

Greenmoss Medical Centre

News



Patient Newsletter edition 24: July 2025

Free events at Greenmoss

As part of our support for carers, we are running a number of **FREE** events this year. **These are aimed at carers but any of our patients are welcome to attend:**

Person manual handling training -
Wednesday 2nd July 5.30pm – 7.00pm

Disability Solutions – Wednesday 9th July
2.00pm – 3.00pm

Mindfulness session – Monday 14th July
2.00pm – 3.30pm

Dementia awareness information session –
Monday 8th September 10.30am – 12noon

Please contact Janet.weaver@nhs.net to
book a place or call in at Reception.

Maternity care changes – Leighton Hospital

The process to register for a maternity appointment at Leighton has changed. There is now a booking form on their website [Maternity : Mid Cheshire Hospitals NHS Foundation Trust](https://www.nhs.uk/services/maternity/mid-cheshire-hospitals)

Please complete the booking form to make your first appointment which should ideally take place between 6-12 weeks of pregnancy). It is important that you refer for maternity care as soon as possible after finding out you are pregnant to ensure you get an appointment at the right time. Your request will be processed and you will be contacted within 4 weeks.

If you think you are 10 weeks pregnant or more, please do not complete this form and contact Maternity Outpatient's Department at Leighton Hospital by telephone on [01270 273127](tel:01270273127), Monday to Friday 8.30am – 4.30pm (excluding bank holidays).

Practice closure dates

We are closed one afternoon each month (except August and December) for staff training. We close at 1pm and re-open the following morning. The remaining dates for this year are:

Wednesday 16.7.25

Tuesday 9.9.25

Wednesday 8.10.25

Tuesday 4.11.25

These are also advertised in the Practice.

Be more digital

We continue to improve access to the Practice and have a number of ways you can contact us without having to phone:

Website:

www.Greenmossmedicalcentre.nhs.uk

Please have a look at the website for information about the Practice and health-related topics.

Facebook:

[Greenmoss Medical Centre | Stoke-on-Trent | Facebook](#)

Please follow us on Facebook as this is where we post updates and events.

PACO – Digital front door:

This is on the front page of our website and from here you can send us a message about a non-urgent medical condition, you can request a fit note, or find out information about self-referral services.

Urgent/emergency care

A reminder that if you have an urgent medical concern you should go immediately to the walk-in centre or A&E. Please note that the GP Practice is not resourced for urgent medical attention.

Sleepstation

Sleepstation is a new clinically validated, digitally delivered, screening and support service for those experiencing sleep problems, including a full online programme of Cognitive Behavioural Therapy for insomnia (CBTi).

Patients can refer themselves or be referred by their GP. There is no waiting list as the sessions are delivered online. Sessions are individually tailored and supported.

General results so far show that 80% of users have an improved quality of life through from resolving insomnia problems. Sleeping pill use ceased by 62%, depression and anxiety reduced.

Patients can refer themselves via this link: <https://app.sleepstation.org.uk/nhs/register> Please see promotional leaflets in the Practice.

Surgery Snippets

Sunburn

Sunburn should be avoided by staying out of direct sunlight during the hottest part of the day and using factor 50 sun cream.

Sunburn is hot and sore skin caused by too much sun. It may flake and peel after a few days. You can treat it yourself. It usually gets better within 7 days.

Check if you have sunburn

If you have sunburn, your skin may:

- feel hot to touch
- feel sore or painful
- flake or peel - this usually happens a few days after you get sunburn

Your skin may also blister if your sunburn is severe.

If you have white skin, your skin will usually be red or pink. If you have black or brown skin, you may not notice a change in the colour of your skin.

How to ease sunburn yourself

There are things you can do to help ease symptoms of sunburn.

Do

- get out of the sun as soon as possible
- cool your skin with a cool shower, bath or damp towel
- apply aftersun cream or spray
- drink plenty of water to cool down and prevent [dehydration](#)
- take painkillers

- cover sunburnt skin from direct sunlight until skin has fully healed

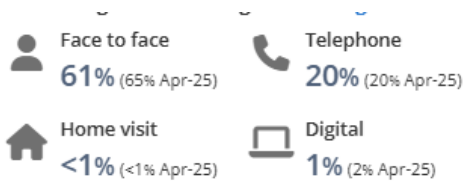
Don't

- use petroleum jelly on sunburnt skin
- put ice or ice packs on sunburnt skin
- pop any blisters
- scratch or try to remove peeling skin
- wear tight-fitting clothes over sunburnt skin

A pharmacist can help with sunburn

Surgery Statistics for May 2025

Mode of contact



AVAILABILITY

46%	booked on the day (urgent)
8.3 days	average booked to seen time
3 mins	average time spent in waiting room

1 in 53 appointments were **missed** resulting in **15 hours** of wasted practitioner time