

CHEDDAR PATIENT GROUP PPG AWARENESS WEEK 2016

For PPG Awareness Week 2016, the Cheddar Patient Group has continued the Connected Cheddar theme from last year and expanded our community health and wellbeing focus.

We have developed, together with a local junior doctor, a FITCHEDDAR - EAT HEALTHY MOVE MORE ENJOY LIFE theme with an initial focus on the central theme MOVE MORE.

We launched FITCHEDDAR and MOVE MORE in February 2016 at the local Kings Theatre and Leisure Centre with the junior doctor and staff of Kings Leisure Centre.



For PPG Awareness Week we have a FITCHEDDAR display in the window of the local library and extensive posters throughout the Kings Leisure Centre.



FitCheddar

Kings Fitness and Cheddar Patient Group present

FitKIDS CAN MOVE!

Tuesday 7 June 6-8pm

KINGS THEATRE AND THEN LEISURE CENTRE

INTERACTIVE DEMONSTRATIONS OF **STREET CHEER, TAE KWON DO, JUDO AND GYMNASTICS.**
DR. CAMPBELL MURDOCH, WELLS GP 'BE A FIT KID'
SHANE FEAR, KINGS FITNESS MANAGER, 'RISING STARS'
FREE DRAW WITH THREE FABULOUS FITNESS PRIZES
LOCAL SPORTS/FITNESS / HEALTH GROUPS' TABLES

For children 4-13years and all their families and friends ...and everyone!

Adequate Parking using the Tennis Courts



KINGS FITNESS & LEISURE
Fit for life

CHEDDAR PATIENT GROUP

EAT HEALTHY **MOVE MORE** ENJOY LIFE

FITCHEDDAR



Fit for life

For the FITCHEDDAR blog & directory go to www.fitcheddar.com

There are proven health benefits to all ages of MOVING MORE, especially together with EATING HEALTHY and ENJOYING LIFE and managing stress.

Keep active and MOVE MORE in Cheddar! See the Blog and Directory.

Self-check your weight, BMI and blood pressure at Cheddar Medical Centre.

Kings Fitness and Leisure, as well as other Cheddar groups, have a range of movement and exercise classes that everyone of all ages can enjoy as part of a FITCHEDDAR programme.



KINGS FITNESS & LEISURE
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We developed the next phase of MOVE MORE with FITKIDS CAN MOVE - an interactive talk and display of local children's groups again at the Kings Theatre and Leisure Centre on Tuesday June 7th. The focus age range was 4 to 13 with the message that exercise and movement is vital every day. The human body is not designed for sitting.

We contacted 7 local Cheddar Valley First and Intermediate schools with a 4 to 13 age range, distributed approx 1800 leaflets for each school bag, posters for display on school notice boards with a follow-up programme content reminder and poster. Every 4 to 13 year old in the Cheddar Valley took a leaflet home.

We used posters and social media extensively to publicise FITKIDS CAN MOVE, e.g. Patient Group facebook and twitter as well as local Pulse Radio and newspapers Cheddar Valley Gazette, Cheddar Challenger and Valley Life.

The June 7th programme featured **Be A Fit Kid** with Dr Campbell Murdoch, Wells GP Partner, Somerset CCG Person-Centred Care Lead, Clinical Lead for Your Health & Wellbeing Mendip GP collaborative and GP Clinical Champion for Physical Activity (Public Health England); four interactive kids' groups of Street Cheer, Tae Kwon Do, Judo and Gymnastics; **Rising Stars** by Shane Fear, Fitness Manager; followed at the Leisure Centre by groups of Cheddar community exercise groups taking display tables to encourage people to join.



WELCOME TO FitKIDS CAN MOVE!

Tuesday 7 June 6-8pm

Eat Healthy, Move More, Enjoy Life!

www.fitcheddar.com

If you are registered at Cheddar Medical Centre and would like to join the Patient Group please contact Elizabeth Herridge 01934 249004 or elizabethherridge47@gmail.com

PROGRAMME

6pm Kings Theatre

Be A Fit Kid Dr Campbell Murdoch
∞
Street Cheer
Tae Kwon Do
Judo
Gymnastics
∞
Rising Stars Shane Fear, Fitness Manager

DRAWING OF RAFFLE

7pm Kings Leisure Centre

Local Sports / Fitness groups
Discounted refreshments at Café Lattitude

PRIZES FOR FREE DRAW

Thanks to Kings Fitness for three fabulous prizes...

First Prize
One month's **FAMILY** membership (Value £90)

Second Prize
One month's **Gold** membership (Value £40)

Third Prize
Family Swim (worth £15)



Cheddar Patient Group

KINGS FITNESS & LEISURE
Fit for life

Approximately 150 people came to the evening with lots of social media activity afterwards how people and children had enjoyed the event.



Street Dance / Street Cheer Junior Team - WOW

Attachment 1 is the FITKIDS Valley Life newspaper article published on June 7th.

The Patient Group 'Connected Cheddar' approach has combined with the My Cheddar community group by taking two Board seats to launch the Community Interest Company, Cheddar Community Partnership. One of the three founding aims is community health and wellbeing. My Cheddar was successful in a Big Lottery Award for a Cheddar 'needs and data analysis'. We are currently in the middle of analysing all kinds of health and wellbeing data to support a 'full' Cheddar survey and data analysis in September.

For PPG Awareness week Cheddar Community Partnership is taking space as part of the FITKIDS CAN MOVE evening to inform, communicate and display the kinds of work we will be doing, especially for health and wellbeing.

We have tweeted and used facebook this week to encourage people to talk about their patient group, talk about what we do and to get people to join!

We have engaged with two surgery doctors and Practice Manager this week to begin planning an interactive, high energy Patient Group meeting in July and the outline for a Flu Cafe in October.

Watch This Space!

YOUNGSTERS SHOW OFF THEIR TALENTS AT FIT CHEDDAR

Posted by [Rob Perkins](#) | Jun 8, 2016 | [CHEDDAR NEWS](#) | 0 |



Members of four groups based at Kings Fitness were the stars of the show at the launch of Fitkids can Move.

The initiative, a joint venture between Cheddar Patient Group and Kings Fitness, was held to encourage more youngsters to take part in physical activity

The evening at the Kings Theatre began with an introduction from Dr Murdoch Campbell, Public Health England clinical champion for physical activity, who told the audience about the importance of keeping active.

Dr Campbell, a GP in Wells, said: “If we treat ourselves as human we have a much better chance of living longer. One hour is the amount of exercise a child should do each day and on top of that they should be moving. They aren’t designed to sit around. And everyone was to do that we would function better.”

Shane Fear, Kings Fitness manager, introduced four groups who have been regularly using the centre for many years with youngsters ranging in ages from 4-13 years old.

The audience of proud mums, dads and grandparents watched as dance group, The Street Cheer Group, went through their routine, followed by demonstrations by Tanya Majewicz’s Cheddar Taekwondo, Cheddar’s Judo group and the centre’s gymnastics group.

The evening ended with the youngsters hearing from two teenagers who are forging a name for themselves in their two disciplines.

Sailor Polly Jarman, 19, from Axbridge, is hoping to represent Great Britain at the Tokyo Olympics in 2020, while Rob Hall, 17, from Cross is looking to break into the regional swimming squad. Both have been identified by Kings Fitness as “Rising Stars” and manager Shane held a Q&A with both of them about what is needed to succeed in sport.