

# WASHWAY ROAD MEDICAL CENTRE

## "SURGERY SNIPPETS"

- a newsletter for our patients.

April - June 2018

### April .... the ideal month to join our walking group



Despite our very first walk being cancelled due to snow and ice, our weekly health walks have been well received! We meet **at Walton Park bowls pavilion, every Thursday at 10:30am**, and every week so far, around 20 – 30 walkers have enjoyed the highlights of Sale! The walks last around 45 minutes, are at a gentle pace, on flat ground and are designed to attract anyone who'd like to get out more!

"It's encouraged me to go out walking on other days too"

"It's a great idea, very well organised"

We're very fortunate to have our walks led by **interesting and informative local walk leaders**. Several of our surgery team have joined the walking group. They have very much enjoyed the walkers' company, gentle exercise, local landscape and the ability to escape from the practice for an hour!

We've had lots of great feedback from walkers – come and join us!

You can also join in walks on other days too – find out more at

<https://www.walkingforhealth.org.uk/walkfinder/trafford-walk-for-health>

*"I've volunteered to be a walk leader and look forward to starting this training soon"*

"Good to meet up with other people and get some exercise!"

.... **& in May** the theme continues, with **Walk to School & Walk to Work weeks**.

Hope to see you next Thursday at 10:30am at Walton Park ☺

## TRAFFORD CENTRAL NEIGHBOURHOOD WORKING

In every "Snippets" edition, we're now including news about **all Sale practices** working more closely together. Eventually practices plan to develop a joint newsletter, so all local residents have up-to-date news about local health services.

So, what's new?

**Sexual health services** are now provided by:

**The Northern** at 74 Princess Rd, Urmston, M41 5SQ.

Drop in times are Mon – Fri 08:30 – 11:30 & Tues 16:00 – 18:00.

If you'd prefer to make an appointment instead, ring them on 0161 701 1555.

Additional funding from NHS England means Trafford Primary Health is **expanding the local Saturday Hub service**.

From April 2018, patients will be able to book **routine appointments on a Saturday and on a Sunday, too**. *If urgent care is needed during the weekend, please continue to ring NHS 111.*

From May/June 2018, there will also be **extra Hub sites in Trafford South** (Altrincham) and **Trafford North**. Hub opening times will also be extended to Monday – Friday 18:30 – 20:00.

**Routine appointments at all sites and all times will be available for any of our patients to book, via our surgery.**



## WELCOME!

We're delighted to welcome our new advanced nurse practitioner who will be joining our team on a permanent basis in May. **Sister Tracey Killeen**, brings a wealth of experience to this role and has a keen interest in diabetes.

Our own nurse practitioner **Sister Louise Kelly** is also part way through her Advanced Practice degree course, so in due course, will be able to extend the range and complexity of patients she is able to see.

### DIABETES AWARENESS WEEK 11 – 17 June 2018

According to statistics, up to 3000 of our patients could be at risk of developing type 2 diabetes. Many of these cases could be prevented or delayed by maintaining a healthy weight, eating well and being active. Find out more at [www.diabetes.or.uk](http://www.diabetes.or.uk) and take the first step to increasing your activity level by joining our walk on Thursday mornings!

## BANK HOLIDAY & TRAINING CLOSURES - SPRING 2018

The surgery will be closed on the following dates: **Monday 2<sup>nd</sup> April; Monday 7<sup>th</sup> & 28<sup>th</sup> May**. The surgery will also be closed for a Trafford-wide training event on the afternoon of **Thursday 26 April from 1pm**. Should you need **urgent** medical attention that cannot wait until we re-open, one of the services below may be able to help:

NHS 111 (24 hour NHS advice line)

111

Minor injuries unit, Altrincham General Hospital

0161 934 8300 (8am-8pm w'days;10am-6pm w/e & b/hs)

Trafford Urgent Care Centre, Trafford General Hospital

0161 747 4978 (8am - 8pm)