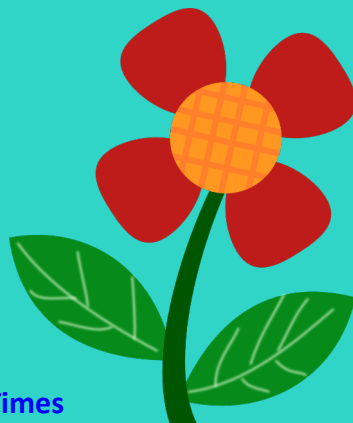


Dukinfield Medical Practice

Patient Network Group

Newsletter - Summer 2025



Important Practice Information

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.

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

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:

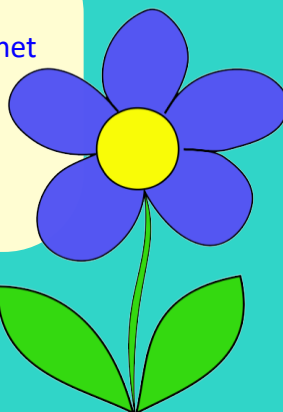
Tel: 0161 343 6382

email: gmicb-tameside.dukinfieldmedicalpractice@nhs.net

Website: dukinfieldmedicalpractice.co.uk

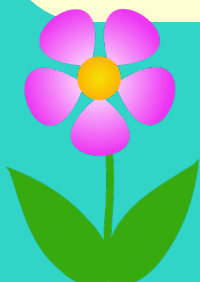
facebook: facebook.com/dukinfieldmedicalpractice

PNG contacts: dukppg@gmail.com



Training Days:

16th June, 21st July, 18th September
Practice closed from 12:30pm



There is a link to our newsletters on our website home page.

DMP Staff



Dr Harvey

The Partners



Dr Roberts



Dr McBride



Dr Williams



Mr Parsons- Adv Nurse Practitioner



Julie Pregnall - Director

The Salaried Doctors



Dr Halstead



Dr Burghel



Dr Lightbody



Dr Bagri (ST3)



Dr S Mistry (ST3)



Dr N Iftikhar (ST3)



Dr A Zafar (ST2)



Dr T Shahi (ST3)



Dr Drake(ST3)

The Nursing Staff



Yvonne



Kath



Claire



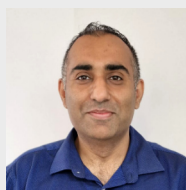
Elizabeth



Marie



Gillian



Mr Afzal: Pharmacist

STs are qualified doctors undergoing GP training.

You're in Charge: Ordering Your Own Medicines

What's Changing?

Right now, some people – especially those who can't get out of the house or need extra help – have their pharmacy order their repeat prescriptions for them.

But soon, if you can order your own medicines, you'll need to ask for them directly from your GP practice instead of the pharmacy.

Why Is This Changing?

This new way of ordering medicines is better because:

- It helps stop medicine being wasted. Some people get medicine they don't need.
- You'll have more control. You can decide exactly what you do or don't need.
- It's safer. It stops people from accidentally getting medicines that have been stopped.
- It saves the GP practice time, especially if you order online.

How Can I Order My Medicines?

You can ask for your repeat medicine in one of these ways:

- **Online using the NHS App** – this is the easiest and safest way.
- **By putting your repeat slip in the box at the GP surgery.**
- **By sending your repeat slip to the surgery in the post.**

Who Doesn't Need to Change?

If you can't order your medicine by yourself – for example, if you are very unwell, vulnerable, or can't leave your home – don't worry. The GP practice and pharmacy will work together to make sure you still get the help you need.

If it's agreed that it's best for your pharmacy to keep ordering for you, that can still happen.

When Will This Happen?

Your GP practice is still talking with local pharmacies about when this new rule will start. You'll be told as soon as there's a start date.

If you already order your medicine from the GP yourself – online or by paper – nothing will change for you.

i This change is being introduced by the Greater Manchester Integrated Care Board to help make medicine ordering better and safer for everyone.





