

New Year, New You: Embracing Activity for a Healthier Life

The new year is a perfect opportunity to reflect and set resolutions for a healthier, more active life. Both physical and mental activity are essential for overall well-being, and every small effort counts toward a happier you.

Physical Activity:

Staying physically active is crucial, especially as we age. Regular exercise improves mobility, balance, and reduces chronic disease risks. Simple, achievable goals—like a 10-minute daily walk, or weekly group strolls —can make a big difference. Consistency matters more than intensity, so focus on regular, enjoyable movement.

Mental Engagement:

Keeping your mind sharp is equally vital. Engage in activities like reading, puzzles, or learning a new skill. Social interactions, such as attending Friends of Leacroft’s monthly tea/coffee sessions with Bingo or with guest speakers or attending the Film’s club stimulate the mind and combat isolation. These sessions offer a range of engaging topics and provide an excellent opportunity to connect and learn.

Support System:

Resolutions are easier to stick to with a strong support system. Friends, family, or community groups like FoL provide motivation and accountability. Participating in activities such as the tea/coffee, film sessions foster connection and shared progress.

Celebrate Progress:

Recognize and celebrate small milestones. Tracking progress in a journal can boost motivation and highlight how far you’ve come. Focus on progress, not perfection.

This year, commit to keeping both mind and body active. By setting realistic goals, engaging regularly, building supportive networks, and celebrating achievements, you can enhance your quality of life. Let’s make this year one of growth, connection, and vitality—every step counts toward a healthier, happier you!

Patients’ Diary Events January 2025

January-2025

Dates	Time	Event	Venue
Every Thursday morning	From 10.00am	Our weekly Social stroll is open to all patients and is subject to weather conditions	Meet outside the surgery
Wednesday 8 th	2.00pm - 3.30pm	Afternoon Tea at the Revive Café	The Charis Centre, West Green RH11 7EB
Tuesday 21 st	10.00am - 11.30am	Coffee morning with Bingo and catch up at the surgery.	The Surgery
Saturday 25 th	10.45am	Film LADY in a VAN – Please leave your name with the reception. Hot drink and cake provided by the surgery.	The Surgery

All events are free and open to all Leacroft’s patients.

Seated Pilates Course

FoL are hoping to arrange a further Seated Pilates course for patients in March and April 2025. If any patient is interested in attending, please leave your name and contact details: phone and email address with Reception and we will be in contact in due course.

Film’s Club

FoL is pleased to announce that the following three excellent films will be shown at the Surgery on the last Saturday of January, February and March 2025:

- 1) Lady in a Van - 25/01/2025
- 2) Top Gun Maverick - 22/02/2025
- 3) Pretty Woman - 29/3/2025

Please leave your name with the reception. Complimentary hot drink and cake will be provided by the Surgery.



New Year Resolutions