



# Middlewood Partnership Newsletter

**Here's to the start of 2025! 🎉 We hope all our patients and their families had a wonderful Christmas and are enjoying a healthy start to the new year!**

## Staying safe this winter

When the weather turns colder, it can affect your health and wellbeing and knowing who to contact and when is important.



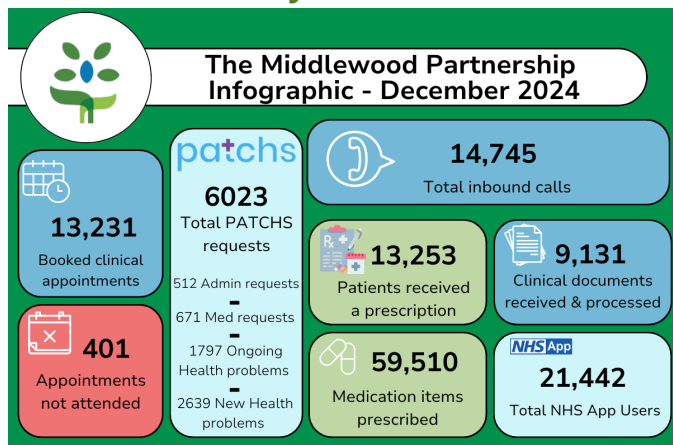
**Use the Right Service** 

 Self Care	 Pharmacy	 NHS 111	 GP Advice	 A&E or 999
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While we're here to support you, it may be faster or more appropriate to get the help you need elsewhere. If you're unsure which service you require, you can visit the **Use the Right Service website** (<https://usetherightservice.com>) to help you find the help that you need, fast.

Winter can be an especially difficult time for our more vulnerable patients, like the elderly or those with pre-existing respiratory problems. If you have relatives or neighbours who may be more susceptible to illness, **we urge you to check in on them when you can.** ❤️❤️

## December Activity



Above is a summary detailing the amount of activity provided by the practice in December 2024.

## The value of appointments

It's widely known that the [chronic underfunding of general practice](#) means that appointments are always at a premium, but this is especially true in the winter months when more people are becoming unwell.

**If you are unable to attend, please ensure to cancel your appointment.** This frees up the space and allows us to offer the appointment to someone else.

- 1 If you receive automated text message reminders of your appointments, **you can quickly cancel an unrequired booking by clicking the link at the bottom of the reminder.**
- 2 Alternatively, you can cancel your appointment by calling the practice - we have a dedicated cancellation line so there's **no need to wait in a call queue - just select option 3 in our automated menu** and leave a message to tell us you're unable to attend.

## Over 12,000 vaccinations delivered!

The autumn was a very busy period for everyone here at Middlewood, with our vaccination programmes kicking into full gear to help prepare our patients for the strains of winter.

On top of our usual vaccination hubs at Poynton Civic Hall, we also ran a number of vaccination clinics at each of our four surgeries, helping our most vulnerable patients get the protection they need with as little fuss as possible.

All totalled, **Middlewood delivered over 12,000 COVID and flu vaccinations to our patients!**

We'd like to offer our sincere thanks to all our staff for their hard work in making this possible.

## Menopause event a great success

In mid-November, Middlewood hosted another of our series of Menopause Awareness events, helping to increase the understanding of menopause and HRT.

Alongside medical information from Middlewood's Dr Fiona Ellison-Smith, representatives from *Orange Bloom Yoga* were in attendance to offer wellness advice, on top of support from the Cheshire East Menopause Champions and our own team of Social Prescribers.



Attendees scored the session an **average of 4.1 out of 5, and 88% said they were very likely to recommend** future sessions to others.

## "What other help is available locally?"

There are many health-related events that take place in the local area. Whether hosted by Middlewood, the local authority, other health organisations or volunteer groups, there's support available for all kinds of problems.

Middlewood collates these upcoming events on our website to help patients quickly browse what might be helpful to them.

Keep an eye on the events page on our website to see what external support may be available to help with your health needs. You can access the webpage by clicking or scanning this QR code.



## Parking fees introduced despite opposition

Local residents and visitors to the area will have seen the introduction of parking charges on the long stay section of the Civic Centre Car Park in Poynton, as well as the Community Centre car park in Disley, by Cheshire East Council.

Unfortunately, despite Middlewood's opposition to throughout the consultation process, the decision to implement the parking charging scheme went ahead.

We advise all our patients to make themselves aware

## Staffing Updates

It's been a while since our last newsletter, and we've had a few important staff changes in recent months.

- Dr Becky King (Salaried GP at Bollington Medical Centre) has taken on an exciting new role as a Complex Care GP, helping to proactively offer support to the most vulnerable patients registered with Middlewood.
- Dr Majid Ahmed (Salaried GP) has joined Bollington Medical Centre, covering Dr King while she fulfils her new role.
- Dr Rob Brown has returned to Middlewood; having recently completed his training at The Schoolhouse Surgery, Dr Brown now joins Priorslegh Medical Centre as a Salaried GP to cover Dr Hannah Connell (GP Partner), who is currently on maternity leave.
- Dr Jennifer Byford has returned from maternity leave to complete our roster of Salaried GPs at Bollington Medical Centre.

You can find out more about our team by visiting our website:

<https://middlewoodpartnership.co.uk/meet-the-team/>

## Enhanced Access changes coming soon!

We're excited to share news that from 1st February 2025, our Enhanced Access appointments on Friday evenings and Saturday daytimes are going to be more local!

Full details are still being finalised, but watch this space for information on staffing and availability soon!

of the new parking regulations to avoid any undue parking charges:

- You only need to purchase a ticket if you are parked in a bay marked with a 'P' in a square.
- Waitrose short-stay car park continues to be free for up to 2 hours.
- We have told that charges are in place from 8am – 3pm Monday to Saturday.

If you have any concerns, please contact the Cheshire East Council directly by phone on 0300 123 5020.