What is Endometriosis?

Endometriosis is a health condition that affects women. It happens when tissue similar to the lining inside the womb (called the endometrium) grows outside the womb. This can cause pain and sometimes problems with getting pregnant.

How Does it Happen?

Each month, the lining inside the womb thickens to get ready for a possible pregnancy. If there's no pregnancy, the lining sheds and leaves the body as a period. In endometriosis, the tissue outside the womb also acts like this, but there's no way for it to leave the body. This can cause pain, swelling, and sometimes other problems.

Common Symptoms of Endometriosis

The main symptom of endometriosis is pain. This can be:

- Pain during your period (which may be worse than usual).
- Pain when having sex.
- Pain when going to the toilet (especially when you have your period).
- Pain in your lower belly, back, or legs.
- Some women also have trouble getting pregnant, and some may feel tired all the time.

How is Endometriosis Diagnosed?

If you have symptoms of endometriosis, it's important to see a doctor. They will ask about your symptoms and may suggest tests, like a scan or sometimes surgery, to look inside your body and confirm if you have it.

How is Endometriosis Treated?

There are different ways to manage endometriosis:

- Pain relief: Over-the-counter pain medicines like ibuprofen can help with pain.
- Hormonal treatments: Hormones can be used to reduce the symptoms by stopping your period or reducing how much tissue grows.
- Surgery: In some cases, doctors may remove the endometriosis tissue to help reduce pain and improve fertility.

Can Endometriosis Be Cured?

There is no cure for endometriosis, but treatments can help control the symptoms and improve quality of life.

Further information can be found here

www.rcog.org.uk/for-the-public/browse-our-patient-information/endometriosis/

When to See a Doctor

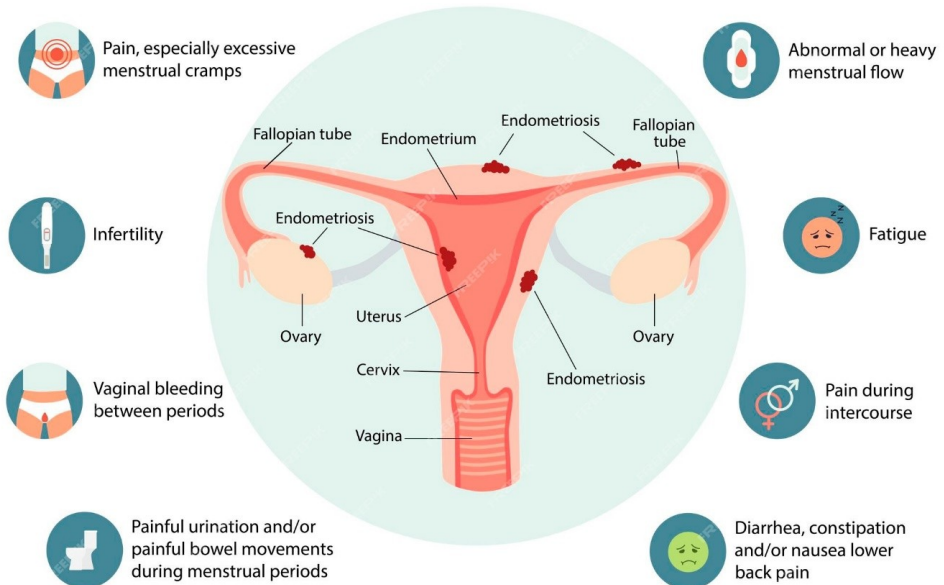
If you think you might have endometriosis, please contact us via our online triage form to request a consultation with a GP. They can help you find the right treatment to manage the pain and improve your health.

Endometriosis support

If you're living with endometriosis, it can help to get support. Here are some websites where you can find information, advice, and connect with others:

- Endometriosis UK: www.endometriosis-uk.org
A national charity providing support, information, and advocacy for people with endometriosis.
- The Endometriosis Foundation: www.endometriosisfoundation.org
Offers education, support, and awareness of the condition in the UK.
- NHS – Endometriosis: www.nhs.uk/conditions/endometriosis
The NHS website provides detailed information on symptoms, treatments, and when to see a doctor.
- Pain Support: Advice on pain support is available here: <https://bit.ly/4jMrMMa>

Symptoms of endometriosis



GREAT NEWS ABOUT OUR GARDENING ACTIVITIES!

