



Middlewood Partnership News

Welcome to our new newsletter which aims to keep our patients and partners up to date with our news. We hope you find it interesting and informative.

Thank you!

We just wanted to start our newsletter by saying a big thank you to our patients, our volunteers, our staff and our partner organisations for your support in what has been an incredibly challenging couple years for everyone.

Services are settling down and we are now back to providing our usual services in our four practice bases. Times are still not easy but we are really grateful for everyone's hard work and support in these difficult times. We look forward to continuing to develop our services and help improve the health and wellbeing of our patients across Bollington, Disley and Poynton.

The Middlewood team

Calling all Carers – there's support available for you

If you provide unpaid care for a few hours a day or over a 24-hour period of time to a relative, neighbour or friend, then you're a carer and we want to support you. Perhaps you help with washing, dressing, eating, attending regular appointments, offering emotional and social support. If you think you're a carer, then do [let us know](#) so we can take your carer responsibilities into consideration when you contact us.

We've also created a new section of our website that has lots of useful information for [carers](#) and [young carers](#). Take a look using these links and see what support is available locally and nationally.

Welcome to the new Diabetes Team

The new Middlewood Diabetes Team, who hold clinics in Bollington, Disley and Poynton, is here to support you through your diabetes journey and help you navigate the twists and turns of living with diabetes. From helping to manage diabetes through diet, oral medication, or injectable therapies, we want to provide you with the knowledge and information to make the decisions that are right for you. The team are keen to hear from you with ideas as to how we can support you better, so please speak with us at your next appointment.



**Sally Seviour, Alison White & Sarah Dalton,
our Diabetes Specialist Nurses**

Support for dementia

A new guide for people with dementia and their carers has been launched. It contains information about services, support and groups which are available in Bollington, Disley and Poynton. You can get copies from Sharon.duke@poyntontowncouncil.gov.uk. It can also be found in a new [dementia section](#) of our website which is packed with useful information for patients and carers.



Helping you find more support about your health and wellbeing

Our doctors have developed new [Self Help](#) information on our website to help you find out more about your health and where you can access help and support. We know there's a lot of information on the internet and it can be overwhelming. So, we've simplified things by collating information on health issues that are important to you – all from trustworthy sources.

There's also links to lots of local support that you can access yourself, support for parents and carers, young people and much more. Self-help can really help you feel empowered by giving you greater control over your health, so do pay the new [Self Help section](#) a visit if you have access to the web.

We're proud to be an Armed Forces Veteran friendly accredited GP practice

We've now been accredited and as



Armed Forces Veteran friendly accredited GP practice

part of our commitment to veterans, we have a nominated clinician who has a specialist knowledge of military related health conditions and veteran specific health services. This is important in helping ex-forces to get the best care and treatment. If you are ex-forces, please let us know to help ensure you are getting the best possible care.

Use the NHS App to order repeat medications and more. It's safer, quicker & frees up clinicians' time for you.

DOWNLOAD THE NHS APP

Download on the App Store

GET IT ON Google Play



News from our Patient Participation Groups (PPGs)

Wellbeing card for young people

Thanks to members of our Poynton-based PPG who took the initiative to work with Poynton High School students to find out how we could better support young people. The result is a wellbeing card that's been given to every student at the school and it's available at all our practice bases.



The students have also helped us develop the new section of our website for [young people](#).



Ambassador training

Earlier this month, the PPG arranged free training for PPG members and volunteers across Bollington, Disley and Poynton in how to take blood pressure readings ready for '[Know your numbers](#)' week in September – a week dedicated to raising awareness of the importance of knowing your blood pressure so you can do something about it if it's too high or too low.

Let's make this the year of home monitoring, not the **forgotten pandemic of high blood pressure**. Know Your Numbers! to keep your pipes in good working order.

bloodpressureuk.org
#KnowYourNumbers

140
110
120
90
70
Blood Pressure UK
Helping you to lower your blood pressure

Join our PPG

Our Patient Participation Group (PPG) brings patients and Middlewood staff together to support and constructively challenge the development of the practice with the shared aim of improving services for patients. Find out more in the [PPG page of our website](#) or give us a call.