

# Greenmoss Medical Centre

## News



Patient Newsletter edition 11: June 2024

### Online health talks

Our next health talk is on Tuesday 25<sup>th</sup> June at 6.30pm. The topic this month is “Nasal allergies, swimmers ear and snoring – how to ruin your summer holiday!”

If you would like a link to this talk please email Janet at [janet.weaver@nhs.net](mailto:janet.weaver@nhs.net)

Recordings of all online health talks are available from the front page of our website

[www.greenmossmedicalcentre.nhs.uk](http://www.greenmossmedicalcentre.nhs.uk)

### Community pop-up stands

Every Tuesday 10am – 12noon we host a pop-up stand in the waiting room from a community support organisation. These organisations provide information and guidance on a range of topics for patients to drop-in and find out more.

There is no need to book, just call in.

The schedule for June is:

Tuesday 4<sup>th</sup> June – Space4autism

Tuesday 11<sup>th</sup> June - Slimming World

Tuesday 18<sup>th</sup> June – Helping Hands

Tuesday 25<sup>th</sup> June – Ableworld

### Closed for staff training

Please note that the Practice is closed for staff training on Tuesday 4<sup>th</sup> June 2024 - the Surgery and Dispensary will close at 1pm for the rest of the day. Opening again the following morning.

All GP practices are given time for staff training throughout the year, future dates are:

Wednesday 17<sup>th</sup> July 2024

Tuesday 3<sup>rd</sup> September 2024

Wednesday 16<sup>th</sup> October 2024

Tuesday 5<sup>th</sup> November 2024

### Dog walk

Our monthly dog walk will be on Saturday 15<sup>th</sup> June, leaving Greenmoss at 10.30am. Please come along if you fancy a walk, with or without a dog.

### Patient supporters (friend/relative)

We know that some patients need a little extra support when they come to see a nurse or doctor. It doesn't mean that you need a carer, just someone who can help if you need it at the appointment – either physically or help in understanding what the clinician is asking or explaining. If you are interested in registering your Supporter, please ask the Receptionist for a form which you and your Supporter will sign. Please remember that this is not a carer, just someone able to give you support when you need it.

### Keep us updated

If you change your name, landline or mobile phone number, address or email, please let us know so that we have the correct contact details.

## Pharmacy First

We are working together to support our colleagues in the community pharmacy teams. Pharmacy First enables community pharmacists to supply prescription only medicines, including antibiotics and where appropriate, to treat seven common health conditions without the need to visit a GP.

These areas of treatment are in addition to the usual Minor Ailments Scheme.

Pharmacy First aims to free up 10 million GP appointments a year by next winter for more complex diagnosis. This will give GPs time and space to see patients with more complex conditions.



Providing NHS services

Most pharmacies can help you with **seven common conditions** without needing a GP appointment

- **Sinusitis** (adults and children aged 12 years and over)
- **Sore throat** (adults and children aged 5 years and over)
- **Earache** (children and young adults aged 1 year to 17 years)
- **Infected insect bite** (adults and children aged 1 year and over)
- **Impetigo** (adults and children aged 1 year and over)
- **Shingles** (adults aged 18 years and over)
- **Urinary tract infection** (women, aged 16 to 64 years)

Ask your pharmacy for more information about this free\* NHS service

**Visit your Pharmacy First!**

\*NHS prescription charge rules apply where a medicine is supplied

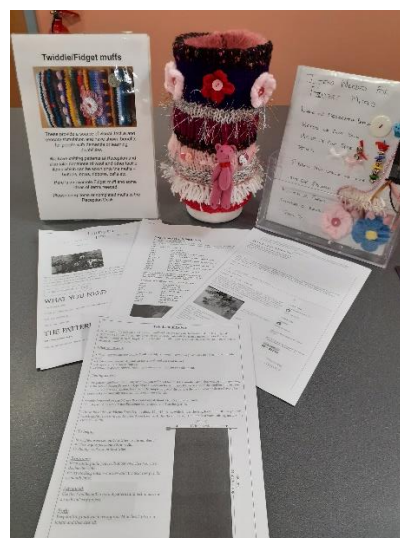
## Goodbye

We say goodbye this month to one of our Practice Nurses – Anita. Anita has been at Greenmoss since 2016 and leaves us to work with the Central Cheshire Integrated Care Partnership as an Associate Respiratory Practitioner. We wish Anita every success in the future.

We are recruiting a replacement but there will inevitably be a short delay so please bear with us.

## Twiddle/fidget muffs

As mentioned last month, our next knitting project is twiddle or fidget muffs – these help to provide stimulation for people with dementia or learning difficulties. We have patterns and more information available at our Reception – please call in



## Surgery Statistics

In April we had:

3,825 patient appointments

64% of these were face to face appointments

45% were book on the day urgent appointments.

## Surgery Snippets

Ever hopeful of some summer sun... we need to remember to be careful as the days warm up [Sunscreen and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk)