

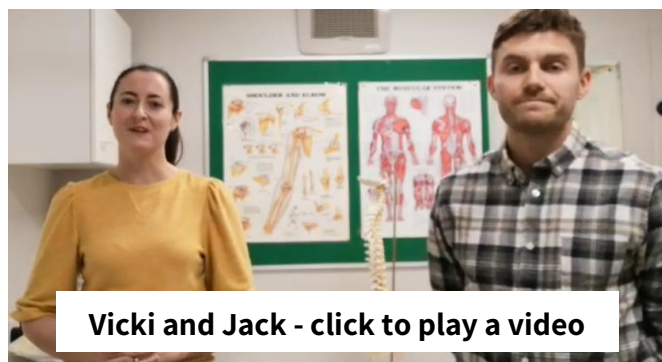


Middlewood Partnership News

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

A focus on our Musculoskeletal specialists

Meet our two Musculoskeletal (MSK) First Contact Practitioners (FCP), Jack and Vicki. Vicki is returning from maternity leave this month. They are both physiotherapists with enhanced skills in assessment and diagnostics who work at our bases in Disley, Bollington and at Priorsleigh in Poynton. Explaining what they do, Jack said “We’re here to help patients with conditions such as arthritis, joint



Vicki and Jack - click to play a video

and muscle pain, soft tissue injuries and nerve related symptoms such as sciatica. You can come direct to us and we can assess patients; refer you for imaging, such as X-Rays, MRIs and ultrasound scans; refer for blood tests; carry out joint injections where appropriate; give expert advice on how best to manage your condition; and refer onto specialist services, e.g., orthopaedics.

We hope our service is making it easier for patients to get access to MSK diagnosis and treatment, helping you to manage your conditions more effectively and recover faster, so you can get back to normal life quickly.

There’s lots of [useful information and videos](#) about a variety of MSK problems on our website.

Quicker – Easier – Safer

Using the NHS App to order your repeat prescriptions is quicker, easier and safer, so if you haven’t already downloaded it – then why not go to the App Store or Google Play and do so right away? If you look after a relative, could you help them too? You can also use it to see test results.

We’re on a mission to get as many patients signed up as possible. If you need help getting started, we’re holding drop-in sessions to help you get the App – just bring your Smartphone or tablet to one of the following sessions:

- Bollington Medical Centre** – Wednesday 19th October, 10am – 12 noon,
- Disley Library** – Saturday 22nd October, 10am – 12 noon
- Poynton Library** – Friday 21st October, 10am – 12 noon.



Flu and COVID booster vaccines

Invites will soon be going out to all eligible patients for winter Flu vaccine clinics in Bollington, Disley and Poynton. Find out more [here](#). Please note that we will NOT be giving COVID vaccinations at these clinics. With the exception of housebound patients, care home residents and immunosuppressed patients, all COVID boosters will be provided by local vaccination services, including pharmacies and Cheshire and Wirral Partnership (CWP), who will invite eligible patients to clinics in Poynton and Bollington. Please call 119 or visit the nhs.uk website, not the practice, for COVID booster queries. [More information and a Q&A](#) are available on our website.

4000 requests a week

Despite the news headlines you see about the NHS being in crisis, we continue to strive to provide a safe, accessible and high-quality service which meets everyone's needs. With over 4000 requests a week, and around 1,700 GP appointments, we're doing our best to meet rising needs, demands and expectations. This was recently reflected in our extremely positive patient satisfaction survey results – 82% of our patients who responded to the national GP survey rated their overall experience as good.

Support for LGBTQ+ Health

We strive to be an inclusive organisation for all our patients who identify as LGBTQ+ and we aim to make it as easy as possible for patients of ages to access care without fear of prejudice and judgment.



There is local support for patients and their families across East Cheshire and we have pulled information together on our website in our [LGBTQ+ section](#) – see if there's something there to help you?

Mental Health Practitioners appointed

We are delighted to have appointed two Mental Health Practitioners who are due to start with us in October/November. They will work predominantly with adults and provide support to patients from all four practice bases.

News from our Patient Participation Groups (PPGs)

Know your Numbers!

High blood pressure can damage your blood vessels, and is a major cause of strokes, yet many people are unaware that their blood pressure is too high, so regular tests are important.



Our PPGs took part in the national Know Your Numbers! Health awareness week testing people's blood pressure and doing 'finger-tip- ECG tests in Disley, Bollington and Poynton – testing over 500 people. Thanks to all the volunteers who took part.

Disley Showcase

Disley PPG took part in Disley Parish Council's Showcase event on 30th July 2022 meeting and chatting with Disley residents. A wellbeing quiz got everyone thinking about their health and wellbeing and the winner won a hamper of goodies! If you missed the answers, head over to our [website](#) to find out more.

Supporting parents & carers

A postcard with useful information for parents and carers in Disley has been developed with Disley Parish Council. Pick up a copy from Disley Library. We're now discussing similar cards for Poynton and Bollington.



Wellbeing card for Young People

The PPG are in discussions with Bollington Town Council and Tytherington High School about developing a version of the Wellbeing Card for Young People in Bollington. The card includes information on both local and national support for young people.

Join our PPG

Our PPG brings patients together with Middlewood staff to improve services for patients. Find out more [here](#) or email middlewoodppg@gmail.com