

## Denton Health Champions

Today's main agenda was the 'Spring in your Step' event on Saturday the 13<sup>th</sup> April, 11-3

Venue to be confirmed – Sam to ring around the community rooms such as Haughton Green Denton Community College, the New Chapel Church (Claire street)

The idea of the event is to be held like a fair where they have various stalls going on so the patients can wonder around freely.

Stalls such as:

- Arts and Crafts - **CHRISTINE**
- Face Painting -
- Cake and refreshments stall – **SUE** and **CARL**
- Wellness and Wellbeing introduction / presentation - **BRIAN**
- C25K – Couch to 5 K running club - **SHARON**
- Colouring books/print outs for children - **LYNDA**
- Knitting club
- Gardening

*(Other Champions to arrange on the next meeting)*

Health Champions to make contact with anyone they know who can help/has experience.

Ruth to ring and get contact for local activity groups such as Tameside Active and Be Well and invite them to the open day.

### ***Advertisement-***

Chris to create up to date leaflets to be advertised within GP practice on reception, the noticeboard and on tables.

Advertisement needs to be clear enough when put in the GP practice.

Also word of mouth from colleagues and Health Champions.

As it is solely focusing on patients from the surgery a text message service can be sent out to the patients to tell them about the open day. (If we get consent)

Health Champions to let staff and patients in the GP practice aware of the help they are providing so it reduces less pressure on Doctors. Doctors also to be on board when patient visits and to let them know about other options and help the Champions are bringing to the practice/community.

### ***Next meeting-***

Funding for event – contact people in charge of funding to come along to the next meeting in March. Contact person in charge of gardening to come along to next meeting and to the 'Spring in your Step' open day.