

Health & Wellbeing Programme

Dyneley House Surgery

Stay Active

Walking for Health: Every Monday at 1:45pm meeting at Canal Basin, Coach Street. 3 different ability walking groups to choose from, including short walks suitable for patients returning from illness or who have limited mobility. Call Claire for more details: 07850185360

Fit 4 Life: 12 weeks of unlimited access to the gym and / or swimming and a tailored exercise programme to suit your health needs. Based at Craven Leisure Centre. Please speak a GP or Practice Nurse to see if you are eligible.

Be a healthy weight

Lifestyle Programme : FREE 12 week group weight management programme based at Craven Leisure Centre. Please speak to a GP or Practice Nurse to see if you are eligible.

Health Coaching : 1-2-1 support on weight management, nutrition, exercise, smoking, mental wellbeing & alcohol. Please contact the surgery to book an initial appointment on 01756 799811

Improve your mental wellbeing

Just Sing: Every other Tuesday, 2- 3:30pm meeting at the Skipton Baptist church. £3 each session. Discover the fun of singing in harmony. Call Sue for more details: 01756 796967

Wellbeing Café : 1-4pm meeting every Thursday at St Andrews Church Hall, Newmarket Street. Meet new friends, Learn new skills and connect with the local community. Call Helen for more details: 07584015792

Make and Take Group : 2nd and 4th Thursday of the Month, 5:30-7pm meeting at Dyneley House Barn. This is specialist craft group, using recycled materials. For more details, contact Debbie on 01756 229159.

Take up the offer of a health check

NHS Health Check : Opportunity to have a free midlife MOT. For adults in England aged 40-74 without a pre-existing condition, it checks your circulatory and vascular health and what your risk of getting a disabling vascular disease is. You can expect to receive a letter from your GP or local authority inviting you for a free NHS Health Check.

Quit Smoking

NHS Smokefree: Millions have used Smokefree support to help them stop smoking. Choose from an app, Quit Kit, email, SMS and face-to-face guidance. Visit www.smokefreelifenorthyorkshire.co.uk for more information or call 0800 2465215 / 01609 663023 to book an appointment.

For more information about services available at Dyneley House Surgery, please visit our website www.dyneleyhousesurgery.co.uk or find us on facebook / twitter.

To receive regular e-bulletins about events taking place at Dyneley House Surgery, please email Health Promotion Officer : emma.taylor42@nhs.net