

# Measham Medical Unit

*Village Information Poster for OCTOBER*

## What's stopping you?

**Have you thought about making a lifestyle change but don't quite feel ready?**

It could be that you've tried before and not quite managed to achieve goals such as losing weight or getting a bit more active.

You might feel too stuck in your ways to change or you might even think that the time to change has passed.

We've a range of groups to support our patients (walking, gardening, arts & crafts, social groups, dementia singing group etc). By getting involved, you'll meet new friends and even that is a tonic in itself.

So what's stopping you? Have a look at what's available, choose a group, and give it a try. You'll be very welcome - and the chances are you'll begin to feel the benefit of being with others.

## Could you help us?

We'd like to increase the number of volunteers for our current groups.

Have you a little spare time (perhaps a couple of hours every two weeks or once a month)? Come and lend a hand - with either indoor or outdoor activities.

**PLUS:** Have you a particular hobby or interest which you'd like to share with others? We'd like to start some new groups and with your help we can.

[www.meashamdoctors.co.uk](http://www.meashamdoctors.co.uk)