



**Practice Health
Champions** +

**Smallfield
Community**

Version – 13th Aug'18

| Activity Idea | Group Leader | Group Members | Notes |
|--|--------------|-------------------------------------|---|
| WOW / Coffee Morning / Community Café | Sheila T | Jo / Claire P / Lisa / Heather | Successful weekly meetings started 16 th May at the Plough, venue from 13 th June the Church Hall. Wednesdays 10:30 – 12:30. Surgery Receptionists handing out promotion slip to patients and doctor's starting to give referrals. Promotion poster developed but other ideas required. Jo has prepared a display banner. |
| Walking Group | Pete / Judy | Judy / Claire S / Kelly / Dan / Sue | Short walk monthly on 1 st Wednesday, day to be reviewed due to clash with WOW. General and specific promotion posters developed. Long walk on 3 rd Wednesday of the month on hold due to lack of interest. |
| Wellbeing | Dan / Kelly | Bhavna | Dan & Kelly will focus on yoga and mindfulness, with a launch on the 1 st September. Future sessions 1 st Saturday of each month at the Surgery. Promotion poster developed. Bhavna will concentrate on relaxation and meditation (possible monthly session). |
| Computer Support | Graham | Alison / Ian / Dan | One-to-one sessions now held at the Surgery on Friday afternoon. Promotion poster developed. Alison / Ian will provide ad hoc home PC set-up assistance, Alison will also provide additional one-to-one support as required. |
| Computer Support – Use of Patient Access online | Alison | Ian | On-call assistance to show patients how to use the on-line system set up, but an in-the-home service is also being provided which is considered more appropriate than in the surgery. |



**Practice Health
Champions** +

**Smallfield
Community**

Version – 13th Aug'18

| Activity Idea | Group Leader | Group Members | Notes |
|-----------------------------|---------------------|----------------------|---|
| Book Reading Group | Judy | Chris / Dr Raina | Group will meet for first time on 6th September then meet 1 st Thursday of month at the Surgery to discuss books borrowed from the library with group library card. Promotion poster developed. |
| Diabetes Clinic | Heather | Richard | Text invitations being sent to all surgery patients with Type 1 diabetes to a meeting on the 6 th September. One aim is to create a support network of those involved with diabetes. Consider coffee, awareness meetings and possible 'hub day'. Dr Raina to consider arranging 'health information' evenings covering various topics. |
| Handyman DIY Service | Ian | Alison | Ian is available to provide DIY support. Availability diary posted on the Surgery Notice Board, and included in Community Activities List. |
| Atrial Fibrillation Testing | | Claire P | Possible trial of offering AF testing to patients waiting in the surgery to be set up. Dr Raina to request provision of the equipment. If successful may be extended to BP testing. |
| Driving Service | Sheila T | Claire S / Heather | Steering Group to be formed to guide development of the scheme, possibly with initial focus on wider 'good neighbour' activity. |
| Dementia Support | Claire S | Sue | Excellent 'Dementia Friends' session led by Dr Raina held on 14 th June at the Surgery. Consider link with 'Forget-Me-Nots' group. |



**Practice Health
Champions** +

**Smallfield
Community**

Version – 13th Aug'18

| | | | |
|------------------------------|---------------|---------------------------------|---|
| Gardening Group | Sue | | Sue will speak with Parish Clerk about alternative day to work in Art Garden at Centenary Hall. Possible future development for people who need support with their home gardens. |
| Outdoor Exercise | Pete | Judy / Heather / Sue / Sheila B | Programme on hold due to lack of interest. Gym sessions on Monday and Thursday. Promotion poster developed. Combined programme with wellbeing activities, plus cycling and walking. |
| Cycling | | Pete / Kelly / Dan | Cycling activities may also be a future part of Outdoor Exercise Programme, but currently on hold. |
| Surgery Waiting Room Support | | Claire P / Nicky / Claire S | Trials indicated that there was insufficient need for this activity. |
| Knitting at the Surgery | Chris / Nicky | | Put on hold after initial Thursday trials in the waiting room after it appeared patients did not want to talk. |
| Singing / Musical Group | | Richard / Sheila T | Richard to consider possible 'rounds singing' during Coffee Mornings. Suitable music being collected and ideas being developed. |
| Craft Group / Card Making | | Katie / Chris / Claire S | Possible future link to Craft Fair – similar to event organised on 2 nd June at the Plough by Jo. Group activities may also include knitting and sewing. |
| Cooking Group | | Richard | Possible future development of 'take-away-evenings' as a social occasion. |
| Painting Group | | Sheila B | Consider possible group meeting in the Plough, and link to craft activities. |



**Practice Health
Champions** +

**Smallfield
Community**

Version – 13th Aug'18

| | | | |
|-----------------------------------|---------------|---------|---|
| Movies | | Sue | Consider possible monthly film viewings in the Village Hall. Additionally group visits to cinema, followed by coffee / meal. With discussion of films afterwards. |
| Jigsaws & Knitting at the Surgery | Chris / Nicky | | Thursday in the waiting room for patient support and to promote Champions activities. |
| Toddler Group | | Lisa | Sure Start Centre may be available as a networking venue. |
| Mum & Child Group | | Lisa | |
| Nursery | | Sue | |
| Baby Sitting Circle | | | |
| Dog Walking | | | |
| Tennis | | Richard | |
| National Trust Visits | | | |
| Bible Study Group | | | |
| Jigsaws & Board Games | | | |

Note – The Surgery may be available on Saturday mornings between 9:30 – 11:30 for meetings / activities.



Version – 13th Aug'18

Note – Tandridge Voluntary Action (website link <https://tva.org.uk>) provide volunteers support including health training events.

Note – Tandridge Voluntary Action Community Transport scheme <https://tva.org.uk/new-booking-and-advice-line-for-community-transport/>