

Newsletter from Friends of Leacroft

| The voice of Leacroft Medical Practice's Patients |

| Our health and well-being matter | Email: fol@friendsofleacroft.org



LEACROFT
Community Hub

April-2025

Spring into Action!

After a long, chilly winter, spring is finally here—bringing warmer days and fresh opportunities to recharge both body and mind. It's the perfect time to soak up some sunshine, breathe in the crisp air, and embrace nature's energy boost. Sunlight isn't just a mood-lifter; it's also a fantastic way to top up your vitamin D levels. Just remember to enjoy it in moderation!

Feeling a little lonely? Spring offers a chance to reconnect and nurture your well-being. Whether it's a friendly walk, catching up over coffee, or joining a yoga or gym class, small steps can make a big impact on your mood and vitality. At Leacroft Medical Practice, we put community at the heart of everything we do. Our Friends of Leacroft group brings people together with activities like relaxed strolls, coffee mornings and afternoon teas, Pilates sessions, a vibrant film club, bingo, and even day trips. While many of these patient-led events are free, some may have a small cost—so there's an option for everyone!

For more details, reach out to Friends of Leacroft at fol@friendsofleacroft.org. Let's make this spring your season of new beginnings, brighter days, and stronger connections. We'd love to welcome you!

Patients' Diary Events April-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 2 nd	2.00pm - 3.30pm	Afternoon Tea at the Revive Café	The Charis Centre, West Green RH11 7EB
Tuesday 15 th	10.00am - 11.30am	Coffee morning with Bingo and catch up at the surgery.	The Surgery
Tuesday 1 st	1.45pm - 2.45pm	Pilates Classes *	The Surgery
Saturday 26 th	10.45am	Film Paddington One Please leave your name with the reception. Hot drink and cake provided by the surgery.	The Surgery

(*) Unlike all other events, which are free and open to all Leacroft patients, the paid Pilates classes are fully booked and available only to patients who have indicated an interest.

Nurse Practitioners. Other practice nurses may run minor illness clinics, and many practice nurses carry out cervical smears.



Your Blood Test from 1st April-2025

If you are going to have your blood test at the Crawley Blood Test Centre, remember from 1st April, you must book it online in advance – walk-ins are no longer possible. Please use the new SwiftQueue portal: <https://swiftqueue.co.uk/surreyandsussex.php> or call 0300 613 4117.

The Nursing Team

Continuing with the theme of introducing the practice's teams, this month we focus on the Nursing Team.

Practice nurses are qualified and registered nurses. They can help with health issues such as family planning, providing healthy living advice, giving vaccinations and immunisations, and conducting blood pressure checks. Practice nurses usually run clinics for long-term health conditions such as asthma or diabetes. They may have additional skills and train as nurse practitioners. Some practice nurses can prescribe medication and are called Advance

Do You Have a Couple of Hours to Give?

Lend your skills and help Friends of Leacroft create community events and activities.

If you are a patient of Leacroft Medical Practice and have any of the following skills, experience, or free time to volunteer, we would love to hear from you:

- Social Event or Activity planning
- Fundraising
- Volunteering
- IT or Tech-savviness
- Communications
- Music or dancing skills
- Experience with women's and children's play groups

Friends of Leacroft need you!

Share your skills and passion to help our community.

No long-term commitment — Just a couple of hours a month for a huge impact.

For an informal chat, please contact us at:

fol@friendsofleacroft.org

For further information please email us at: fol@friendsofleacroft.org