

# BENNETTS END SURGERY

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## **Friends of Bennetts End Surgery (FOBES): “Making A Difference”**

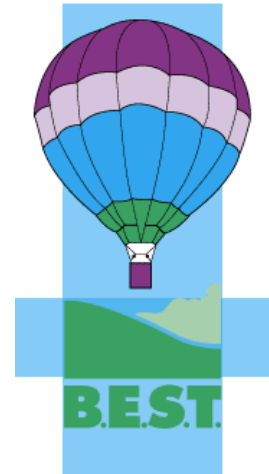
### **“Healthy Luncheon”: Offering Advice on Tackling Obesity and Staying Healthy**

Patients of Bennetts End Surgery were invited to attend a free luncheon on Thursday, 8<sup>th</sup> July 2010.

This health promotion event took place at Bennetts End Surgery and sought to provide patients with important information about weight management and maintaining a balanced lifestyle.

The event, arranged by the Friends of Bennetts End Surgery patient participation group (PPG) in partnership with the Practice Team, took place between 1 pm and 2 pm and featured a presentation from Helena Tunaley, Team Lead Dietitian with the local Nutrition and Dietetic Services. Staff from the surgery were also on hand to give out information and provide one-to-one advice.

Linda Morris, Chairman of the Friends of Bennetts End Surgery PPG, said “obesity is an increasingly important issue for people of all ages. This health promotion event will give patients practical advice to help them manage their weight and improve their well-being, fitting around their daily routine. This event is the first of two Health Promotion Workshops being organised by the PPG and the Practice as a result of



the successful ‘Making a Difference’ award to the Friends.

It will also be an opportunity for patients to speak to members of the Friends about the work we do – we are always on the lookout for new members and are keen to hear from anyone who is interested in getting involved.”

For more information about the Friends, please leave your telephone number at Reception or at the Tea Bar.

The Friends of Bennetts End Surgery, established in 1987, are affiliated to the National Association for Patient Participation (NAPP).

The Committee meets regularly to discuss the services on offer and volunteers provide a warm welcome and serve refreshments from their special area in the main reception.

Patient Participation Groups are a way for us all to take part in shaping our local health services. Bennetts End Surgery is very proud to have a PPG and, to this end, is delighted to be able to display the new “Proud to have a Patient Participation Group in the Practice” badge.