



OUR HEALTH & WELLBEING NEWSLETTER Issue 1



What is Wellbeing?

“A positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment”.

Did you know?

We met with over 15 different organisations to agree how we can all work better together to improve everyone’s Health & Wellbeing in June 2016. Our local strategy to do this can be found on our website in the Health & Wellbeing section :

www.moultonsurgery.co.uk

Our Strategy will make sure that:

1. Every child gets the best start in life
2. Everyone takes responsibility and makes informed choices
3. We actively promote independence and quality of life for all older adults
4. We create a local environment for all people to flourish



Five ways to wellbeing

Did you know?

- We have a singing group that meets every Wednesday at Moulton Football Club 1400-1600 . It can help you feel and breathe better if you have any breathing or psychological problems. Please contact our Patient Services Team if you would like to find out more.

On our website you can find details of:

- All of the fitness activities in all of our local village halls for every day of the week. Look for Local Village Fit Plan
- For Mums & Tots: a list of all of the local groups and activities
- A Healthy Aging guide for older adults that covers 20 different ways to improve your health
- A “Being well – my action plan” if you are feeling low or down, that gives practical advice on the steps that YOU can take to make you feel better

Coming Up

- We will be holding a series of Health & Wellbeing information sessions that cover fitness, healthy lifestyles, various health conditions and Advanced Care Planning. Further details will be available on our website and posters throughout the village

