

The Ferrybridge Practice Health Champions



What are Practice Health Champions?

Practice Health Champions are people who voluntarily give their time to work with the staff in their local GP Practice to find new ways to improve the services that the practice offers, and to help to meet the health needs of patients and the wider community.

Ferrybridge Practice Health Champions

Health Champions develop new groups to support the health and well-being of the local community.

We use our life experiences, understanding and position to encourage others to lead healthier lives.

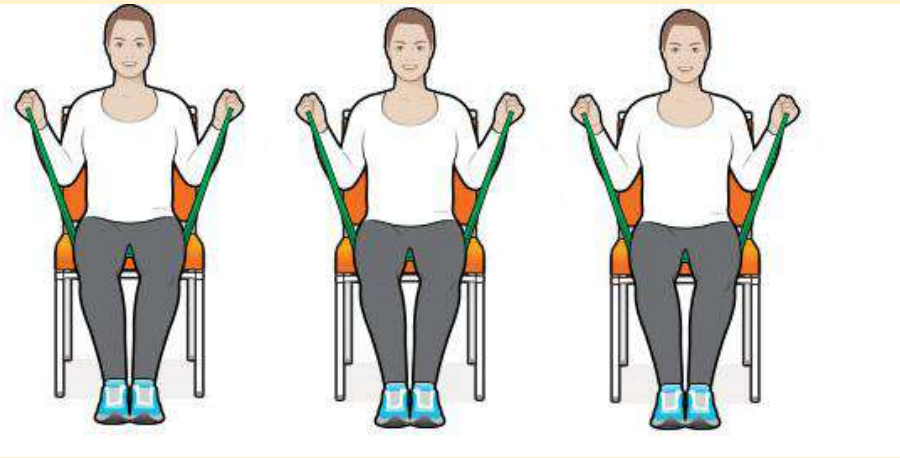
Practice Health Champions are recruited from the local community. We have had some basic training, but other than that we are you like you.

New to
exercise?

Mobility
problems?

Returning to
exercise?

Seated exercise class



“Most enjoyable,
a feel
good feeling.”

“Very friendly
group of people.
Very good
exercises.
Brilliant”

Where? – Ferrybridge Community Centre

When? – every Monday, 11:30 – 12:30

Cost? – £2 per session

Coffee & Tea served following the class

“Chris has a very good mixture of exercises, which are quite intense but mixes this with humour.”



“The class besides being set up for physical exercise has a good social feel to it. The exercises undertaken are also providing a mental work out, (especially the ones where arms and legs are required to do opposites).”



“Gets us mixing with others who have same problems.”



“Keeps me active.
Stops things seizing up.”



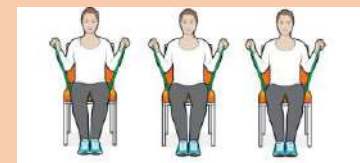
“Now find it easier to do exercise at home. It’s a lovely friendly group. I’m sure it helps keep you alert.”



Seated exercise class

Ferrybridge Community Center

Mondays 11:30 am – 12:30pm



£2 per session refreshments included after class.

Ferrybridge Stronger and Healthier Together



A trouble shared is a trouble halved. This is an informal get together for anyone, from every walk of life that would like companionship and support.

Venue: Ferrybridge Community Center,
1:30pm until 3:30 pm.

Date: First meeting 26th Jan 2017
then the last Thursday of every month.

Cost £1 for refreshments.

Ferrybridge Stronger and Healthier Together



I am feeling low and anxious, is there someone that I could talk to about this who understands?

"I am a carer, it would be lovely to talk to other carers."

Would you like to talk to someone in a similar situation to yourself or would like to share your experiences with others. Drop into Ferrybridge Community Centre, the last Thursday of the month starting from 26th January 2017, from 1:30 until 3:30pm. There will be a charge of £1 for refreshments.

I have been recently diagnosed and I am really worried, it would be lovely to talk to someone with similar experiences.

"I would just like some companionship."

**The Ferrybridge Health
Champions can be contacted by:**

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