



Littlefield Surgery
Patient Participant Group (PPG)
Held on Tuesday 12th August 2025
at Freshney Green Primary Care Centre.

Present

Lisa McGrath (LM)

Chloe Allison (CA)

Vicky Peterson (VP)

See separate patient attendance sheet.

LM welcome everyone to the meeting.

Staff present took it in turns to introduce themselves.

Cudox: Counselling with Care

Angie and Bev attended our meeting to share information on their service, Cudox.

Cudox is a counselling service available to all. The service covers personal therapy, child and adult, couples therapy, family therapy and corporate.

They offer one and one sessions as well as online and telephone. Currently Cudox have 16 therapists with student counsellors and volunteers too.

Patients can self-refer to Cudox or be referred by a healthcare professional such as a GP and are usually seen within 2 weeks of the referral.

Cudox started 5 years ago during Covid and is based at Abbey Walk in Grimsby.

Cudox ensures that anyone who has a need for therapy can access it regardless of their financial status and situation in life. The service often relies on funding and support to expand and grow our community therapy services. In the past, they have secured funding from partners such as The National Lottery Community Fund and Comic Relief but are always looking for new funding partners to help. The service has supported over 700 people in house and at home.

Cudox run 2 programmes alongside the counselling service.

Outside In: an 8-week programme focusing on the link between mental health and physical health. It is group therapy ran by a qualified therapist looking at how we can carry stress and trauma in our bodies as well as our minds. The sessions include Yoga, focusing on calming, regulating and balancing your mind with your body.

Inside Out: an 8-week programme, using creativity to help with your mental wellbeing. An opportunity to explore and express emotions through arts and crafts.

More information on Cudox can be found on their website: www.cudox.co.uk



Dementia: Alzheimer's Society

Kelly, from Alzheimer's Society attended to share information on the different types of services and support they provide.

Memory Cafes are located in Cleethorpes, Immingham and New Waltham.

Creating Positive Opportunities are support groups for those struggling with their memory and hold meet up for walks.

These groups are available for patients, their families, friends and carers to share experiences and advise.

Anyone can refer into the Alzheimer's Society, to the local or national services, or through their GP.

Kelly has a stand at the entrance on Freshney Green, each first Tuesday of the month, anybody can visit for information and support. There is also a room available if anybody would like a private conversation with her.

These drop-in sessions are also held at Roxton Medical Centre and Clee Medical, one a month.

Information leaflets were shared during the meetings. These will be available in our reception areas, or you can visit <https://www.alzheimers.org.uk/>

Patient asked about diagnosis as she is concerned about her husband.

There is a symptom checklist which Kelly can share, and it is helpful to work through it with your loved one. This will help you have a conversation with your GP or healthcare professional. Talk to them about any concerns you've indicated on the checklist.

Practice Updates

We will be saying goodbye to our current GP registrar and FY2 in August and we will have two new trainees, a GP Registrar and a FY2 starting on the 7th of August.

Our in-house counselling team has a new service lead, Lyndsay. Lyndsay will lead a team of highly qualified counsellors and university students, to support our patients through their emotion health and wellbeing.

Your PPG – Inputs and ideas for Future

At our previous meeting, we asked the PPG what they would like to get from these meetings. The practice is happy to arrange services to attend, share updates and practice information but the PPG is also about patient participation. All agreed they are happy with the way the meetings are currently being run.

LM informed if anybody had any items they wish to add to the agenda or services they feel the patients would benefit from hearing from, they are welcome to contact the practice and let us know so we can plan it into our next meeting.

Close

LM thanked all for attending.

Minutes from the meetings and any additional information leaflets will be shared via email. Our next meeting will be held in November 2025.

Details of the meeting will be sent round and advertised on all our platforms.