

Quantock Medical Centre

Are you or do you know someone willing and interested to give the occasional feedback to our local Medical Centre? We have recently started a local group, formally recognised by the NHS, to consider community health issues and meet about 4 times a year with representatives from the Quantock Medical Centre to give them our views and to hear their side of things too! There is no lack of things to discuss: suggestions about our practice and its health care; promoting active health issues (and learning about these too!); Developing self-help ideas that could be promoted in our community; Being part of a group that can influence local healthcare and keep up to date with important changes in the NHS and how these affect patients.

If you are registered with the Quantock Medical Centre, care about local healthcare and are able to spare some of your time during the day, a few times a year, please telephone Jill Geisow on 01278 734900 to find out more. A member of the group would be pleased to meet you in Spaxton to give more information if you would be interested. We do need to make this important local group representative, so we are looking now especially for people with a wide range of ages and medical histories who feel they would have something to contribute to our Patient Participation Group.

Sedgemoor helping you get fit and healthy in 2010



Make a New Year's Resolution that is fun and easy to keep! Sedgemoor District Council has just launched its new Health Walks Programme for 2010.

Walking is a brilliant way to get more active whilst exploring the local environment.

Walking has been proven to improve both physical and mental health, so why not come along and give it a try for yourself?



The walks take place every Tuesday and Friday mornings at 1000 hrs and are open to all, free of charge.

For more information about the new programme or to become a volunteer Walk Leader, please call Lianne Mason (Health Promotion Co-ordinator) on 01278 435715 or visit

www.sedgemoor.gov.uk/health

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