



GILLINGHAM COMMUNITY KINDNESS Newsletter

Well we've made it to Newsletter number 2!

We have all been busy at the surgery and in the community. I know volunteers are continuing to support lots of people and groups are thankfully now meeting up again.

Hopefully by the end of this month we will have appointed another Social Prescriber to join the surgery team. I will, of course keep you informed and hope to introduce you when able.

It was great to meet some of you at the thank you 'do' on Saturday 31st July at the Olive Bowl. The High Sheriff is really interested in the work we are doing and I have a Zoom call with him this evening with plans for more projects. Exciting! He has also given me free membership to the College of Medicine and I hope to learn so much more and present an article on Social Prescribing in Dorset.

Thank you all for your continued help and support. If you recognise a need in the town or find out about new groups please do let me know.

Enjoy the sunshine

Liz ☺ xx

NEWS

#NHS Big Tea

Monday 5th July at The Slade Centre saw people come together to share a cup of tea and cake and say thank you to the NHS. Thank you to Annie at The Slade

Over £60 was raised for NHS Charities.

Telephone Group for people with chronic pain and fatigue is having a break during the summer.

If you have or know someone who has fibromyalgia, MS or any other condition who would benefit from chatting and sharing tips with others do let me know. There will hopefully be a face to face group starting soon in North Dorset.



THANK YOU

- “
- So pleased that I have someone I can call on to walk my dog when I don't feel able.
 - Thank you for helping my husband to his appointments at the surgery.
 - Many thanks- great to meet you today. A weight off my mind.
 - What can I say? I so enjoyed the singing group last Wednesday and by the end of it I felt more alive and connected with a small group of people than I have done for a long time! I have to say the flapjack was excellent as well.
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UPCOMING EVENTS

GILLINGHAM AND SHAFTESBURY SHOW - Gillingham Medical Practice will be there with a stand and lots of activities for the family! Come along and see what we are up to next!

We will be sharing info about local groups and charities so if you would like us to promote your group do let me know.

WAITROSE LADIES KNIT AND NATTER GROUP have restarted in the café on Wednesday evenings.

MERE CROQUET GROUP welcomes new members. If you fancy giving this a try so if anyone knows anyone who would like to play do let me know.

CARERS - I am looking at working with Dorset Council to start a carers clinic in Gillingham. Watch this space for more info.

VOLUNTEERING

Lady would like someone to come and sew with her and chat

Young girl would love to play board games with older people. Do you know an older person who would love some company?

The Poppy shop in the high street is looking for volunteers Tues, Wed Fri from 10-12.

USEFUL LINKS

<https://mentalhealthnd.org>

<https://collegeofmedicine.org.uk/>

Thank you!

