



Dukinfield Medical Practice Patient Network Group Newsletter - Winter 2024



Important Practice Information

Opening Times

| | |
|-----------|--------------|
| Monday | 8:00 - 19:30 |
| Tuesday | 8:00 - 18:30 |
| Wednesday | 7:00 - 18:30 |
| Thursday | 8:00 - 18:30 |
| Friday | 8:00 - 18:30 |

When we are closed:

Please ring NHS 111 for advice or alternatively, visit the Walk-In Centre at Tameside Hospital.

Open 9am to 9pm every day including Bank Holidays, no appointment required.

Only ring 999 if you believe it is a life-threatening emergency.

Evening and Weekend Appointments:

Patients who are registered at this practice can now book an appointment to see a GP or nurse on weekday evenings (after 6.30pm) or at the weekends (on Saturday and Sunday). These appointments will take place at another NHS site nearby.



Practice Contact Details:

Tel: 0161 343 6382

email: Gmicb-tameside.dukinfieldmedicalpractice@nhs.net

Website: dukinfieldmedicalpractice.co.uk

facebook: facebook.com/dukinfieldmedicalpractice

PNG contact: dukppg@gmail.com

Training Days:

21st Nov, 16th Jan, 20th Feb
Later dates are on the website
Practice closed from 12:30pm

Christmas Closing:

The Practice will be closed on:
25th and 26th December and
1st January

DMP Staff



Dr Harvey



Dr Roberts



Dr McBride



Dr Williams



Mr Parsons- Adv Nurse Practitioner



Julie Pregnall - Director

The Salaried Doctors



Dr Halstead



Dr Burghel



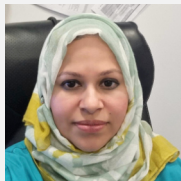
Dr Lightbody



Dr Stopford



Dr Bagri (ST3)



Dr N Iftikhar (ST3)



Dr A Zafar (ST2)



Dr T Shahi (ST3)



Dr D Drake (ST3)

The Nursing Staff



Yvonne



Chris



Claire



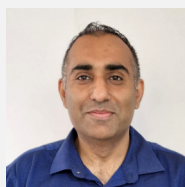
Elizabeth



Marie



Gillian



Mr Afzal: Pharmacist

STs are qualified doctors undergoing GP training.

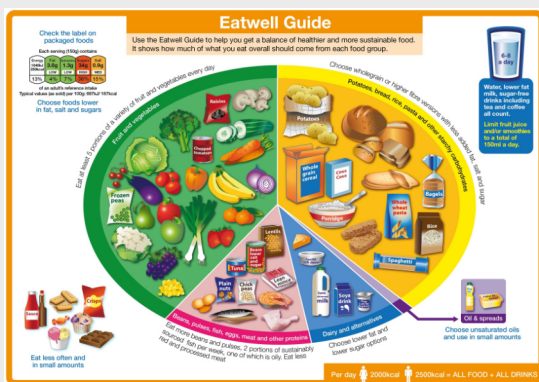
STAYING WELL THIS WINTER

As winter approaches, it is essential to prioritise your health and well-being. As winter bugs can affect vulnerable groups such as babies, young children and the elderly more than others, it's important that we look out for these people in our families and community. Here are a few simple strategies to help you and your family stay healthy this winter:

1. Stay Warm

Ensure that your home is heated adequately. Older people may need extra blankets and thermal clothing to stay warm. Consider wearing hats and gloves indoors if needed. AgeUK have produced a useful leaflet with lots of helpful information about how to prepare older people for the winter.

[How to Keep Warm in Winter | Age UK](#)
[Warm Welcome Hubs - Tameside MBC](#)



2. Eat Well and Stay Hydrated

Remind elderly individuals to drink fluids regularly, as they may not feel thirsty. Offer warm beverages like herbal teas or broths.

[Healthy eating in winter: 7 tips for eating well when it's cold - BHF](#)

3. Keep Active

Encourage gentle activities like walking, stretching, or chair exercises to maintain mobility and mood. Even short, indoor exercises can be beneficial.

