Tuesday and Thursday morning. Costs vary according to various types of membership. A pay as you go session will be around £4.90. A silver membership for £25 a month gives access to a wide range of activities on week days up until 3.30pm and weekend use at any time. For further details call in or ring 01253 824108 Moor Park Health and Leisure centre also offers a wide range of exercise classes. These include Gently does it on Wednesday mornings, Pilates at some time each day and Aqua Aerobics on most days. Costs vary according to whether you are a Blackpool resident or not. For example for an individual class £4.35 or £5.35 but there are reductions to £3.10 or £4.15 for senior citizens. There are also monthly memberships from £22.50. For more details call in or ring 01253 478487

**Table Tennis**

Marjorie Ellison from the PPG runs a table tennis club on Monday evenings at All Saints church Anchorsholme. For more details ring the church office on Monday or Friday morning 01253 823904