Patient Champion Newsletter
0ctober 2026

Welcome to our first Patient Champion newsletter. An information letter to highlight all the wonderful things our volunteers have been doing over the past month and dates for your diaries for upcoming events.

What's been happening in October



The **gardening group** at Blackfield medical practice took delivery of 48 sleepers to make raised beds



Also delivered was a lovely summer house, once built will provide a lovely, sheltered space for volunteers, staff and visitors.



The garden group are now looking for anyone else who would like to volunteer their time to help support improving the garden

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The **photography group** held their latest outdoor photo session at Lepe beach.

Photo's taken by Ray the photography group lead.

The photography group meet on the last Monday of each month for an outdoor photo taking session, and on the second Monday of each month for an editing & education session at Carpathia Grange care home in Hythe.







Some of our volunteers have been getting crafty.
Making decorations for a Christmas tree to donate to St. John's Church Christmas tree festival on behalf of all the patient champion team.

Why not pop along to the festival from the 21st of November and take a look at the finished tree 😊

Other activities we had in October

Our carer support group took place on the first Monday of October at Carpathia Grange care home in Hythe.
Our group provides a safe and welcoming space for carers and past carers to come along and share their experiences and talk to people who really understand and know how challenging caring for a loved one can be.

Did you know we run **4** walking groups a month, all catering for different abilities.

- 1st Friday of each month, a gentle **2**-mile walk, starting at the Royal British Legion car park at 12pm
- 3rd Friday of each month, a longer **4.5**-mile walk, again starting at the Royal British Legion car park at 12pm.
- 4th Friday of the month is our 'leg stretcher walk' a **9** mile walk across the countryside starting from the British Legion at 12pm.
- On the last Thursday of each month, we have a short walk through Hythe, starting at Hythe Library at 10.30am walking for around an hour and finishing at our coffee morning at St. John's Church Hall, for free refreshments.

No need to book to join any of our walks just come along on the day!

We held our second patient champion games group at Merceode Lodge on Friday the 9th of October. Some of the residents also joined us for a morning of fun games and friendly chat. If you enjoy playing traditional games, come along to our next session on Friday 13th of November at 10.30am, no need to book just come along.

Our book group 'Waterside book buddies' in Marchwood has been going for over 3 years now with patient champion volunteers and patients all still really enjoying being part of the group. A chance to enjoy a variety of books and feel part of a friendly community group.

We held our bimonthly community coffee morning at Merceode Lodge Care home in Marchwood. We enjoyed delicious home baked Halloween themed cakes and biscuits courtesy of the chef.
This is now a regular community coffee morning at the care home, and the next one is on Tuesday the 15th of December from 10.30am please do come along if you can 😊

And as always, we finish the month off with our Patient champion coffee morning on the last Thursday of each month. We love to welcome regular and new visitors to our coffee mornings. A chance to meet our patient champion team, find out more about our other groups and activities. And an opportunity to talk to our IT for health team who can support you with accessing and navigating the NHS App and other online health support Apps. This month was a great turn out with 25 visitors coming along which is wonderful to see so many people coming along and enjoying this free community event

Dates for your Diary in November

Monday the 2nd - Carers support group, Carpathia Grange care home, Hythe 10.00-12.00pm

Every Tuesday from 9-12 Gardening group at Blackfield medical practice

Friday the 6th - 2 mile walking group starting at the Royal British Legion car park at 12pm

Monday the 9th – Indoor editing photography group session, Carpathia Grange care home 10.30-12.30pm Monday the 30th Outdoor photo session 10.30-12.30pm location TBC

Tuesday the 10th – Waterside book buddies, St. John's Hall Marchwood

Friday the 13th – Community games group, Merceode Lodge Care home in Marchwood from 10.30-12.30pm

Friday the 20th – 4.5-mile walking group, starting at the Royal British Legion car park at 12pm

Thursday the 26th – Coffee morning at St. John's Church Hall in Hythe from 11.30-1.30pm *We have Richard Williams from Hampshire constabulary joining us to give a talk on fraud and scams*

Thursday the 26th – Join our walk around Hythe, meeting at Hythe Library at 10.30am, walking for around an hour and finishing at our coffee morning for free refreshments.

Friday the 27th – "The leg stretcher walk" Join our walking group for a 9 mile walk, starting from the Royal British Legion car park at 12pm.

And finally, a lovely quote from one of our Patient Champions, Cathy:

I became a patient champion shortly after moving into the area. It is a good opportunity to get to know people, to do something useful and contribute to the community. I really enjoy my home visits to 2 ladies, and I am able to use the experience gained in my working life 😊

For more information on any of our groups and activities:

Email: donna.best6@nhs.net

Website: Waterside Primary Care Network Patient Champions | Promoting Healthy Lifestyles

Facebook: Waterside Primary Care Network Patient Champions | Southampton | Facebook