[Physical activity guidelines for older adults - NHS \(www.nhs.uk\)](#)

4. Prioritize Mental Health

Winter can sometimes lead to feelings of isolation and shorter days, we might feel the need to sleep for longer, notice a change in our appetite, or find it difficult to do things we normally enjoy. Encourage regular check-ins from family and friends and consider joining local community groups or activities to stay socially connected.

[Mental Health in Tameside Metropolitan Borough Council - Tameside MBC](#)
[Looking after your mental health through the winter - Met Office](#)

(Cont)

[5. Get Vaccinated](#)

It's important to get your winter flu and COVID-19 vaccinations if you're eligible. Getting vaccinated every year will top up your protection and reduce your risk of getting severe symptoms. Certain people will be eligible for other vaccinations such as Pneumococcal and RSV. These vaccines can help protect

against serious illnesses that are more common in the winter, including pneumonia. You can find out if you are eligible for winter vaccinations here:

[Winter vaccinations and winter health - NHS \(www.nhs.uk\)](https://www.nhs.uk)



[6. Practice Good Hygiene](#)

Regular handwashing is essential to reduce the risk of infections. Teach children proper handwashing techniques and remind elderly individuals to maintain good hygiene.

[How to wash your hands - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[7. Plan for Emergencies](#)

Have a plan in place for emergencies, such as severe weather. Keep essential foods, nappies, formula, and medications. Keep a list of emergency contacts and local health services handy.

Having a well stocked medicine cupboard is important, particularly for the winter, as it means you will have some medicines at home in case you need something when you can't get to a pharmacy, or they are closed. [Medicines to Keep at Home | First Aid \(patient.info\)](#)

[8. Children](#)

Lots of babies and children become unwell over the winter months with mild self-limiting viral illnesses that usually can be managed at home. This website from the Royal College of Paediatricians and Child Health is a fantastic source of information with advice about how to look after babies and children when they are ill, and things to look out for that might suggest they need more urgent medical attention. Although this website has been produced by a health board in the south of England, the advice is relevant for all parents and carers in England, and we really recommend it at Dukinfield Medical Practice.

[Advice for parents or carers of children aged 0-5 years \(youtube.com\)](https://www.youtube.com)

[Home :: Healthier Together \(what0-18.nhs.uk\)](https://www.what0-18.nhs.uk)



[How to access the right help](#)

The first thing you should know is which service you should use for your symptoms. This booklet shows the range of NHS services available to you and your family. Keep it handy, so when you're not feeling well, or need treatment straight away, you know where to go. [NHS - Get to know where to go \(gmintegratedcare.org.uk\)](https://gmintegratedcare.org.uk)

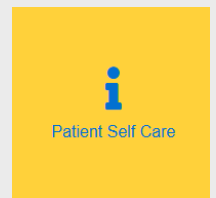
- **NHS 111:** For non-emergency medical advice, call 111 or visit the NHS website for guidance.
- **GP Services:** Your local GP can provide a range of services, from routine check-ups to advice on managing chronic conditions. If you don't have a GP, you can register at a practice near you.
- **Pharmacies:** Local pharmacies offer health advice, over-the-counter medications, and minor ailment consultations. Many also provide flu vaccinations.
- **Urgent Care Centres:** For non-life-threatening issues that need prompt attention, urgent care centres are a good option. Check your local NHS website for locations.
- **Mental Health Services:** For mental health support, many communities offer services tailored for both elderly individuals and children. Talk to your GP for referrals or find local mental health resources.



This article was written by Dr Williams

[How to access the Self Care information on our website - dukinfieldmedicalpractice.co.uk](https://dukinfieldmedicalpractice.co.uk)

There are several coloured tiles on the home page of our website which give patients access to services and information. Are you aware of the information behind the yellow tile named "Patient Self Care"? Clicking on this tile, either on this online page or on the website, will show nine new tiles covering subjects including Opioids, Self referrals, Community Support Services and a comprehensive Directory of Health Conditions. Each tile has information behind it. For example Self referalls covers Physiotherapy and Podiatry. Mental Health covers Adults and Children. The Dictionary of Health Conditions will give you more information about any ailment you are suffering from. We hope you find the information useful.



CANCER

What can I do and what services are available?

What is cancer?

