

Annual Update: Practice Health Champions

Coffee Morning/Time to Talk:

Over the last year we have successfully run a fortnightly Coffee Morning, giving patients attending the Walk-In Clinics, the opportunity to have refreshments, and a friendly chat, whilst waiting to see their practitioner. Attendance has been variable, but we hope that with continued encouragement and promotion, this will increase.

Knit & Natter:

On the second and fourth Thursdays of the month, Betty Thompson has been running a knit and natter group. Again attendance is variable at the moment, but there are two regulars, who bring their own equipment and work. However, wool and needles are available, for anyone who would like to have a go. No experience necessary.

Our current project is knitting blankets for local nursing homes. So far we have had two blankets completed by the Practice Business Manager, Deidre Falls, with help from her daughter.

Community Garden Project:

We are now in the process of setting up a Community Garden, at the practice. Anyone is welcome to get involved, to learn how to grow their own fruit and vegetables.

Recruitment:

At the moment there are only three active champions, so we are hoping to recruit more in the future. There is no minimum commitment, as this is a purely voluntary role. Anyone who is interested is welcome to contact the surgery, talk to one of the existing champions, at one of our sessions, or email ThornburyPHC@gmail.com.