

## Walton Parish Nursing (WPN) Felixstowe- CTiF report 2026

Walton Parish Nursing continues to serve the Walton community with compassion and care through home visits, at No Labels (mental health support group), at the three health drop-in clinics located at Collimer Court, the St Philips Church Pop-Up Shop and the Community Hub at St Philip's. These clinics offer vital face-to-face support, allowing us to walk alongside our clients and advocate on their behalf with other healthcare providers, including the three local GP surgeries.

In addition, WPN runs two weekly chair-based exercise classes during term time, led by three trained volunteers, helping to promote physical activity and reduce isolation. We are blessed with three other committed volunteers who assist with one leg care client, No Labels and the occasional home visit.

Over the last year Lorna has worked alongside C3 Collaborating for Health, a London-based charity that received funding for one year to encourage women to explore their health and well-being. There was particular reference to preventing heart attacks by focusing on the risk factors of smoking, obesity, high blood pressure and the benefits of physical activity. After receiving training, Lorna has given seven talks to over 70 ladies and attended the Port families fun day at Felixstowe School with the Be Well Bus. We have also been working alongside a stop smoking advisor to help clients quit smoking to enhance our health promotion advice.

WPN is always looking for ways to promote the service by attending events including the flu and covid vaccination clinic at the Grove Medical Centre.

In March WPN was blessed by a well attended coffee morning at the Felixstowe Methodist @ Trinity along with another one at Collimer Court, which helped highlight the service further and the need for ongoing fundraising.

We hear from our clients that they feel so lucky that they are able to access WPN instead of waiting for NHS services. Please see our prayer points for this to continue.

### Prayer points for Walton Parish Nursing, Felixstowe.

#### **WPN's greatest and most urgent need is for funding. We need to find more sources of funding through grants, donations and fund raising events for WPN to continue.**

- There is a great need for more volunteers to train to run our chair-based exercise classes and to visit clients.
- There is also an urgent need for someone to become our treasurer as soon as possible.
- Please pray for the continuing growth and success of parish nursing, for guidance when considering future areas of work to meet the needs of the Walton community and for the well-being of all involved in this wonderful health ministry. We have become stretched further due to lack of volunteers and funds so we now no longer offer transport to medical appointments or our leg care service to new clients.
- Please pray for the complex needs that WPN's clients have including dementia, loneliness, bereavement and physical and mental health issues.