

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 9.30 am-12 noon in 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 the Ridge Medical Centre, Cousen Road
Thursdays (10.15am)	The Ridge Walkers (All walkers welcome for an hour's walk)	Meet at the Community Café Lounge at The Ridge Medical Centre, Cousen Road
Fridays (1pm – 3pm)	Craft Afternoon (A fun, social afternoon of crafts and other activities)	Held at the Ridge Medical Centre, Cousen Road (See notice board in reception for room details)

Do Join Us

Please join us as a patient volunteer to further improve communication
within the practice and discuss new ideas

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.