

Patient newsletter

Grosvenor
Medical
Centre

Summer Edition

In partnership with our patient participation group, the practice will be creating a quarterly newsletter to keep you up to date on things happening in and around the practice.

Opening times:

Monday—08:00—18:30
Tuesday—08:00—18:30
Wednesday 08:00—18:30
Thursday 08:00—18:30
Friday 08:00—18:30

When we are closed:

Please ring NHS 111 for advice, or alternatively visit the walk in centre at Tameside Hospital who are open 9am to 9pm every day. Only ring 999 in life threatening emergencies.

Evening and weekend appointments:

Out of hours evening appointments (after 18:30) and Saturday appointments are available at our Primary Care Network hub, located on the 1st Floor, St Andrews House, Waterloo Road. Please contact the practice to make an appointment. Please note this is not a walk in service.

Upcoming closures/ training dates:

Thursday 18th July
Thursday 19th September
Thursday 17th October
Thursday 21st November
The practice will be closed from 12:30.

Patient Participation Group

Want to get involved?
We are always looking for new members to be the voice of the patient!

Our group meets every 8—12 weeks and it is an important forum for patient opinions and ideas to be feedback to the Practice. If this is something that might appeal to you, please let a member of the practice team know!

Bank Holiday Closures—Monday 26th August

NHS App

We have been informed that you may see the comment “No Comment” on some items such as a blood pressure reading on your NHS app. This is a software default comment and is not added by the practice. If there are any actions following a submitted blood pressure etc, the practice will contact you.

Staff Updates

Dr Parikh will be taking a sabbatical break from October for 6 months. The Practice will be welcoming Dr Hobbs to cover for Dr Parikh during this time.

We also have welcomed a new member to our administrative team, Alexandra!

Please ensure the practice has your up to date contact details to ensure you continue to receive information on annual check ups and practice information.

Our team

Dr Paresh Parikh—GP Partner
Victoria Turner—Practice Manager
Dr Carmen Chan—Salaried GP
Dr Eleanore Lyons—Salaried GP
Stephanie Chan—Clinical Pharmacist
Jennie McGing—Practice Nurse
Emma—Assistant Practitioner
Georgina—Recall administrator
Philippa—Receptionist
Paula—Receptionist
Melissa—Receptionist
Kirsten—Receptionist
Evanthia—Receptionist

Dr Claire Knight—GP Partner
Dr Nathalie Howard—Salaried GP
Dr Nita Taylor—Salaried GP
Rikesh Mistry—Clinical Pharmacist
Laura Lyons—Advanced Clinical Practitioner
Hayley—Health Care Assistant
Mel—Office Manager
Matthew—Secretary
Fran—Receptionist
Philippa—Receptionist
Andrea—Receptionist
Alexandra—Receptionist

Information about our team and our clinician’s specialties can be found on our practice website at <https://grosvenormedicalcentrestalybridge.nhs.uk/staff1.aspx?t=1>

We also offer an extensive range of services through our primary care network, information on what services are available can be found at [Stalybridge, Dukinfield & Mossley Primary Care Network](#)

Minor Eye Conditions Service

The Minor eye conditions provides assessment and treatment for people with recently occurring minor eye problems. It is an NHS service provided by accredited opticians.

What conditions can be treated?

- Red eye or eyelids
- Dry, gritty or uncomfortable eyes
- Eye irritation and inflammation
- A lot of recent discharge from the eye or watery eye
- Recently occurring flashes or floaters
- Painful eye
- Ingrowing lashes
- Recent and sudden loss of vision
- Foreign body in the eye.

You do not need a referral from the GP to access this service. You can book this appointment yourself. You should contact the opticians directly to make this appointment—please do not attend without an appointment.

Find an optician locally who are offering this service by visiting—<https://primaryeyecare.co.uk/find-a-practice>

Our Telephone Systems

Our telephone system operates a queuing system. Once the queue reaches 5 people, callers will be offered a call back. Call back's are automatic and will dial your number when it becomes your space in the queue. Once a call back is requested, you do not need to call again. The system will automatically call the number you dialled on back. If you do not answer the call back, our reception team will leave a message advising you to call back if assistance is still required.

We are working with our reception team to decrease call wait times, with extra staff available during busy periods.

We appreciate your patience during these times.

Mental Health Support

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and be able to get the most out of life.

1. Connect with people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (Mindfulness).

You can find more information about how to take these 5 steps at <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

The benefits of nature

Recently the practice team undertook a teaching session regarding the benefits of nature and mindfulness. We looked at the benefits of forest bathing and the benefits it can have on our mental health—you can find more information about forest bathing at—<https://www.nationaltrust.org.uk/discover/nature/trees-plants/a-beginners-guide-to-forest-bathing>

Local activities for children and young people aged between 8-19 years old

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cedar Junior Youth Club Time: 4.30-7pm Carr St Ashton-Under-Lyne OL6 8ES	Blocksages Senior Youth Club Time: 6.30-9pm Birch Lane, Dukinfield SK16 5AP	LGBT Group Time: 6-8.30pm Must contact Diane King on Mobile. 07971599414. Address not publicised due to vulnerability of group.	Cyclops Bike Ride Explore Time: 5 -7:30pm Unit 9 Charlestown Industrial Estate, Robinson Street Ashton-Under-Lyne OL6 8NS		Bennett St Youth Club Accessible bike session- ACE Time: 10-12pm Hyde Youth & Community Lower Bennett Street Hyde SK14 4PP
Tameside Youth Council Time: 6-8pm Must join the youth council before attending. Contact Katrina Perry on Mobile. 07583000535 Hyde Youth & Community Lower Bennett Street Hyde SK14 4PP	LGBT Group Time: 5.30-8pm Must contact Diane King on Mobile. 07971599414 Address not publicised due to vulnerability of group.	Mossley Junior Youth Club Time: 4-6.30pm The Rowans Micklehurst Mossley OL5 8DR	Bennett St Senior Youth Club Time: 6:30-9pm Hyde Youth & Community Lower Bennett Street Hyde SK14 4PP		
		Bennett St Senior Music & Media Time: 6.30-9pm Hyde Youth & Community Lower Bennett Street Hyde SK14 4PP			
		If you require further information Please call 0161 342 3954 or email: ahuti.kalyan@tameside.gov.uk			

More information can be found at— <https://www.tameside.gov.uk/youthservices>

Grosvenor Medical Centre

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*A member of Stalybridge, Dukinfield
and Mossley Primary Care Network*
1st Floor, St Andrews House, 2
Waterloo Road, SK15 1RZ.
0161 393 2976
[Stalybridge, Dukinfield & Mossley
Primary Care Network](#)
(stalybridgepcn.nhs.uk)

SAFE Tameside

SAFE Tameside offers support and a place of safety for those in a mental health crisis, based as the Anthony Seddon Centre, Ashton Under Lyne. Call 0161 470 6104 or drop in between 1pm and 6pm Monday to Friday.

If you need urgent mental health support (available 24/7)—

NHS Mental Health Helpline - 0800 145 6485

Samaritans— 116 123

NHS 111— 111

24/7 Pennine Helpline— 0800 014 9995