

Greenmoss Medical Centre

News



Patient Newsletter edition 8: March 2024

Patient online health talk

Please join us for our FREE ONLINE EDUCATIONAL TALK, Supported by The Wilmslow Hospital (Part of HCA Healthcare)

Tuesday 26th March 6.30pm – 7.30pm

Speaker – Mr Paul Sutton

Our focus for March is **Cancer** and we are privileged to be joined by Mr Paul Sutton, Consultant General and Colorectal Surgeon at The Wilmslow Hospital and The Christie Private Care.

Mr Paul Sutton, Presenting on, “**Bowel Health**”.

Also including how we can try and prevent cancers by healthy living, Specific signs to look out for. Q&A – Ask the Specialist

Please register your interest with Practice Manager Janet Weaver to receive the joining link, janet.weaver@nhs.net

If you would like to find out more about Mr Paul Sutton you can click on the link below.

<https://www.hcahealthcare.co.uk/finder/specialists/paul-sutton>

Waiting Room community

We are trying to make more use of our Waiting Room to provide information for patients. We’ve improved our notice boards around the room and you may have

seen our Display which has a new topic every month – linked to a topical health initiative. From March we are also engaging with local companies to have a stand in the Waiting Room. Our first one is from the Citizen’s Advice Bureau and they will be in the Practice on Friday 22nd March from 10am – 12noon to talk to patients and to provide information. Please come along.

Knitting for premature babies

We’ve had a great response to our call for knitters. So far we’ve collected:

- 11 hats
- 11 jackets
- 4 bonding squares
- 1 Set of bonding hearts
- 2 blankets

Thank you to everyone who has contributed either by knitting items or providing wool for others to use.

Please keep up the good work – wool, needles and patterns available from Greenmoss Reception.

Repeat prescriptions

It is simple and quick to set up online repeat prescriptions, please click on the link below or pick up a leaflet from the Practice

[How to order a repeat prescription - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Closed for staff training

Please note that the Practice is closed for staff training on Tuesday 19th March 2024 - the Surgery and Dispensary will close at 1pm for the rest of the day.

All GP practices are given time for staff training throughout the year. The Surgery will be closed between 1pm and 6.30pm on the following dates:

Tuesday 9th April 2024

Wednesday 15th May 2024

Tuesday 4th June 2024

Wednesday 17th July 2024

Tuesday 3rd September 2024

Wednesday 16th October 2024

Tuesday 5th November 2024

Private Treatment

The British Medical Association has confirmed that if you choose to have medical treatment of any kind outside the UK, the NHS is not obliged to provide any follow up treatment or medication. You need to arrange private cover, as appropriate.

If you have any private treatment in the UK (apart from diagnostic tests), the NHS is not obliged to provide any follow up investigations, these must be undertaken privately.

If you have private medical insurance, please check your policy carefully before undertaking any treatment.

Be kind

Please be kind at our Practice. We operate a Zero Tolerance Policy for harassment and abuse towards our staff. Our team are working exceptionally hard to deliver high standards of care to all our patients. We

would greatly appreciate if everyone could be mindful of this and treat our staff with kindness.

Alsager Community Support

Free help and advice is available for local people and provided by volunteers.

Our experienced volunteers staff the phone lines Monday to Friday from 9.30am-12.30pm and will do their very best to help you, call **01270 876605**.

We can offer help with shopping, collecting prescriptions, or befriending, etc.

Alternatively, email us:

info@alsagercommunitysupport.org.uk

For enquiries that can't be dealt with on the phone or email, we are open on Monday – Friday 9.30am-12.30pm at 19-21 Crewe Road, Alsager, ST7 2EW. Our entrance is just to the right of Sainsbury's, on the left of The Vault.

2024 GP Patient Survey

Have your say on the way your local GP services are working?

Around 2.4 million people, aged 16 and over, who are registered with a GP practice in England will have received an invitation to take part in a patient experience survey in early January. The answers we get help the NHS to improve local health services for people like you and your family. The invitations go out mostly by letter to a random selection of people who have been registered with their GP practice for at least 6 months.

If you want to check out how Greenmoss Medical Centre fared in last year's survey, [look at the survey website](#).

Physiotherapist

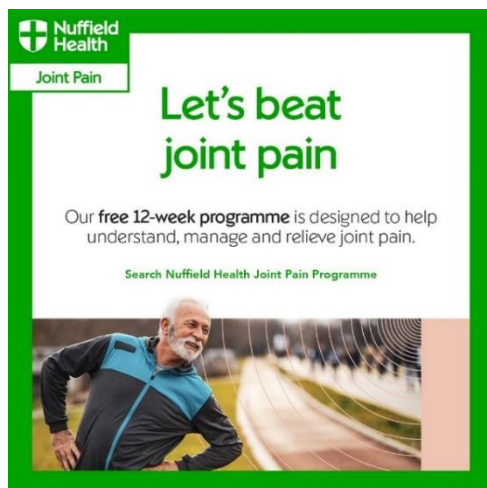
Greenmoss has a Physiotherapist working with us on a Tuesday and Thursday every week. You don't need to be referred by a GP, just call us to book an appointment.

Are you struggling with joint pain?

Nuffield Health Joint Pain Programme is designed to help people better self-manage their chronic joint pain.

The **free** 12-week programme is open to anyone living with joint pain.

If you would like to take part in this programme, please visit the Nuffield Health website and apply online.
<https://bit.ly/49Tq47r>



Surgery Snippets

Each month we'll highlight an article which might be of interest. This month the link is to the NHS website about how to improve your mental wellbeing. Please click on this link below:

[5 steps to mental wellbeing - NHS \(www.nhs.uk\)](https://www.nhs.uk)