

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 or email
RidgePracticeChampions@bradford.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 9am -12 noon in Wibsey, Buttershaw and Manningham surgeries

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 (1pm -2pm) Every 4 th Monday | Epilepsy Support Group (All welcome) | Held at the Ridge Medical Centre, Cousen Road (See notice board for room details) |
| 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 for room details) |
| Tuesdays (1.30pm – 3.30pm) | Knit & Natter | Held in Training Room 1 at the Ridge Medical Centre, Cousen Road (See notice board for room details) |
| Wednesdays (See Champions notice board for details) | Healthy Eating Group (You Are What You Eat) | Held in the Waiting Area of the Ridge Medical Centre, Cousen Road |
| Wednesday (1.30pm – 3.30pm) | Activities Afternoon (A fun, social afternoon of games and other activities) | Held at The Ridge Medical Centre, Cousen Rd (See notice board for room details) |
| Wednesdays (1pm -3pm) and Thursdays (9.30am – 11.30am) | Share or Shred Learn about the many benefits of Therapeutic Writing | 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.