

**Synopsis of the minutes of the meeting of the Upper Dales Health Watch
held on 29th April 2025**

- The Central Dales Practice is planning **an annual community event** to which a wide range of agencies would be asked. The first one looking at support for carers will hopefully be on Monday 22nd September in the West Burton Village Hall 11.00 – 2.00. Venue to be confirmed.
- Collective Action has not needed to start. The GP settlement seems to have taken with one hand and given with another. The actual situation will be clearer after Q1 when the situation will be reviewed.
- There will be an open drop in event on the **Catterick Integrated Care Centre** in Hawes on Wednesday May 14th 10.00 -1.00 pm. There is another such event in the Catterick Tesco on Monday 19th May 4.00 -7.00pm.
- 3 members of staff will be undertaking a **nutrition course** to enable them to advise patients on exercise and diet.
- Weight loss medication is only funded privately. Patients with some conditions could be adversely affected. If patients give permission for the CDP to be informed that they are taking this medication, patients at risk will be contacted.
- The uptake for 2025 'Flu jabs was less than hoped, and some vaccine had to be returned. The Covid jabs were Moderna this year and again the uptake was somewhat disappointing. It is felt that jab fatigue was the main reason.

Jane Ritchie, Hon. Secretary Upper Dales Health Watch