

October 2011

A valuable community hub for Sawston opens its doors for 1,000 flu jabs!

Sawston Medical Centre held an Open Day for patients and the community on Saturday 8th October. Over 1,000 local people – and health care practitioners! -turned up to get their annual flu jabs and to learn more about the new healthy lifestyle initiatives provided by the medical centre. It was also a chance for people to try out the newly installed self-help advice kiosk, provided by **Advicehub** and funded by **South Cambridgeshire District Council**. Initiatives on offer at the Centre include:

- Walk for Health scheme
- CHIP (Community Health Improvement Programme) - a programme for overweight persons which encourages sensible lifestyle changes within a group setting. Weigh2Go – weight management and lifestyle changes on a one-to-one basis
- Fitness 4 Health – an exercise referral scheme to encourage regular exercise in an individually tailored programme
- Smoking Cessation – CAMQUIT will be running a new group programme in November
- Healthy Eating –Strength and Balance



Advisers from **Cambridge CAB** and local charity **John Huntingdon's** were on hand to demonstrate the new **Advicehub** kiosk situated within the medical centre. The kiosk can provide a wealth of information on topics such as benefits, debt, employment, housing, local information and much more. Cambridge CAB runs an outreach service at John Huntingdon's in Tannery Road every Wednesday and Friday from 9.30 am to 12.30pm These are drop-in sessions, so there's no need to book, just turn up. John Huntingdon's Charity has been giving support to the people of Sawston since the 16th century. Find out more about its fascinating history and how it is still helping local people at <http://www.johnhuntingdon.org.uk/>.

Advicehub is a Big Lottery funded project run by the four **Citizen's Advice Bureaux** of Cambridgeshire and has over 40 organisations as members, working together to provide an improved service for anyone looking for advice. Find out more at www.advicehub.org.uk

Representatives from South Cambridgeshire District Council were also on hand to distribute their winter warmth packs which include information on independent living, heating your home, how to deal with doorstep vendors and other useful consumer advice.