Middlewood

Middlewood Partnership Newsletter

After a long winter and a very wet spring, we're finally getting the summertime we deserve! 🥳 Let's make the most of the sunshine! 🌞

Stay sun safe this summer! 🌞



While we all love the warmer weather, it's important to enjoy the sun safely. Dr Yasmin Gruenbeck, Bollington GP with a specialist interest in Dermatology, offers some key factors to consider when enjoying the sunshine:

🌳 Make use of **shade** when outside.

👕 Protective clothing. Clothing is very effective at protecting against UV from the sun. Ideally you need **good body coverage and fabric that prevents UV radiation** from reaching your skin.

👒 Hats protect the scalp, face and neck. **A wide-brimmed hat**, such as a Panama hat, offers the best type of protection.

😎 Sunglasses **protect our eyes** from UV damage and protect the skin around the eyes which is often missed when applying sunscreen.

🧴 Sunscreen comes labelled with an SPF, which stands for 'Sun Protection Factor'. We recommend you choose a sunscreen with an SPF of 3️⃣0️⃣ or above that **also bears the UVA logo.**

Make sure to reapply sunscreen every 2️⃣ hours, or if you take part in any activity that could cause it to rub or wash it off – for example, swimming, towel-drying, or playing sports.

Avoid using sunscreen on babies younger than 6 months unless there is no other way to protect them from the sun. **Shade and clothing which covers the skin** are better protection methods.

Join one of our Patient Participation Groups!

Our Patient Participation Groups (PPGs) offer a space for our patients who are interested in healthcare to **meet with Middlewood staff and other patients to help improve services** and facilities for patients.

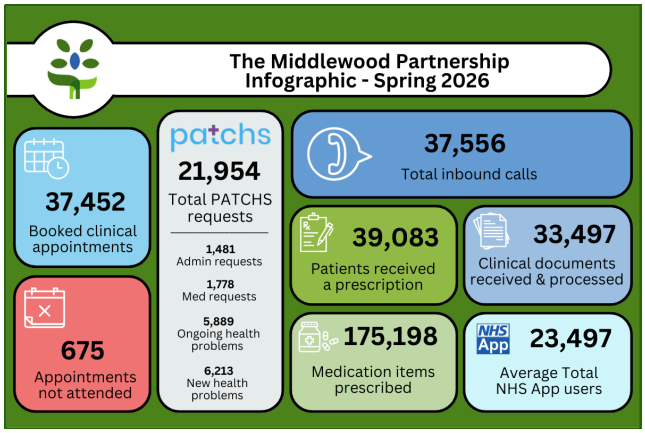
Open to all registered patients aged 16 and over, we have dedicated groups in Bollington, Disley and Poynton, where you can hear about developments, offer your feedback and get involved in local initiatives to help shape healthcare services in your area.

And to help working-age patients join the discussion, some groups are currently running **meetings after work** - there's never been a better time to join!

PPG

For more information, including the dates & times of upcoming meetings, please scan the QR code or visit our website: www.middlewoodpartnership.co.uk/ppg

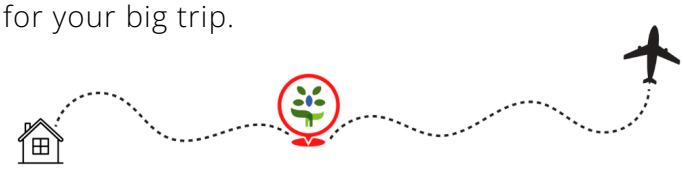
Latest Quarterly Activity



Above is a summary detailing the amount of activity provided by the practice in March, April & May 2026.

Getting 'holiday ready' with your travel vaccinations

If you're planning on travelling abroad, our travel health assessment service can help you get ready for your big trip.



By completing an online questionnaire for each traveller, our Practice Nurse Team can undertake a comprehensive Travel Risk Assessment, recommend any required vaccinations and send you a link to book in for an appointment.

We advise completing your questionnaire and booking your appointment as soon as possible prior to your departure date.

The nurse may recommend various vaccinations (such as Hepatitis A, Typhoid Fever, Polio or Cholera) based on your travel destination, length of trip, medical history, and planned activities.

You can contact the us via PATCHS to enquire about travel vaccinations - we'll provide you with the online questionnaire to complete.

Please be aware that **not all travel vaccinations can be delivered by the NHS**; depending on your needs, you may be advised to visit a private clinic for some vaccinations.

For further information regarding travel health, we recommend visiting the websites below:

- https://travelhealthpro.org.uk/countries
- https://www.nhs.uk/vaccinations/travel-vaccinations

Are your NHS App notifications switched on?

If you have the NHS App, you can **help the practice by ensuring that your notifications are switched on** - that way we can message you directly in the app!

To switch on your notifications on your phone:

1. Open the NHS App
2. Click on the 'Profile' button
3. Scroll down and select 'Notifications'
4. Press 'Go to device settings' and toggle the button 'On'

Health & Wellbeing programmes open for self-referrals

Did you know that *OneYou Cheshire East* offers a variety of health & wellbeing programmes that you can **self-refer** to **completely for free?**

ONE YOU CHESHIRE EAST

Their services are available in Bollington and Poynton and include programmes for:

- Physical activity
- Weight management
- Falls prevention
- Becoming smoke free

Call them on **0300 123 5026** or visit their website for more info: www.oneyoucheshireeast.org

Make the switch: New NHS campaign tackles medicine myths

NHS Cheshire and Merseyside has launched 'Make the switch' - **a new regional campaign tackling common myths** around switching medications, to help patients feel confident about using other versions of their medicines.



Across the NHS, huge numbers of patients have been successfully switched to different versions of their medicines to treat their health conditions. But research shows that many patients have concerns about switching - often based on misunderstandings about quality, safety, or effectiveness.

The new campaign 'Make the switch' directly addresses these barriers - increasing understanding of how different medicines work, the benefits of switching medicines, and the robust safety/quality standards they must meet.

Visit the 'Make the switch' campaign page on the NHS Cheshire and Merseyside website, to find out more: www.cheshireandmerseyside.nhs.uk/MakeTheSwitch