

Synopsis of the minutes of the meeting of the Upper Dales Health Watch

held on 5th February 2026

- Proposed meeting for Carers – the Central Dales Practice is now thinking of having an **Annual Practice Health Day**, probably to take place in West Burton Village Hall in early July 2026. Elizabeth Fawcett would be a key organiser of this event. Anyone willing to help (putting out tables & chairs, making tea / coffee, welcoming visitors etc.) should email Elizabeth on elizabeth.fawcett1@nhs.net putting Volunteer for Health Day as the subject. Volunteers will get the standard reply saying their email will not be responded to, but Elizabeth will be keeping an eye out for these emails and will respond.
- The Practice is sending out a **survey** to 200 randomly selected patients.
- **Jess's Rule** - information on this has now been received. When a patient has been seen 3 times for the same issue, they must now be reviewed and referred on to a specialist if that is appropriate. Patients should not give up if symptoms continue. If they don't go back to the surgery, it will be assumed they are OK.
- **The uptake of 'flu jabs** has been good this year, and nearly all the vaccine has been used.
- Central Dales Practice is going to be the **national System1 pilot in England for Proscript**.
- **Staffing** – Dr Lowe is leaving the at the end of March to further her career. She has been replaced by Dr Kathryn Morton. Dr Morton is from Southampton and is looking forward to working in a rural practice. Dr Morton is in the process of changing her name to Dr Kathryn Carey-Jones. This may initially cause some confusion. She is working in Hawes Tuesday – Friday and Dr Pain is now looking after Aysgarth. The search goes on for another GP or Advanced Nurse Practitioner (ANP).
- **Social media** – Lynn would welcome any feedback on the CDP's Facebook page. Any suggestions from those that use this communication method should be sent to Lynn.Irwin@nhs.net Reference to Parish Reps was suggested.

Jane Ritchie

Hon. Secretary, The Upper Dales Health Watch