



Friends of Salisbury

Medical Practice News

Volume 1, Issue 1

January 2021

Thanks to the generosity of our patients, their relatives and carers - and the local community – Friends of Salisbury Medical Practice has been able to ensure the surgery provides the very best care and treatment.

Here's our latest news update so you can see how your donations, volunteering and how becoming a member can make a difference...



www.friendsofsalisbury.co.uk

Ways to help

- Donation
- Volunteer
- Become a member

If you would like to be involved in the charity either behind the scenes or pro-actively please email Stephanie.coady@nhs.net.



Patient Feedback ★★★★★

Making a snack with my daughter was lovely as she was able to take the lead

Good opportunity to see my daughter have fun with other kids and enjoying herself

Future plans;

Friends of SMP would like to develop a garden for 'health and well-being'

Teaching people about growing plants, veg and flowers - benefiting mental wellbeing and a real asset for our community

Covid-19 restrictions are reducing how fast we can move forward with this project, however if you would like to be involved, have any ideas or suggestions or would like to donate towards this, please email Stephanie.coady@nhs.net

Amazon Smile

Simply shop at smile.amazon.co.uk using our registered charity number 1172839 to support the charity.

Same products, Same price, same service, Amazon will donate 0.5% of all your eligible purchases to the charity.

Community Matters...



- **Sing and Breath**

This year the charity has offered the local community a chance to meet others with breathing difficulties, learn how to manage breath more effectively and have great fun while doing it!

The 6 week introductory course and the local choir have proved extremely successful and hope to be able to offer similar in 2021.

- **Dementia Friendly Tai Chi**

Tai Chi combines deep breathing and relaxation with flowing movements and is practised widely as a health promotion exercise. Studies have shown that people aged 65 and over benefit from participating in Tai Chi because it can reduce stress, improve posture, balance and general mobility as well as increasing muscle strength in the legs.

Classes are suitable for people living with dementia and their carers. The environment is safe and supportive and participants can practise many of the movements seated if they become too tired.

The sessions are led by Stuart Purdie a trained Tai Chi Instructor with experience of working with people living with dementia. Patients will be informed when these classes can continue.

- **Family Fitness**

Funding was sourced to provide the local community at Bemerton Heath 8 x Family Fitness 6 week course.

Pre-school children and their families have the opportunity to burn off some energy with Kidzlovefit and then make their own healthy snack to take home with AnybodycanCook.

The first 6 week course was completed prior to lockdown, the remaining 7 courses will continue when restrictions allow.

Donated to Salisbury Medical Practice

- 24 Hour Blood pressure machine
- Alivecor Machine
- Porter chair



Learning Disabilities

The Friends of SMP charity have helped to provide a much needed starter pack for the surgery to become a member of the Hidden Disabilities Sunflower, this will give staff extra training and help them gain a deeper understanding of hidden disabilities as well as offering the sunflower products to patients



Become a member

We have an exciting list of project ideas being developed but we need your help! Become a member of Friends of Salisbury Medical Practice with a minimum annual subscription fee of £5 and you will be invited to our Annual General Meeting, have a say in our fundraising goals and receive regular news about the Friends projects. We would also welcome your involvement in fundraising.

Visit the website, pick up an application form or email Stephanie.coady@nhs.net

