

West Timperley Medical Centre

Newsletter – Summer 2024

Welcome

Welcome to our new Practice Newsletter. The aim of this newsletter is to keep our patients up to date with practice information and local community news.

This newsletter has been developed by our [Patient Participation Group \(PPG\)](#)– if you are interested in joining our PPG and improving our services for all our patients please contact the surgery.

Primary Care Network

Our practice is part of a wider network of five local practices and we work together under the name Altrincham Healthcare Alliance.

The practices in our network are;
Altrincham Medical Practice
St Johns Medical Centre
Park Medical
Shay Lane Medical Centre (Drs Cranston, Haslam and Connell)

We work together to deliver a range of services for our patient population.

Contact Details

Please help us by ensuring that your contact details are always kept up to date. If you change your address, phone number or email address – please let the surgery know by using our online portal and submitting an admin request.

The Team

We would like to introduce our whole clinical team to our patients.

GP Partners

Dr Catherine Effingham, Dr Philip Stratford-Smith, Dr Emma Barnes, Dr Niranjana Janarthanan

Salaried GPs

Dr Suzannah Royal, Dr Hannah Ward, Dr Ben Moseley

Practice Nurses

Jen Beech, Kyla Watkinson

Health Care Assistant

Hannah Doherty

We also have a range of additional clinical roles that are supported through our Primary Care Network, these are;

Clinical Pharmacists

Dina, Laura and Liam are at our practice daily helping support the wider clinical team. They manage medication reviews, medication changes, out of stock medications, hospital discharges and support patients who take multiple medications.

First Contact Physiotherapists

Greg, Krupa and Ethan are based at West Timperley on Monday, Tuesday and alternate Wednesdays. They can see patients over the aged of 16 for a range of musculoskeletal issues including back neck and joint pain. The First Contact Physio team can order any investigations required and can manage onward referrals.

Social Prescribers

Sarah, Nicole, Shannon and Leanne are at our practice almost every day. This team works with patients who have social issues such as homelessness, loneliness, debt and other welfare support. They can link up with wider community teams to ensure patients access the care and support required. You can self-refer to our social prescribing team through our website.

Mental Health Nurse

Will is our Mental Health Nurse and works at the surgery on Monday, Tuesday, and Thursday. Will has an extensive background in working with patients with a range of mental health problems. All appointments with Will are between 30 and 45 minutes long to ensure a comprehensive assessment can take place. Will can arrange onward referrals to any mental health team or will follow up with patients to monitor their wellbeing.

To book in with any of our team please either call reception or log a request on our online portal

Other services available at the surgery

Minor Surgery

Drs Stratford-Smith and Barnes offer minor surgery appointments on Tuesday and Thursday mornings. In these clinics a range of conditions can be treated, including, non suspicious mole removal, cysts, lipomas and seborrhic keratosis. You will need to be seen in a routine GP appointment first before being booked in for minor surgery so that the team can assess the lesion or area.

Contraception

Drs Effingham and Barnes offer weekly contraceptive fitting appointments for coils and implants. If you wish to have one of these fitted please contact the surgery to be added to our waiting list.

Flu Season 2024

In line with NHS England guidance our flu season will commence the first week in October. We will contact eligible patients once clinics are confirmed. Please do not contact the surgery yet as clinics have not been finalised.

Routine Pre-bookable appointments

West Timperley Medical Centre offers a range of pre-bookable non urgent appointments. These can be booked up to 6 weeks in advance.


To book an appointment either call the surgery or log a request on our online portal and our team will get back to you.

Pre-bookable appointments are available to book with the GPs, Practice Nurses, Health Care Assistants, Clinical Pharmacists, First Contact Physiotherapists and Mental Health Practitioner.

West Timperley Medical Centre

Community News

Trafford Walking for Health

 walking for health in trafford

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

How you can get involved

Why walk?

Walking is truly accessible - almost everyone can do it anywhere and at any time. It won't cost you anything, and you don't need any fancy equipment to hit the pavement.

If you still need convincing, here are a few positive things that walking can do for your health...

