



20-22 Concord
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www.dukinfieldmedicalpractice.co.uk

Welcome to the Dukinfield Medical Practice Newsletter to inform, guide and share information with all our patients



Happy Christmas to all our Patients
We wish all our patients the very best for the festive season and all good wishes and health for the New Year.

Keep well and enjoy yourselves!



**Great news—we are extending our Opening Hours
From Monday 3rd December 2018 the Concord Way
Site will be opening from 8am until 6.30pm**

Morning surgery will now run from 8.00am to 12.30pm. With pre-bookable appointments between 8am and 8.30am and open surgery appointments between 8.30am and 12.30pm (including Telephone consultations)

Open surgery at Concord Way site: You will be able to book in person from 8am or telephone 0161 343 6382 after 8.30am for an appointment the same morning (subject to availability). Afternoon surgeries will now run from 3.00pm - 5.30pm and these appointments can be booked in advance in person, by phone or online at www.dukinfieldmedicalpractice.co.uk (registration required).

If you are 65 or over, you can book pre-book an appointment at one of our over-65s clinics.

We will continue to offer an evening surgery on Mondays between 6.30pm and 7.30pm and an early morning surgery on Wednesdays 7am – 8am.

Birch Lane Opening Hours will remain the same at 8.30am—12:45pm and 1.45pm—6.00pm

The Practice Health Champions are here!

We recently invited patients to consider volunteering at the practice as Practice Champions. We are delighted to have 15 patients who have undertaken the first part of their training and who will soon join the practice staff working at both sites. Practice Health Champions are people who voluntarily give their time to work with the staff in their local GP Practice or surgery to find new ways to improve the services that the practice offers, and to help to meet the health needs of patients and the wider community.

Our Champions will work to develop new groups and activities within the surgery to support the health and wellbeing of both our patients and the local community including social activities, work with young persons, peer support and support for patients living with long term conditions.



Have you had your flu vaccination this year?

The flu vaccine is free on the NHS and available at the GP practice to:

- * People at risk with long term health conditions from 6 months of age to 64 years
- * Pregnant women
- * Children aged 2 and 3 years old
- * Carers of any person who has a disability or caring for an older person
- * Household contacts of people who are immunosuppressed.

November is the best time to have a flu vaccine so if you are eligible and would like to receive the vaccination, please contact the practice to make an appointment.

Flu vaccination is also recommended and free to all adults aged 65 years and over. This vaccine is currently available in many local pharmacies and the practice would encourage as many patients as possible to contact your chosen pharmacy and arrange to receive flu vaccination.

Please welcome our three new members of staff

Katie—Reception Team
Jenny—Secretarial and prescription support
Farrah has joined us on a 12 month reception apprenticeship.

We have also welcomed two new doctors to the practice.

Dr Julie Hsu joins us as an ST3 - a qualified doctor in their last year of training to be a GP and Dr Hsu will be with the practice until December 2019.

Dr Heather Burghel joins us for her ST2 placement for 9 months.

ST (specialist trainee) doctors are fully qualified doctors who are undergoing specialist training to become a GP.



CHOOSE TO CHANGE

NHS
Tameside and Glossop
Clinical Commissioning Group

A BETTER LIFESTYLE. A HEALTHIER YOU

Fed up of dieting and want to learn how to manage your weight?

Are you ready to make positive lifestyle changes to improve your health?

If so, then join the FREE weight management service Choose to Change

Choose to Change is a specialist weight management service helping adults make lifestyle changes that will enable them to lose weight and improve their health.

The FREE programme differs from traditional weight loss programmes as it encourages lifelong changes to eating habits rather than short term diets. It helps people overcome their barriers to weight loss, make sensible food choices and become more active. It has produced many successful results.

You can access the service via a health professional referral such as a GP, nurse or dietitian.

How Can You Join?

If you are committed to making a positive change, you can ask your GP or practice nurse to refer you to the programme. You must be over 18-years-old, have a BMI of >35 and have a chronic illness (e.g. diabetes).

For further information, contact the Choose to Change team on:

Tel: 01204 570 999

Email: choose.tochange@nhs.net
www.ablhealth.co.uk/tameside

Xmas & New Year Opening

The Practice will close at 6:30pm on Monday 24th December and will re-open at 8:00am on Thursday 27th December 2018. We will also be closed for the New Year bank holiday on Tuesday 1st January 2019. Remember to check if your medication will run out over the bank holiday dates and let us have your request in good time. Repeat medication can be requested up to 7 days before your current supply runs out.