



GILLINGHAM COMMUNITY KINDNESS Newsletter

Happy September everyone

What glorious weather to start the month. I hope you are managing to enjoy a few moments in the sunshine.

This month I can welcome Hannah and Emily as new Social prescriber and Care co-ordinator and they look forward to meeting you.

I am sure that together we will continue to promote Gillingham Medical Practice, engage in local events and support those in our Community who need us. Social prescribing is growing and it is so wonderful that GMP is recognising the need.

Next month Hannah will share with you what it's like in her new role!! Thanks to Tim for suggesting that each month we feature 'Getting to know you' when we will ask a volunteer to answer a few questions about themselves. Who would like to go first? What would you like to know about each other?

Thank you to those of you who have contributed this month and please keep sending me any news.

Best wishes Liz xx

NEWS

GILLINGHAM AND SHAFTESBURY SHOW

Two days and the weather was kind to us.

It was lovely to see so many people out enjoying themselves and supporting local businesses and groups.

We made ourselves known to lots, young and old with our 'Pitch a poo' to promote bowel cancer screening and our 'Hook a duck' health questions for children. They so loved receiving their medals and a healthy snack. We even attracted an MP and our 'impromptu singing' got us another mention in the BVM!

Huge thank you again to all who helped.

Karen, Lucien, Rosie, Mark, Annie, Barbara, Emma House, Gillingham and Shaftesbury Lions for the loan of their gazebo and strength and good humour in helping us to erect it. Waitrose for donating healthy snacks.



THANK YOUS (only a few of the many!)

A call out for help for a 95 yr old lady who was being supported by her sister who travelled from Swansea by train (3 changes!) resulted in furniture being safely removed and stored in her garage and she is now safely in her bed downstairs and recovering. They were so grateful and celebrating with a sherry.

A new bed has also been sought for a gentleman in Bourton and he is now much more comfortable and recovering from a shoulder injury.

Thank you for brightening my day with a call.

UPCOMING EVENTS

THE JOLLY GOOD CAFE returns to Shaftesbury on Tuesday 7th September from 10 am to 12 noon at the Royal British Legion Hall, Coppice Street, Shaftesbury. For further information, contact Sarah Rampton 07884 333117 or email injollygoodcompany.com

GREEN GANG Wednesday 8th September, 10am (Gillingham Town Meadow SP8 4AA) and Wednesday 20th September (Withywood SP8 4AA). To introduce new members email bobmessenger@hotmail.com or phone 01747 821269 to arrange chat over coffee at Café Corsa, Waitrose or the Slade.

MINDFUL MARCHING ON men's activity group will be meeting on Thursday 9th September at Gillingham Social Club, 10 am to 12 noon. With luck, the sun will shine and it will be possible to enjoy some outside activities, if not, it will be inside in the dry. Tea/coffee and biscuits will be served as usual.

MERE CROQUET GROUP Open Day on Sunday 12th September 2.30pm. Steep Street. Sounds fun!

MELODIES REMEMBERED fun, friendly singing group at Shaftesbury Football Club 2-4pm Next one on Sept 16th

TABLE TOP SALE at the Vicarage Schoolroom October 9th 9.30-2.30
We will be having a stall and raising money for our own gazebo.

VOLUNTEERING

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

Lady in Wyke end of Gillingham would like a befriender, someone who can chat over a cup of tea! Knowledge of Yorkshire would be great but not compulsory!

Family of a gentleman with dementia would like someone to spend some time with him whilst they walk the dogs.

USEFUL LINKS

READ EASY BLACKMORE VALE NORTH

Read Easy provides free coaching for adults who want to learn to read, or need to build up their confidence with reading. Trained volunteers work on a one-to-one basis with adults who wish to improve their reading skills, in a suitable neutral location at times convenient to both reader and coach. Sessions last 30 minutes and take place twice each week. Some people will reach their goal in under a year, while most will take longer. Everyone goes at their own pace.

If you know someone who struggles to read and could benefit from help, do please invite them to contact the local Read Easy coordinator Jenny on 07748 977330 for a confidential chat. Alternatively, if you think you would be interested in helping, as a coach, to transform a person's life, Jenny would be pleased to hear from you. You can also take a look at the Read Easy website -

www.readeasy.org.uk

Thank you!
 **GILLINGHAM**
MEDICAL PRACTICE