

# Greenmoss Medical Centre

## News



Patient Newsletter edition 14: September 2024

### Flu and covid vaccinations

We are offering these to eligible patients. We will contact you by text or telephone if you are eligible. We are running clinics in October 2024.

### Patient health talk

Please join us for our free, online educational talk supported by The Wilmslow Hospital (Part of HCA Healthcare), **Wednesday 25<sup>th</sup> Sept 6.30pm – 7.30pm**,

The focus for September is Gut Health and we are privileged to be joined by Dr Ramasamy Saravanan, Consultant Gastroenterologist at The Wilmslow Hospital.

**“Gut Health – The Good, The Bad and The Ugly!”**

To request a link, please email [janet.weaver@nhs.net](mailto:janet.weaver@nhs.net)

### Respiratory syncytial virus RSV vaccinations

This is a new vaccination. We are vaccinating in September 2024. We will contact you if you are eligible for this vaccination. There are two types:

#### Older adults aged 75 to 79 years old

All adults turning 75 years old on or after 1 September 2024 up to 79 years old will be eligible and will be offered the RSV vaccine.

### Pregnant women to protect infants

All women who are at least 28 weeks pregnant on 1 September 2024, will be offered the vaccine. After that, pregnant women are eligible as they reach 28 weeks gestation and remain eligible up to the birth.

### Dog walk

Our next monthly dog walk will be on 14<sup>th</sup> September 2023, meeting at the Wilbraham Ams car park in Alsager at 11am. Please come along if you fancy a walk, with or without a dog. This will be the last dog walk for this year. We'll start again in spring 2025.

### Useful information

If you are visiting the Practice, please take a moment to look at the information in the Foyer and on our notice boards. We also have paper copies of the newsletter and our Practice Leaflet on the Reception Desk.

### Community pop-up stands

Every Tuesday between 10am and 12noon we host a pop-up stand in the waiting room from a support organisation. They provide information and guidance on a range of topics. Please drop-in and find out more. Keep a look out in the Foyer for the list of organisations attending each month.

## Closed for staff training

Please note that the Practice is closed for staff training on Tuesday 3<sup>rd</sup> September and Wednesday 16<sup>th</sup> October 2024. The Surgery and Dispensary will close at 1pm for the rest of the day. Opening again the following morning.

Our last one for this year is on Tuesday 5<sup>th</sup> November 2024

## Surgery Snippets

We're looking at improving how we sleep this month. Please find out more below – this includes a link to a meditation video to help you to relax at bedtime:

[Sleep and tiredness - NHS \(www.nhs.uk\)](http://www.nhs.uk)

## Surgery Statistics

Some more stats for you this month about your Practice in July 2024:

We have 4502 patients registered  
15% are between 0 and 17 years  
55% are between 18 and 64 years  
30% are over 65 years  
51% are female and 49% are male

62% of appointments were face to face compared with 54% in July 2023  
The average booked to seen time was 8.1 days  
52% of appointments were booked on the day  
Patients spent an average of 4 minutes in the waiting room