

How we are transforming health **and wellbeing** in your community...



Welcome

Welcome to the second East Riding Practice Health Champion Newsletter, in here you will find the impact the Champions are having on the health and wellbeing of local people from the commitment and enthusiasm each Champion shows on a weekly basis.

1st OCTOBER - Practice Health Champion Celebration Event @ Tickton Grange

Tickton Grange hosted the first Champion Celebration event since the project began this year. Champions came in their great numbers attending the event alongside project staff, participants, funding partners, local health links such as public health and practice staff. The morning gave Champions from all 5 practices the opportunity to not only meet one another but also discuss their groups and be proud of what they have achieved in such a short space of time. From the project team we could not be prouder of what you as Champions have achieved and continue to build upon, this event was one opportunity to tell local health and wellbeing figures what impact you are having and will have locally for your community.



CHAMPION CO-ORDINATOR NEWS!

As all of you were aware Ellie left her post in the summer, but we are able to happily inform you that Geoff Dart, will be starting as the Champion Co-ordinator in the coming weeks, working alongside Natalie and Ryan to continue the work the project and Champions have already accomplished. Geoff will be coming from a background fully focused and experienced in the Champion work, as he was part of the team that led the effective implementation of Champions in Prisons throughout the United Kingdom. Working closely with inmates to take control of their own health and wellbeing, Geoff is excited to jump on board and cannot wait to meet you all!

BRIDLINGTON

NEW PRACTICE FOR THE PROJECT

We have recently been joined at the project by our 5th and newest local practice - Practice 2 Medical Centre in Bridlington. Training has taken place where we had a strong group of Champions passionate about helping their local community become healthier attend. They have met weekly over the past month discussing options, interests, ideas and also just having a good chat about life. From these discussions several outcomes have been agreed, a Tai Chi group has formed holding weekly sessions for all, alongside the Champions joining forces with Wolds View Champions in Bridlington to aid their current groups that focus on life changing events and mental health.



CARE 2 SHARE & THE VARIETY GROUP BEGIN

Champions of Wolds View in Bridlington have begun both their Care 2 Share and Variety Group held at two local pubs on the seafront in Bridlington. The vision is to bring people together over good conversation in a relaxed atmosphere. Offering support for both life changing events and low level mental health the Champions use their life experience and compassion to help support the community of Bridlington.

We look forward to working closely with the practice over the coming months to combine ideas and the enthusiasm the Champions have.



HOLME-BUBWITH

TACKLING CANCER HEAD ON

Holme-Bubwith Champions have this month held their first Cancer Support session in the village of Holme-On-Spalding-Moor. Led by a great bunch of ladies, the group has been supported local Champions ready to help others who are living with cancer or have been affected by cancer as a family member or friend. The Monthly meetings are relaxed, informative and a great way to seek out support for times when you need to talk. Guest speakers are booked in for the upcoming meetings, from Breast Cancer awareness to Macmillan Support, the group is there to help you deal with the impact cancer can have.

YOUR LIFESTYLE, YOUR HEALTH

Champions began their new Healthy Lifestyle sessions this month in Holme-On-Spalding-Moor. Led by our Champion hypnotherapist Annie, using life experience and skills, the group is here to support patients in gaining the upper hand on health and wellbeing, offering tips, swaps, new ideas and exercise options, Champions are here to help fellow patients to talk about their health and wellbeing and share ideas and tips to become healthier.



BROUGH AND SOUTH CAVE

HELPING YOU PUT YOUR BEST FOOT FORWARD

Brough & South Cave Practice Champions have started their weekly walks from various starting points in and around the community of Brough & South Cave. Meeting on Tuesdays and Wednesdays of alternate weeks, the Champions lead members of the public through local walks taking in the surroundings and local scenery. North Cave wetlands, Welton Village, South Cave Castle and Elloughton to Brantingham are the current walks of choice. The walks are open to all so please spread the word and help others put their best foot forward!



LITTLE STEPS STARTS

Champions held the first Little Steps Young Mothers group this month, held at The Ferry's Inn, Brough on the 1st and 3rd Wednesday of the month. New mothers and mothers-to-be are welcome to the group, which is aimed at offering support and a relaxed atmosphere to meet mums just like you. Supported by the practice, Dawn, the Nurse Practitioner and Pregnancy Lead, will frequently drop in on the group to help with any questions. So come along for a coffee and chat, all babies and toddlers are welcome.

IT'S FLU TIME!

The Champions have been given the green light to assist practice staff with the Flu Vaccination sessions this year. A key mission in local health is the prevention of Flu in the elderly and vulnerable, Champions will be involved in helping patients with their appointments, answering questions and signposting individuals to local groups and Champion led activities.

SOUTH HOLDERNESS

LITTLE STEPS BABY CAFE

A group of Champions all current mothers of small children or grandparents have come together to form the Little Steps Baby Cafe. Working off the success of Brough & South Cave's idea, the Champions added their own flavour with the focus being on movement to music. Sessions held fortnightly at Withernsea Pavilion Leisure Centre. The group aims to bring enjoyment to parents and grandparents through fun activities and games with their child.

POTENTIAL CHAMPION GROUP

Calling all male Champions! Are you interested in setting up a men only support group? We have started talking to existing male Champions in Bridlington, Brough and South Cave and Holme-Bubwith to explore possible group opportunities, if you would like to get involved please contact us: tel: **0800 9177752** or email patienthealthchampions@humber.nhs.uk

DATES FOR YOUR DIARY

BROUGH AND SOUTH CAVE

Wellbeing walks - 2:00 start time 1st Tuesday - Welton Green / 2nd Wednesday - North Cave Wetlands

3rd Tuesday - Elloughton, Half-moon pub / 4th Wednesday- South Cave, The Bear pub

Little Steps - 1st and 3rd Wednesday of month 11:00 Ferry's Inn, Brough

Baking Buddies 3rd Thursday of the month 1:30 - 3:00 Brough Methodist Church Welcome Centre

WOLDS VIEW AND PRACTICE 2 - BRIDLINGTON

Variety Group - 2nd and 4th Friday 2:00 - 3:00 Windsor Pub

Care 2 Share - 1st and 3rd Friday 2:00 - 3:00 Seabirds Pub

Tai Chi For All - Thursday's 2:00-3:00 The Function Junction

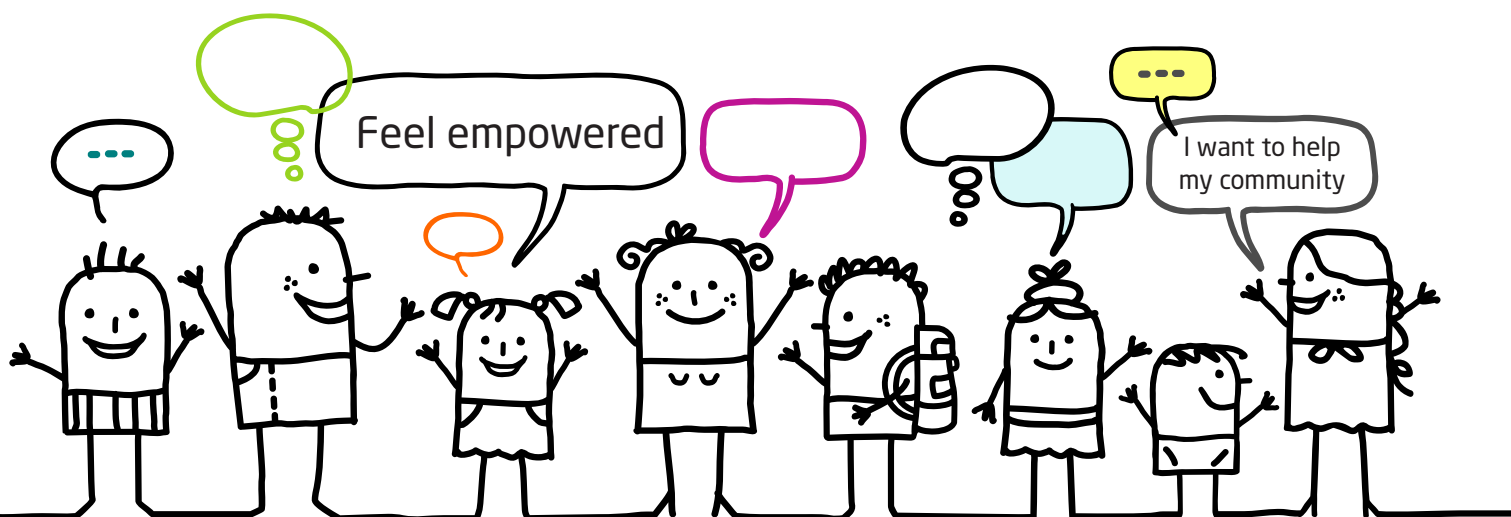
HOLME-BUBWITH

Cancer Support Group - 1st Tuesday of month 6:30 - 8:00 - The Coffee Shop

Your Lifestyle Your health - Every other Friday 10:30 - 12:00 starting 3rd October

SOUTH HOLDERNESS

Little Steps - 1st and 3rd Monday of the month 11:00 - 12:00, Pavilion Leisure Centre, Withernsea
Starting November 3rd



To get involved email Patienthealthchampions@humber.nhs.uk or visit

www.humberhealthchampions.com

or call **0800 9177752**