



DUKINFIELD MEDICAL PRACTICE



Newsletter - Spring 2021

Practice Contact Details:

Tel: 0161 343 6382 email: tgccg.dukinfieldmedicalpractice@nhs.net

Website: dukinfieldmedicalpractice.co.uk

Easter arrangements: The Practice will be closed on Friday 2nd April and on Monday 5th April

We hope you find our Spring newsletter useful and informative.

In this issue we have focused on community support services, including mental health. According to the Office for National Statistics, almost one in five adults is likely to be experiencing some form of depression, double the rate seen before the coronavirus pandemic, so we hope that those of you who may be suffering the effects of the recent lockdowns or the virus will find some of the listed services helpful.

We are pleased that Dr Dowling has submitted an article for the newsletter which is on a later page.

News items

Approval for the new extension has finally been granted by Tameside MBC.

Covid Vaccinations:

We are currently offering the vaccination to group 6, patients between 65 and 16 with underlying health conditions. We are hoping to have invited all patients in cohorts 1-9 by mid-April 2021. Please can we ask that you do not contact the practice regarding your Covid vaccination? We will contact you when you are able to book your vaccination.

Facebook:

Are you aware that Dukinfield Medical Practice has a Facebook page which is a good place to find up to date information? <https://www.facebook.com/dukinfieldmedicalpractice>

DMP Staff The Doctors



Dr Dowling (P)



Dr Harvey (P)



Dr Roberts (P)



Dr Mc Bride (P)



Dr Wolstenholme



Dr Hsu



Dr Richman



Dr Williams

(P) means Partner, they own the business. All other Practice staff are salaried.



Dr N Hussain ST2

ST1, ST2, and ST3 are qualified doctors, training to be GPs.

Trainee Drs Cheong and Martin have moved on to their next positions, and we welcome Dr Hussain our new ST2.

The Nursing Staff



Bromley (P)



Chris



Claire



Elizabeth



Yvonne



Marie



Gillian

Pharmacist - Mr Usman Afzal

A Message from Dr Dowling - Senior Partner

In July I will have worked as a GP for 25 years. Lots has changed for GPs in that time, but the biggest change took place a year ago when, within a week, we went from the tried & tested face to face morning, afternoon (and evening) surgeries to almost all patient contacts being by phone and text.



Has this been a good thing?

For us GPs (and our staff) it has been mixed, but yes broadly speaking the change has worked. For ages we have tried to find ways to start consultations on the front foot, so we can deal with your problems efficiently. As patients have become more complicated and continuity of care has been harder to provide we would spend a lot of consultation time trying to put symptoms into clinical context. Our on line triage facility now means we can do the background reading before

talking to you, which believe me is more likely to result in a good treatment plan. We can also be more flexible, moving patients up and down the list according to urgency, and without the inconvenience of you (and us) having to work around fixed appointments. We also have the flexibility of giving you more or less time according to your needs, rather than the one size fits all 15 minute slot.

We know that many people want to see their GP face to face. We worry that not doing so will mean our diagnoses won't be as accurate as before, and we also worry that you will no longer know who we are when we telephone you!

Nothing is permanent except change said a wise Greek Philosopher. As GPs we have been happy to change and think on balance the new system is better. I am sure once we emerge from lock down that we will see patients face to face more often, but the flexibility this new system offers you and us is such a great opportunity.

We hope you will make the best use of it as we really believe that it offers a better Primary Care service.

Thank You. Dr T I Dowling

PPG Information

Despite the ongoing restrictions, the PPG has continued its regular meetings, but it is very difficult to organise anything until we are able to meet up again.

We have however made some progress, we agreed to issue quarterly newsletters, this being the second. We hope you find them useful; we are always open to suggestions as to what to include in future issues.

In order to identify future projects, we have asked patients to let us know what experience or skills they have. You can do this by contacting the PPG via our email address: dukppg@gmail.com.

We also asked patients to let us know why they joined the PPG; a few responses are shown below.

We are also in the process of including support on the website for using Online Consult and improving the support for using Patient Access by providing some sort of personal assistance.

In my opinion the PPG is a positive process but requires enthusiasm in order to achieve all the potential benefits for both the practice and patients.

....It did wane a bit after about six years, but now it is really strong with an excellent group of people.

We are given details of proposed upcoming practice changes and we are asked to comment on them.



I believe that if you want to be able to influence change, you can only do it by being involved.

Discussions are most definitely not one-sided, we are encouraged to express our point of view, and some are taken on board.

I read about the Health Champions and the PPG in the surgery and spoke to my neighbour about it. I turned up at a meeting and have been taking part since then. It helps me feel part of the community.

I would encourage patients to think about becoming a member of the PPG, you will be made most welcome.

Local Support Services

Mental Health

We are a peer-support mental health charity, providing support to people in our community who are living with mental health issues. We provide a range of activities including arts & crafts, music sessions, Reiki, Tai Chi and meditation as well as targeted support groups such as Hearing Voices, Suicide Bereaved Support and Who Cares? for family & friends of a loved one with mental health issues.



We are based in Ashton-u-Lyne on George Street Tel 0161 376 4439
Website: <https://tasfund.org.uk/>



Tameside, Oldham
and Glossop

We have a wide choice of services available. These range from counselling through to anger management courses and short term monitoring activities. See the menu for a full list and description of our services.

216-218 Katherine Street, Ashton-u-Lyne
Tel: 0161 330 9223 Website: <https://www.togmind.org/>

Men, it's time to talk?

Mentell provides circles for men aged 18+ to talk in a safe and confidential space, free from advice and judgement.



For more information visit the website:
<https://www.mentell.org.uk/>
also on FB: <https://www.facebook.com/mentellcharity>

Back on the Map

This is a service provided by the Health Champions at Dukinfield Medical Practice. They offer support for anyone who would like to talk about their feelings; maybe stress, anxiety, isolation or other issues perhaps brought about by the Covid pandemic. You may be referred by one of the GPs or you can contact them directly using the form at this link.:<https://dukinfieldmedicalpractice.co.uk/back-on-the-map-help-form/>

Mental Health (cont)



A Child and Adolescent Health Service

We offer specialist services to children and young people who are experiencing mental health difficulties.

Springleigh, Waterloo Rd, Stalybridge SK15 2AU

Tel: 0161 716 3600

Web: <https://www.penninecare.nhs.uk/hyamtameside>

Autism and Developmental Problems in Children

A local parent has three children on the autistic spectrum and consequently she has become very knowledgeable about the condition.



She has kindly provided us with much information about the support that is available for children with developmental issues, including autism. There is too much information to include here, so it has been put on the surgery website with a link [here](#).

You may contact Lisa by emailing dukppg@gmail.com and we will forward your message to her.

General Help and Support

Age UK Tameside Tel: 0161 308 5000 <https://www.ageuk.org.uk/tameside/>

Grafton Centre Hyde - Community Hub Tel: 0161 368 4110
<https://www.graftoncentrehyde.com/>

Action Together Tameside Tel: 0161 339 2345 <https://www.actiontogether.org.uk/>

Produced by the Patient Participation Group (PPG) in March 2021.

Contact Us on dukppg@gmail.com

Facebook: <https://www.facebook.com/dmpppg>

Website: <https://dukinfieldmedicalpractice.co.uk/ppg>