Cancer happens when abnormal cells divide in an uncontrolled way. Some cancers can spread to other organs around the body. There are many different types of cancer that affect different areas of the body. Sometimes symptoms are quite specific, whereas at other times signs can be more general.

This leaflet helps explain some of the ways you can be alert to cancer symptoms and detect cancers early. Take a look at the extra information via the links provided.

Why is it important to know about cancer?

Most people will have been affected by cancer in one way or another. Whether they have had a diagnosis themselves, they are a carer for a loved one with cancer, or a family member or friend has been affected. The number of cancer cases is rising each year, but with better screening and diagnostic tests, and more symptoms awareness, cancers are being caught earlier. Catching cancer early can lead in many cases to improved outcomes.

The Good News is that with earlier Diagnosis, and new treatments, more patients are living longer with cancer and living well after cancer.

What can I do?

Be aware of key symptoms of cancer to look out for. Some of these are listed below, but this is not an exhaustive list. Please talk to your Doctor if you notice anything unusual, or something that is not normal for you.

- Persistent cough
- Unexplained weight loss
- Unusual lump or swelling that doesn't go away
- A new mole or changes to a mole
- A persistent change in bowel habit i.e. pooing more often
- Blood in your poo or wee
- Difficulty swallowing or worsening heart burn
- Coughing up blood
- Heavy night sweats
- Unexplained bleeding, bruising or new pain
- Loss of appetite
- Change in the stream of urine flow
- Unexpected vaginal bleeding i.e. after sex, between periods or after the menopause

By Dr Burghel



Check yourself

Get to know what is normal for you. Be breast aware – know what your breasts usually feel like so you know what is normal for you, including how they change at different times of the month. If you notice anything unusual speak to someone. The same goes for testicles, if you notice anything new or unusual contact your GP.

Address any risk factors

Can Cancer Be prevented? View Link: <https://bit.ly/4eAtrCJ>



Anyone can develop cancer at any age, but we know that many cancers are more common as we get older. Not all cancers can be prevented, but there are things you can do to reduce your risk of cancer. Some of these key things are:

- Stopping smoking
- Keeping a healthy weight
- Having a healthy balanced diet
- Covering up and applying sunscreen SPF 30+ in the sun
- Reducing alcohol intake
- Having the HPV vaccination – offered to children aged 11-13
- Being active

Follow the link below to find out more information about reducing your risk. There are services available at Dukinfield Medical Practice and throughout Tameside where you can get help with stopping smoking, eating well, maintaining or getting to a healthy weight and reducing your alcohol – so please speak to us. <https://bit.ly/4eAtrCJ>

Screening programmes

Cancer screening programmes save lives by finding cancers at an early stage. Usually this is before they even start to cause any symptoms. There are three screening programmes in the UK, and some other programmes that are also available in our local area.

Bowel cancer screening programme

- Who is this for? – people aged between 60-74 (although in the future it may include ages 50-59 also) get a kit every 2 years. People aged over 74 can request a screening kit every 2 years by contacting the bowel cancer screening programme 0800 707 6060.
- What does it involve? – providing a poo sample that is sent off for testing to see if there are tiny bits of blood that we may not be able to see with our own eyes. There are instructions and video guides on how to do the sample on the NHS website.

•**These testing kits are to help pick up cancer in those who do not yet have symptoms. If you have noticed a change in your poo habits, blood in your poo, weight loss or anything unusual please see your GP even if you have had a normal bowel cancer screening test.

NHS overview page: <https://bit.ly/3BFy0xb>

(Cont) →

Breast Cancer Screening programme

- Who is this for? – women between 50-70 years old are invited every 3 years. Trans-men and non-binary people assigned female at birth who have not had an operation to remove their breasts, and trans women and non-binary people assigned male at birth who have taken feminising hormones are also eligible



- What does it involve? - a mammogram, or an x-ray, of your breasts is taken to look for early cancer changes.

- **** These screening tests pick up cancer before you have symptoms. If you notice anything unusual like a new lump or change to your breast please speak to your GP.**

View Link: <https://bit.ly/4eDorNK>

Cervical Screening Programme

- Who is this for? – women between 25 and 64 years old are invited every 3 years. Trans-men with a cervix and non-binary people assigned female at birth are also eligible



- What does it involve? – you can book your screening appointment at your GP practice. The test itself involves taking a sample from the cervix, the lowest part of the womb. This involves an examination with a plastic instrument called a speculum and using a small brush to take a sample of cells. It only takes a minute or two.

