

# DUKINFIELD MEDICAL PRACTICE PATIENT NETWORK GROUP (PNG)

## HEALTH EVENT – 30th SEPTEMBER 2023

### List of Exhibitors

#### The Grafton Centre, Hyde

We are a lively community hub catering for your needs with an expansive range of weekly activities to suit everyone

For more details see: <https://www.graftoncentrehyde.com/>

Tel: 0161 368 4110

#### Our Kids' Eyes (OKE)

Offering support, information and activities to families with children with special needs/disabilities.

More details here: <https://www.ourkidseyes.org/>

Tel: 0161 342 5550

#### The Bureau

Glossop's Community Wellbeing Charity.

This charity is used by Dukinfield Medical Practice to support patients in using digital apps, such as Patient Access, Online Consult and the NHS app for requesting medical help, renewing prescriptions and more.

Website: <https://the-bureau.org.uk/>

Tel: 01457 865722

#### The Shed

An activity-based 'Shed' where men can participate in various activities like woodworking, kitchen gardening, beekeeping or simply socialise with other men and do the crossword or play dominos. Shorter programmes on cooking, woodworking skills and chess are often available.

Monday to Friday 9 – 3 pm, Saturday 10-1 pm

Website: [https://www.theshedtameside.org.uk/?fbclid=IwAR1GkgeQnBHnBaBnGqUc5mRjp7tm9w\\_0wK2-OJRe8dgD87LFomdyJbQqsuo](https://www.theshedtameside.org.uk/?fbclid=IwAR1GkgeQnBHnBaBnGqUc5mRjp7tm9w_0wK2-OJRe8dgD87LFomdyJbQqsuo)

Tel: 0161 3684974

#### East Manchester Community Boat Project

Our objective is to provide a day out on the canal on our boat Community Spirit for those who may be disabled or disadvantaged.

Website: <https://www.emcbp.org.uk/>

Tel: 07503 145146

#### Carers' Centre

The Centre is part of Tameside Council and works with partners to ensure carers get the support they need.

Website: <https://www.tameside.gov.uk/carerscentre>

Tel: 0161 342 3344

#### HealthWatch Tameside

We are your local health and social care champion.

Give us your feedback about hospitals, dentists, pharmacies, care homes or other support services.

We have the power to make sure NHS leaders and other decision-makers listen and improve standards of care.

Website: <https://www.healthwatchtameside.co.uk>

Tel: 0161 667 2526

#### Noah's Art

We utilise the benefits of the human-animal bond to improve mental health and wellbeing.

Website: <https://www.noahs-art.co.uk/>

Tel: 0161 368 6544

## **MIND**

Provides advice and support to empower people experiencing mental health problems. They campaign to improve services, raise awareness and promote understanding.

Website: <https://www.togmind.org/>

Tel: 0161 330 9223

## **Be Well Tameside**

The service offers a range of health and well being support, advice on a range of day to day lifestyle issues such as stopping smoking, weight management, nutrition and healthy eating and physical activity.

Website: <https://www.tameside.gov.uk/bewelltameside>

Tel: 0161 342 5050

## **Forget me Not**

Provides invaluable support to those living with and caring for people with dementia.

Website: <https://forgetmenotbuddies.wordpress.com/>

Tel: 07926 506387

## **North West Ambulance Service (NWAS)**

We will have paramedics demonstrating their life-saving skills and, emergencies excepted, we will have an ambulance on site which will allow visitors to see inside.

Website: <https://www.nwas.nhs.uk>

## **Dukinfield Medical Practice**

There will be an opportunity to meet staff from the Practice and discover all the services on offer

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

Tel: 0161 343 6382

## **Patient Network Group (PNG)**

This group of volunteers (PNG) represents the "patient voice". Part of the role involves identifying need within the patient population in order to enhance clinical services.

Website: <https://dukinfieldmedicalpractice.co.uk/patient-network-group-links/>

## **The Anthony Seddon Group**

Supporting Mental Wellbeing in Tameside.

We are a Peer-Support Mental Health Charity, providing a safe environment for you to come and chat.

Website: <https://tasfund.org.uk/>

Tel: 0161 376 4439

## **My Recovery - Tameside**

Help to cut down on drugs and alcohol and much more.

Website: <https://www.changegrowlive.org/my-recovery-tameside>

Tel: 0161 672 920

## **Living Well**

Our team can help you with mental health difficulties you might be experiencing, such as anxiety and depression.

Website: <https://www.thebiglifegroup.com/service/living-life-well-neighbourhood-mental-health-team>

Tel: 0161 470 280

## **Leap**

Offer a wide range of support for families and children

Website: <https://www.leapcfc.org.uk>

## **St John's Little Explorers**

For families with tots.

Tel: 07944 272938