

Self-Care Week 2017 - Programme of Events

Monday 13 November	19:00 - 20:00	HEALTHY LIFESTYLES TALK - DYNELEY BARN <i>Learn how to adopt healthier eating habits, lose weight and get fitter. A free 12 week course. Delivered by the Craven Leisure Centre team.</i>
Tuesday 14 November	10.00 - 16.00	STOP SMOKING ROADSHOW - OUTSIDE SKIPTON TOWN HALL <i>Speak to a smoking advisor and find out how you can quit smoking for good!</i>
	10.00 - 11.00	BASIC FIRST AID WORKSHOP – DYNELEY BARN <i>Learn how to treat common injuries. Delivered by St John’s Ambulance. To book a place, please call Gaynor on 01756 707204.</i>
Wednesday 15 November	10:30 - 12.00	DEMENTIA SUPPORT WORKSHOP - DYNELEY BARN <i>Learn how to live well with memory problems. Drop in for a cup of tea and meet our Dementia Support Workers.</i>
	12:30 - 15:00	CARERS HUB – DYNELEY BARN <i>The Carers’ Hub gives you a chance to meet other carers, participate in activities, access information and take time out for your own well-being</i>
Thursday 16 November	10:30 - 11:30	OSTEOPOROSIS TALK – DYNELEY BARN <i>Patient education session on osteoporosis including diagnosis, treatment and how you can manage your condition To book a place, please call Gaynor on 01756 707204</i>
Friday 17 November	14:00 - 16:00	CREATIVE ARTS FOR DEMENTIA – DYNELEY BARN <i>Art group for people living with dementia, led by art therapists from Pioneer Projects. To book a place, please call 01524 262672</i>

Embracing Self Care for Life

13-19 November 2017

SELF CARE WEEK



Patient Participation Group Member Receives Award

People making a difference to the health and wellbeing of the local community have been celebrated at the Annual General Meeting of the Airedale, Wharfedale & Craven Clinical Commissioning Group (AWCCCG) held on 28 September including our own Barry Rogers from the Dyneley House Surgery Patient Participation Group (PPG).

Pam Essler, Lay Member, Patient & Public Involvement, AWCCCG said: "The Awards are a way of celebrating the success of individuals who go above and beyond their day job to make a real difference to the people around them. It is great to see that there are so many patients on this list who take the time to work with their GP practices to improve and develop services for the wider population."

The photograph shows Barry receiving his award from a representative of the Governing Body as members of the GP Executive look on.



Dementia Advice Clinic Social Strokes



Do you or a loved one have dementia?
Are you worried about your memory?
Would you like to know more about dementia or
the support available?

Book an appointment at our new DEMENTIA ADVICE CLINIC

on the first and third Tuesday of every month.
If you would like an appointment please speak
to a member of Reception on: 01756 799811
Telephone appointments are also available.
For more information about the project or local
support for people with dementia and their
carers, contact the Alzheimer's Society
Ripon, Harrogate & Craven on
(01423) 813464
Registered charity 296645. Alzheimer's Society
operates in England, Wales & NI

Stroke survivors will receive more support to help prevent social isolation with the re-launch of the Social Strokes Group at Dyneley House Surgery from Thursday 5 October.

Stroke has a huge impact on people's wellbeing, leaving many feeling lonely or isolated. Stroke survivors, families and carers can attend a monthly stroke café from 2pm to 3.30pm at Dyneley Barn at the bottom of the car park behind the main Surgery building.

The friendly, monthly sessions (always on the first Thursday of the month) will enable anyone affected by stroke to receive support, whilst meeting others in a similar situation.

For more information about the group, or if you wish to become involved as a volunteer, please contact Joanne on:- 07751 741824 or email:

joanne.warden3@gmail.com

This is part of a programme of peer support events set up by Dyneley House Surgery which includes a group for patients with diabetes. Please ask at Reception for further information.