A big well done to the PNG volunteers! They made a successful funding application to the Tameside Communities Fund to help us do more gardening at the Meadow Lane allotments.



The money will help us buy tools and supplies for the next year.

The event where the money was awarded took place at Old Chapel in Dukinfield. Lots of different community groups were there, as well as the Mayor of Tameside and people from the local council.

This event was special because the people who made the bids got to vote for the winners – not a judging panel. Everyone found out who won on the night

There were many great ideas, including:

- Gardening projects.
 - Activities to help women feel safe and confident.
 - Support for people who want to help their community.
- It was a fun and friendly evening

where we also learned about other groups doing great work in Tameside East.

Want to Try Gardening?

We're planning new gardening sessions very soon! If you've never gardened before but would like to try growing your own food in a safe and friendly space, we'd love to hear from you.


If you already know a bit about gardening and want to help others, you're welcome too! We especially want to support:

- Families with children who have Special Educational Needs (SEN).
- People from disadvantaged backgrounds.

When- Every Thursday afternoon at 1pm

Where- Meadow Lane allotments (off Lodge Lane), Dukinfield.

How to Join

 Call us on 0161 343 6382

or complete the form at: bit.ly/4jJOjcE



Want to come along?

 Call us on **0161 343 6382**

or complete the form at: bit.ly/4jJOjcE

BABY BUNDLES UPDATE

Connecting Through Craft & Kindness

Our Baby Bundles ladies continue to meet every 2nd and 4th Friday of the month at Dukinfield Library. These gatherings are full of warmth and community spirit, where we enjoy a chat, a brew, and showcase our handmade creations for the babies supported by our practice.

Since starting this initiative over 18 months ago, we're thrilled to share that we've now created over 200 baby bundles—a milestone that has far exceeded our own expectations!

As the group has grown, so has our creativity. Noticing the leftover bits of yarn from our projects, we came up with a new idea:

☀️ "Acts of Kindness" ☀️

Using the leftover yarn, we now make small toys and leave them in the practice for patients of all ages to take home and cherish. It's a small gesture with a big heart. To all the wonderful women who give their time and talent so generously—thank you. Your continued hard work is truly appreciated and is making a real difference in our community.

If you are interested in joining us, you can contact us by completing the form at:

bit.ly/4jJOicE or by ringing the surgery on **0161 343 6382**

Baby Bundles has its own page on the Practice website.

Click here: bit.ly/45mgc74 and select the Baby Bundles label.



STAYING SAFE IN THE SUMMER: WHAT YOU NEED TO KNOW

As temperatures rise across the UK, it's a good time to check in on our summer health habits. Here's what to watch out for this season.

Heatwaves Are Getting Hotter

This summer is already seeing record-breaking temperatures. Heat exhaustion and heatstroke can affect anyone, but older adults, young children, and people with long-term conditions are most at risk.

Top tips:



- Drink plenty of water, even if you don't feel thirsty.
- Avoid going out between 11am and 3pm.
- Use fans or cool showers to lower your body temperature.
- Keep curtains or blinds closed in sunny rooms.



Summer Health Checklist

- SPF 30+ sunscreen
- Sunglasses and a wide-brimmed hat
- Reusable water bottle
- Hay fever relief (speak to your pharmacist)



Need advice? Your local pharmacy can help with minor symptoms and summer essentials.

Stay safe and enjoy your summer!

Hay Fever Season is Here



Sneezing, itchy eyes, and a runny nose? It could be hay fever—especially as pollen counts are high this year.

Your local pharmacist can help.

Many effective treatments are available over the counter, including antihistamines, nasal sprays, and eye drops. There's no need to wait for a GP appointment.