

What's on at Church Street Surgery?

MARCH 2016

The Walking Group - for beginners



Do you want to get back into exercise, or perhaps make a start? Our walking group is ideal for beginners. Come and enjoy gentle, social exercise in our locality with like minded people. The route is relatively level and there is an opportunity to sit down along the way. We will start and finish at the surgery.

Sign up / information session on 29th March 10am - 12 noon, or collect a form from reception

Walks will be on: 7th April, 21st April, 5th May, 19th May, 2nd June and fortnightly thereafter. Meet at 9:45 am in Church Street Surgery waiting room

The Coffee Morning - everyone welcome

The coffee morning takes place on the 1st and 3rd Tuesday of every month between 10 am and 12 noon in the first floor Health and Wellbeing room. There is disabled access.

Everyone welcome to come along for a cuppa and a chat, there are also lots of other activities such as singing, crafts, and games, feel free to join in with as much or as little as you want!



Cancer Care Support Group - for anyone affected by cancer



This group is for anyone who has been affected by cancer. Come along for mutual support; you can share your experiences if you want, or just listen.

The group meets on the second Thursday of every month between 10 am and 12 noon in the first floor Health and Wellbeing from which is fully accessible.

Arthritis Support - for anyone affected by

Arthritis Research UK provide a drop in session in the waiting room on the last Friday of every month between 9 am and 12 noon. If you have any queries or questions pop along and speak to someone who has lots of experience and can provide you with information, guidance and exercises to help relieve your symptoms.



Waiting room sessions - 2nd and 4th Tuesday mornings

Practice Health Champions will be in the waiting room to assist reception staff and patients.

Coming Soon ... Diabetes support group, new mums / families group, chair exercise sessions, and singing for health. If you have any other ideas please let us know!