

# Merepark Medical Centre's Patient Newsletter

**Welcome to Merepark's patient newsletter where we share important practice-related information, as well as other news about what the team have been up to!**

## Opening Times:

Monday: 0800 – 1830  
Tuesday – Friday: 0800 – 2000  
Saturday: 0900 – 1400 (once a month)  
Sunday: Closed

## Alsager Health and Wellbeing Event

Merepark will be attending the Alsager Health and Wellbeing Event on the **27<sup>th</sup> of September 2025 at the Alsager Civic Centre**. The event has been organised by Cheshire East Council and will feature over 30 different stalls and activities. Merepark's team will be present to do blood pressure checks, and to speak to you about your health and wellbeing, so please come to see us to have a chat and say hello!

## A Special Recognition!

Merepark would like to say a massive congratulations to Paul, who looks after Alsager Health Centre. He has recently received two awards recognising the hard work and effort he puts in to keep the building running. Paul received the local and annual awards for 'Demonstration of Virtues', which recognises excellence and 'going above and beyond the call of duty'. Well done, Paul!



## MMC Recap – August

Phone Calls Handled – **4500!**  
Average Queue Time – **2 Minutes**  
Average Call Time – **5 Minutes**

Planned GP Appts Offered – 846 (82% booked)  
Same Day GP Appts Offered – 422 (93% booked)

**We had a total of 28 missed appointments, resulting in 7 hours of wasted GP time!**

**This costs the NHS an estimated £700!**

## Celebrating Our Patients!

Merepark would love to hear about some of the things that our patient body is up to. If you have something to share, then please get in touch!

## Wildlife Walks with the AUWI

The Alsager Urban Wildlife Initiative (AUWI) are putting on a wildlife walks around Alsager. They are on the first Saturday of every month. The walks help to get people outdoors whilst giving an education into our native wildlife. The walks are free and suitable for people of all ages – get in touch to find out more!



**Do you want to leave feedback?** Please speak to a member of the MMC team. Alternatively, get in touch via our email or over the phone. Or, scan the QR code to leave feedback online.

**Merepark are always looking for ways to become more sustainable.** If you have any suggestions, please scan the QR code or talk to a member of staff.



## Wellbeing in Autumn

As Autumn brings cooler weather and shorter days, you may notice a change in your energy level and mood. Seasonal transitions can impact our wellbeing and so it is important to be mindful of how we are feeling. Here are some simple steps to looking after your wellbeing throughout Autumn:

- **Exercise** – Get outdoors when you can! Even a short walk can boost your mood and reduce stress..
- **Manage your stress** – Autumn is a busy time with the build up to the festive period, so make sure to find time to relax..
- **Stay social** – Shorter days can be isolating, so spending time with your friends and family is very important.
- **Prioritise sleep** – Getting enough rest is vital for maintaining good health. Try and maintain a regular sleep schedule and avoid screens before bed!

## Green Developments

Merepark's patients have been invited by the Alsager Urban Wildlife Initiative (AUWI) to assist in the sowing of wildflower seeds and the planting of bulbs in the green space at the front of the practice in October. The AUWI and Cheshire East Council are working together to make the space more attractive to locals as well as to the native wildlife – you may have seen the progress being made in creating a wildflower meadow, already! If this is something you would like to become involved with, then please speak to our staff, or email [devlan.alkins2@nhs.net](mailto:devlan.alkins2@nhs.net).



## Download the NHS App

via the App Store or Google Play Store.

With the NHS app you can:

- Book appointments
- Order and manage your repeat prescriptions
- Check your health records, and more...



## PATIENT PARTICIPATION GROUP

Merepark's PPG are always looking for new members. If you, or someone you know, are interested in joining then please get in touch using the information below.

We are a friendly group of people, who want to give back to the practice and to help to improve it.

**If you would like to join the PPG or otherwise support us, please get in touch via the practice, on 01270275600, or by our email: [meremarkppg@gmail.com](mailto:meremarkppg@gmail.com)**