

Practice Health Champions Health and Wellbeing Activities

The Ridge Medical Centre Cousen Rd, Great Horton BD7 3JX
Contact Practice Health Champions on
Tel 01274 425625 email:practice.champions@bdct.nhs.uk

The Practice Health Champions provide Reception Support in the waiting areas to assist Reception Staff and patients at the Ridge Medical Centre on Monday to Friday 9am – 11am in Cousen Road, Thursdays 9.30am - 11.30 am at Wibsey surgery. They also organise the activities below for patients. Everyone is very welcome.

Day	Activity	Venue
Mondays (11am)	The Wibsey Walkers (All walkers welcome)	Meet at Wibsey Park gates on Beacon Road for a 60 minute walk
Mondays (1.30pm - 2.30pm)	Chairobics (All patients welcome, with refreshments afterwards) Small charge to cover costs	Held at The Ridge Medical Centre, Cousen Road (See notice board in reception for room details)
Tuesdays (1.30pm – 3.30pm)	Knit & Natter	Held at the Ridge Medical Centre, Cousen Road (See notice board in reception for room details)
Wednesdays (See Champions notice board for details)	Healthy Eating Group (You Are What You Eat)	Held in the Waiting Area of ot the Ridge Medical Centre, Cousen Road
Wednesdays (1pm -3pm) and Thursdays (9.30am – 11.30am)	Share or Shred Anxiety Group (Weekly support group for people who are finding stress or anxiety a problem. Helpful for bereavement or post-trauma issues.)	Held at The Ridge Medical Centre, Cousen Road (Ask GP/Nurse for referral)
Thursdays (10.15 am)	The Ridge Walkers (All walkers welcome for an hour's walk)	Meet at Community Café Lounge at The Ridge Medical Centre, Cousen Road

If you require any information about any of the Activities above please approach any of the Practice Health Champions who will be happy to assist you.