- Help your heart and lungs work better
- Lower your blood pressure
- Keep your weight down
- Lighten your mood
- Keep your joints, muscles and bones strong
- Increase 'good' cholesterol

Our walks are **free, fun, local and friendly** and usually last 30 to 90 minutes – perfect to help you get active and meet new people. There is often an opportunity for a cuppa and chat afterwards. If you'd like to take part, just come along to the start point of one of our walks a few minutes early, so that one of our trained leaders can take your details. Then you're free to take part in as many walks as you like, as often as you like.

If you want to know more or are interested in helping with our walks, please contact Trafford Scheme Co-ordinator - Dave Walmsley – dave@dwalmsley.co.uk

For all national enquiries, please contact Walking for Health on 0207 339 8541 or walkingforhealth@ramblers.org.uk



Supported through funding from players of People's Postcode Lottery and Macmillan

The Ramblers' Association is a registered charity (England & Wales no. 1093577, Scotland no. SC039799)



John Leigh Park Walking Group

Every Monday – meet 10.20 a.m.
Bowling Hut in the park WA14 4DX

Contact Friends of John Leigh Park
07976 018418 or
friendsofjohnleighpark@gmail.com

West Timperley Walking Group

In association with West Timperley surgery

Every Tuesday – meet at 10.00 a.m.
Broadheath Community Centre WA14 5JQ

Contact Steve Patrick 07751 133733
stevewp@sky.com

Boundary House Walking Group

In association with Boundary House surgery

Every Tuesday – meet at 1.20 p.m.
Boundary House surgery M33 2RH

Contact John Stretton 07548 237613

Woodheys Walking Group

In association with Bodmin Road and Firsway surgeries

Every Wednesday – meet at 10.15 a.m.
Pitch & Putt building in Woodheys Park M33 4LP

Contact Anne Keast 07714 626890
anne.keast@ntlworld.com

Walton Park Walking Group

In association with Washway Road surgery

Every Thursday – meet at 10.00 a.m.

Bowls Pavilion in the park M33 4AT

Contact Andy Wright andyw1307@hotmail.com

Manor Court Walking Group

In association with Firsway and Bodmin Rd surgeries

Every Friday – meet at 9.45 a.m. Manor Court Community Centre M33 5LX

Contact Mark Eaton markeaton1954@gmail.com

Sale Sports Club Walking Group

Every Friday – meet at 9.45 a.m. Sale Sports Club, Clarendon Crescent M33 2DE

Contact Howard howardjohnston@btconnect.com
07789 937350 or

Chris Johnston supergranchris@hotmail.com
07919 150044

Want to volunteer to help run our walks – contact scheme co-ordinator Dave Walmsley on dave@dwalmsley.co.uk or 0161 282 8154

Supported by



West Timperley Medical Centre

Community News

FRAUD AWARENESS

Come along to our Fraud event to find out about the latest scams and how to protect yourself and others.

WHAT WE WILL DISCUSS:

- Latest scams/frauds
- Keeping safe from scams
- Famous stories/cases
- Online safety
- Free materials
- How to report fraud

Location:

Limelight, 1 St Brides Way, Old Trafford, M169NW

Time:

18th July & 22nd August from 11:30am – 2pm



GREATER MANCHESTER
POLICE



ActionFraud
Report Fraud & Internet Crime
actionfraud.police.uk

Violence Reduction Alliance Facilitator

Trafford
Community
Collective

Trafford Community Collective are looking to recruit someone who is passionate and motivated to make a difference in Trafford's communities and to the lives of its young people, who also has experience of supporting partnership work.

Join the Trafford team and contribute to the Greater Manchester wide Reducing Violence Reduction Alliance, working with like-minded people to make a positive difference to the lives and young people, their friends and families.

Our Trafford programme is at a crucial stage of implementation following a series of engagement and consultation events and ready to grow from strength to strength.

£29,400 fte reduced to £14,700 for 17.50 hours per week
Based in and around the Gorse Hill area of Trafford and home working

For more information or an informal chat please contact
Bernadette Ashcroft

or to request an application pack via
bernadette@traffordcollective.org.uk

Closing date for applications: 8th July 2024

Interviews w/c 22nd July 2024

www.traffordcollective.org.uk/category/recruitment

Wellbeing Workshops

BMS WELLBEING Understanding You
Taking place in Trafford

Confidence in Communication

Find out how to be more confident in communication

Mindfulness

Become more mindful in your daily life

Physical Activity

Discover various ways to become physically more active

Each workshop lasts 3 hours
Light Meal included



The Hub, Community Centre,
Pownall Road, Altrincham, WA14 2SZ



St Marys Magdalene Church,
44 Moss Ln, Sale, M33 6GD



Scan the QR code for each venue to find out more information or visit:

www.bmswellbeing.com

07853629771

Are you over 50? A Trafford resident? A smoker?



