

Health & Wellbeing Update – May 2025

Group Therapy Support

We are fortunate to have one of our group members trained in mindfulness and confidence-building, who will also be assisting with group therapy sessions starting in July/August 2025. These sessions aim to support individuals who may struggle with leaving their homes due to isolation, helping them integrate into the community.

Local Media & Podcasts

Both the Birchington Parish Council magazine and Ten-Minute Birchington Local News have received positive feedback from many residents, highlighting the value of keeping our community informed and engaged.

Birchington Leisure Showcase

We were privileged to have a table at the Birchington Leisure Showcase on Saturday, 17th May 2025, where we received fantastic feedback from the public. Many residents appreciate how proactive the Parish Council has been in promoting health and wellbeing across Birchington and the surrounding villages. Well done to everyone involved!

Facebook & Communication Updates

Our revamped Facebook page is now live, featuring a fresh new look. Many people are transitioning from our original startup page to the updated version.

Additionally, our new email address and designated telephone number are now fully operational: ✉ birchingtonhwg@yahoo.com ☎ 07394 914760

Ongoing Initiatives & Volunteer Support

Our volunteers continue to actively promote health and wellbeing throughout Birchington, balancing this with their personal businesses and other commitments.

All defibrillators have been checked, and a list of those in working order will be displayed on Parish Notice Boards shortly.

We are also continuing efforts to identify and support individuals experiencing loneliness and isolation, with dedicated volunteers offering transport assistance to help them attend local activities and return home safely.

Funding & Acknowledgements

Thanks to the KCC Helping Hands grant, we are able to provide ongoing support for isolated and lonely people in our community.

Finally, a huge thank you to our Clerks at the Parish Council, who have been instrumental in managing the grant on our behalf—their knowledge and support have been invaluable.

Colin