

HANDFORTH PPG

Please see the questionnaire overleaf. If you would like to join us, please contact the Assistant Manager, Carey MacKenzie, on 01625 547589. Please also see the PPG tab at www.handforthhealthcentre.co.uk

Many medications are available over the counter at your local pharmacy and supermarket. Money that is spent on prescribing these medications could be better spent on more serious conditions such as Heart disease and Diabetes.

The doctors at HHC would like to ask patients to consider the growing cost of prescriptions and review their medication accordingly.



One You

Support to be a Healthier You

- Eat Well
- Lose Weight
- Move more
- Quit Smoking
- Drink less alcohol



To sign up or find out more:
Freephone 0808 1643 202

www.oneyoucheshireeast.org

Changed your mobile?



Make sure we have your latest mobile number.

We will then send you appointment reminders by text, and you will also be able to cancel appointments by text. It is quick and easy, and helps us to re-use unwanted appointments.

Dementia Café

A group for people with dementia and their carers. Thursdays 2-4 pm at St Mary's Methodist Church Hall, Handforth SK9 3JX. Tea, cakes, chat, activities and games! For more information contact Roberta 01625 528569 or Katy 01625 539584

Handforth Clinic The practice is still in discussion with several providers regarding services to be provided at the Clinic. We hope discussions will be concluded by 4 June. Following agreement, building work will take place to combine the 2 sites. Further updates will be provided on our website and by the newsletter

National Campaign to Combat Loneliness

The PPG would like to support the above initiative. If you know of any local clubs or organisations which might help someone feel less lonely, please give details to Reception in an envelope marked "PPG"

Blood Donation

You can donate blood at venues in Handforth and Wilmslow Call 0300 123 2323 or visit www.blood.co.uk



You don't have to ring for an appointment!! Appointments are now available online or via your smartphone.

To register, take any form of photo ID to Reception and download the app to your phone or tablet, or login on your computer www.patient.co.uk/accessapp

Bowel Cancer Screening

A Bowel Screening kit will be posted to your home address every 2 years between the ages of 60 and 75. It is a quick and easy test which can be carried out at home. Bowel cancer screening can save lives. Screening aims to detect bowel cancer at an early stage, when treatment has the best chance of working. Visit www.bowelcanceruk.org.uk for more information