Do you or someone you know want to quit smoking?



We can help with free advice and support.

- A personalised 12-week plan for stopping smoking
- Access to Nicotine Replacement Therapy including e-cigarettes
- Behavioural support and quit aids

Call Lucy on 07949 182352

or email Lucy.Chidlow@ageuktrafford.org.uk

DIGITAL INCLUSION OFFER TRAFFORD COUNCIL 2024

There is a wealth of digital support available across Trafford; including free connectivity, access to low-cost devices and help and support getting online and using digital services.

DIGITAL SUPPORT

Our Library and Digital Advisors are committed to support individuals to help them get online and can offer help with digital on a 1-2-1 basis. Trafford libraries offer free WiFi, computer access and an extensive eLibrary service, BorrowBox.

Our Digital Champions can help build the confidence of those who have no digital experience, help you to build on existing skills or even help you to access public services online. Pop into your local library for a chat or call **0161 912 3189** to book an appointment.

DISCOUNTED DEVICES

We have partnered with Community Computers to provide refurbished and heavily subsidised ex-business model devices back into the heart of our communities. Residents are eligible for a cut-price device if they are in receipt of benefits or on a low income. Devices are priced at £60 and include a genuine Windows 10 operating system and a lifetime Microsoft licence.

Find out more at www.communitycomputers.co.uk or call **0161 476 2777**

If you are a school, charity or other support organisation working with an individual or family in need of a device but do not have the means to purchase one at this time, please get in touch with the digital inclusion team at digitaltrafford@trafford.gov.uk

DEVICE LENDING SCHEME

Trafford residents can borrow a laptop or tablet from our Device Loan Scheme for free - all you need to do is register at your nearest library or give us a call on **0161 912 3189** to reserve your device. If you don't have WiFi at home, we can provide 4G routers to ensure you can connect to the internet in the comfort of your own home. Borrowers must be aged 16 or over and a Trafford resident.

FREE DATA SIM CARDS

Trafford Council have partnered with Good Things Foundation to offer free data SIM cards to residents struggling to stay connected on-the-go. O2 and Vodafone SIM cards are available and include up to 40GB data per month and unlimited free calls and texts for 6 months.

Residents requesting a free sim must be:

- Aged over 18
- On a low income

SIMs can be collected from all Trafford Libraries, just ask for a free SIM card at reception. If you face a barrier travelling to your nearest library and require a SIM to be posted to you, please email digitaltrafford@trafford.gov.uk for support.

REDUCED COST BROADBAND

To most families, a fast and reliable broadband connection is just as essential as almost every other household utility. If you're a low-income household receiving Universal Credit or other benefits, you could be eligible for a social broadband tariff and save over £200 a year on your broadband bills. Find out more at www.trafford.gov.uk/broadband

DEVELOP DIGITAL SKILLS

We are working with providers to deliver digital skills crash-courses in the core of our Trafford communities throughout 2024. Our 2 week 'earn while you learn' courses will be delivered in local venues on your doorstep, providing an opportunity to gain a CV-boosting qualification, £30 in shopping vouchers and a free tablet upon completion of the course. Courses include Essential Digital for Beginners, Digital Skills for Work and Cyber Security. Available for Trafford and Greater Manchester residents aged 19+ who are currently out of work or training.

To find your nearest course and reserve your place, call/text **07971034641** or email skills@trafford.gov.uk

'GO DIGITAL' FOR OVER 50s

If you're aged over 50 and are interested in learning some basic skills using a tablet, come and join our informal Go Digital classes. These sessions will show you how to use a tablet to create and send an email, surf the web, spot scams and chat with loved ones online. You'll be able to leave the session with a tablet to borrow and take home for extra practise. Refreshments provided. For further details and to get involved, contact Bethany on **07929396581**