- If you have any worries about this test or want to know more there are some useful videos available on Cancer Research UK. Please speak to a member of our team if we can assist you. See also this link: <https://bit.ly/3YpBewH>

- ****The screening test is for people without symptom, if you have unusual pain, bleeding after intercourse or between your periods, or bleeding after the menopause please speak to your doctor even if your smear test is normal.**

Targeted Lung Health checks

- Who is this for? – those between age 55-74 who are a current or ex-smoker. This is not available in all areas nationwide, but is available currently in the Greater Manchester area.

- What does it involve? - you will first be contacted to ask a few questions about your health and lifestyle to find out more about your risk of lung cancer. For some, there is no further action needed. For others, a CT scan of the lungs will be offered which takes pictures of the lungs to see any early cancer.



- ****The screening test is to pick up cancers before they cause symptoms. If you have a cough that is not going away, recurrent chest infections, blood in your phlegm, unexpected weight loss, worsening shortness of breath or anything unusual please speak to your doctor.**

What else should I know?

The key message is that if you notice something new, something unusual, or something that hasn't gone away please seek advice.

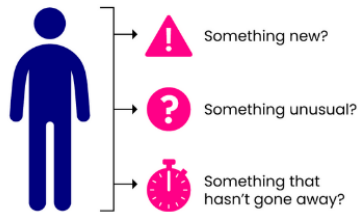
I have a diagnosis of cancer, how can Dukinfield Medical Practice help?

We are here to support you on your journey with cancer. Most patients with cancer will have lots of appointments to attend and lots of information to take on board. You should be given the name of a Cancer Nurse Specialist who can help answer questions that are specific to your treatment or diagnosis. However, we are also here to help. You should be offered a 'Cancer Care Review' appointment within 12 months of your diagnosis. This is often with our practice nurse Elizabeth, but also may be with one of our GPs. This is an opportunity to discuss anything that is concerning you, including work, mood, financial strain, physical symptoms from the cancer or treatments etc, and what support is available to you. There is so much support in and around Manchester for people living with or beyond cancer. We can help you to know what help you can access.

Please speak to the Practice team if you think you are eligible for a cancer care review and would like to book one.

The images on this page contain embedded links, click on them for further information.

Have you noticed any changes in your health?



Spotting cancer at an early stage means treatment is more likely to be successful.

If you notice anything that's not normal for you, **talk to your doctor**. Make another appointment if it doesn't get better or gets worse.



Together we are
beating cancer

**MACMILLAN
CANCER SUPPORT**



MAGGIE'S

Everyone's home of cancer care

Attention all men of 45 years of age!

Check your risk of developing Prostate Cancer by clicking on the image below and answering a few simple questions.



**PROSTATE
CANCER UK**

**Check Your Risk
In 30 Seconds**

Or alternatively, use the short-form link below:

bit.ly/3UPE1hk

SEPSIS AWARENESS

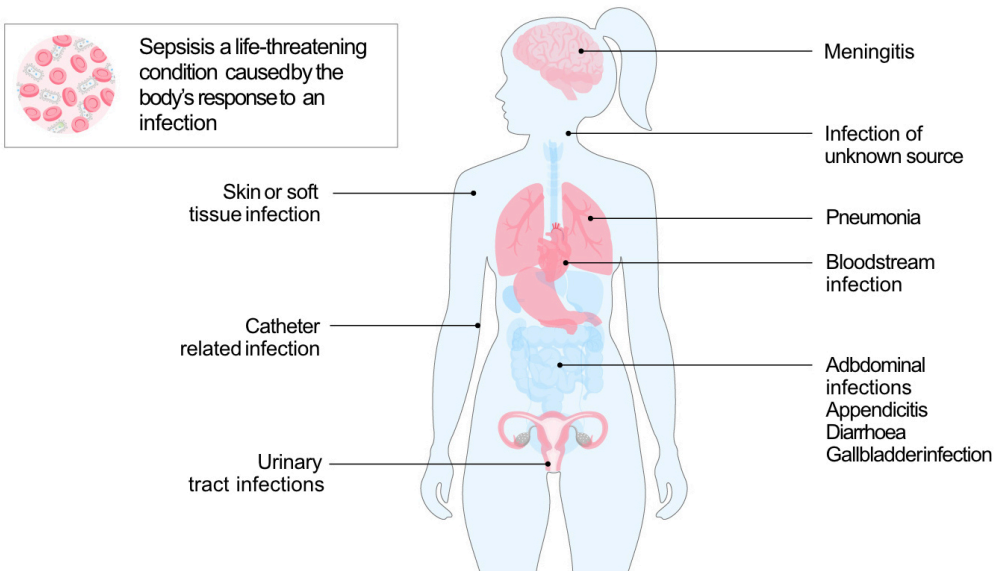
Sepsis is a life-threatening condition in which the body overreacts to an infection and starts attacking its own tissues and organs.

Having a pre-existing health condition raises the risk of sepsis, as can a history of extensive antibiotic exposure. The UK Sepsis Trust reports that sepsis leads to around 48,000 deaths every year, more than lung cancer, bowel cancer and breast cancer combined.

What causes sepsis?

Sepsis occurs when the body's immune system overreacts to an infection and begins to mistakenly damage its own tissues and organs.

There are several infections that can cause sepsis in many different areas of the body, as demonstrated in the diagram below.



What are the Symptoms?

- Slurred speech or confusion
- Extreme shivering and muscle pain
- Not passing urine in a day
- Severe breathlessness
- It feels like you are going to die
- Skin mottled or discoloured

An easy way to remember the above list is that it spells out **S-E-P-S-I-S**

Signs and symptoms of sepsis:



Shivering,
fever



Shortness of
breath



Disorientation



Weak pulse



Extreme pain



Sweaty skin

How can I protect against Sepsis?

- Practise good hygiene, including hand-washing
- Keep cuts and abrasions clean, and keep them covered until healed
- Keep up to date on recommended vaccines
- Get routine medical care for chronic conditions
- Get medical attention immediately if you suspect an infection.

When should I call 999?

The UK Sepsis Trust has devised a set of tell-tale signs of severe sepsis which suggest you should seek medical help urgently and call 999.

These signs are slurred speech and confusion, extreme shivering or muscle pain, not passing urine in a day, severe breathlessness, mottled or discoloured skin and feeling that you are going to die.

CHILDREN

A child may have sepsis if he or she:

- **Is breathing very fast**
- **Has a 'fit' or convulsion**
- **Looks mottled, bluish, or pale**
- **Has a rash that does not fade when you press it**
- **Is very lethargic or difficult to wake**
- **Feels abnormally cold to touch**

ADULTS

An adult may have sepsis if they show any of these signs:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured

More information can be found here: <https://www.nhs.uk/conditions/sepsis/>

Acknowledgement: Thanks to the Daily Telegraph for allowing use of parts of their recent newspaper publication in making this article .

PNG FREQUENT ACTIVITIES

The Walkers



We meet each week, with the exception of Christmas week, at 9:50am outside the Practice on Concord Way to set off at 10:00am. We usually take a stroll around Dukinfield Park, but occasionally go further afield. When we get back we take the opportunity to take refreshments in Morrison's café. Last year we did boat trips along the canal and took the opportunity to admire nature by walking some of the towpath.

The Practice have been given space in the Allotments for the use of patients to socialise, to grow produce, and perhaps learn more about gardening.

They are situated on Meadow Lane which runs between the end of Lodge Lane, close to Morrisons and Birch Lane, and is open to patients every Thursday between 1:00pm and 3:00pm

The Gardeners



Can you knit or crochet or would like to learn? If you would love to make clothing for local babies, then come along and join us at Dukinfield Library on the second and fourth Friday of each month at 10:00am. All materials and refreshments are provided.

Baby Bundles



The Craft Activity members meet up twice a month on the first and third Fridays of the month between 10am and 12 noon in Dukinfield library.

They make a variety of seasonal items such as Christmas cards and decorations and many other decorative items.

All materials are provided.

6th December - Christmas Cards

20th December - Christmas Tree Decorations

The Crafters

