



September 2026

NEWSLETTER

2026 Winter Vaccinations

As we head into the winter season, we'll soon be starting our annual flu and covid vaccinations.

If you are eligible for a free NHS vaccination, we will be in contact with you. Please keep an eye out for a text message from us with information about how to book your vaccination.

We will be starting with children and pregnant women, in line with current NHS guidelines, before inviting other eligible patients. Please don't worry if you haven't heard from us yet — we'll contact you when your vaccination is due.

Inside:

- Practice Staff Update
- Stay Steady, Stay Strong
- Living With Chronic Kidney Disease
- PNG Activities
- Why are Blood Tests Important?
- Practice Information



Celebrating

Dr Jane Harvey

Wishing Dr Harvey a very happy retirement

After many years as a GP Partner at **Dukinfield Medical Practice**, **Dr Jane Harvey** has now retired from her role as a Partner.



Dr Harvey has been a hugely valued part of our practice team and has contributed so much to the care of our patients, our team and the wider local community over the years.



Although she is stepping away from **Partnership**, **Dr Harvey isn't disappearing completely!** She will continue her work as **Clinical Director for Healthy Hyde Primary Care Network**, supporting practices and patients across Hyde.



You may also still spot a familiar face here at Dukinfield Medical Practice, as **Dr Harvey will continue to run some contraception clinics** from the practice.

 Thank you, **Dr Harvey!**

We would like to say a huge thank you to Dr Harvey for everything she has given to DMP and wish her every happiness as she begins this next chapter.



Welcome 
to our new
GP Specialty
Trainee (GPST) GPs!



Dr Jefferelli
ST3 – Final Year



Dr Lim
ST2 – Second Year



Dr Nassar
ST2 – Second Year

We are delighted to welcome our new GP Specialty Trainee GPs, who have joined us for the next year.

Dr Jefferelli is in his final year of GP training and we look forward to supporting him as he completes this exciting final stage.

Dr Lim and Dr Nassar are in their second year of GP training. We are excited to have them with us and support their continued learning journey as they develop their skills and build strong relationships with our patients and team.



What is a GPST?

A GP Specialty Trainee (GPST) is a doctor who is training to become a GP. After medical school, they complete a minimum of 3 years of specialist training in general practice.



They are an important part of our practice team and play a vital role in the future of primary care.

Please join us in giving **Dr Jefferelli, Dr Lim and Dr Nassar** a very warm DMP welcome!



We're excited to have them as part of our team and know our patients will make them feel very welcome.



Stay Steady, Stay Strong

Simple ways to improve your balance and help prevent falls.

As we get older, our balance can change. Our muscles and joints may get weaker or stiffer. Changes to our eyesight, inner ear, health or medicines can also make us feel unsteady. The good news is that simple changes can help us stay strong and reduce the risk of falling.

Why Might Our Balance Change?

- **Weaker Muscles** - especially in our legs and tummy
- **Eyesight and Inner Ear Changes** - which can affect how steady we feel
- **Health Conditions** - such as diabetes, arthritis, Parkinson's disease or stroke
- **Less Feeling in Our Feet** - which can make it harder to feel the ground
- **Stiff Joints** - which can make quick movements harder
- **Some Medicines** - which may cause dizziness or sleepiness
- **Not Drinking Enough** - which can cause us to feel weak or dizzy
- **Fear of Falling** - which makes us less active and weaker

Small Changes Can Make A Big Difference

Keep Moving

- **Chair Stands:** Sit in a firm chair. Slowly stand up, then sit back down.
- **Heel Raises:** Stand near a chair or worktop. Slowly lift your heels, then lower them.
- **Toe Spreads:** Sit with your feet flat. Spread your toes, hold for 5 seconds, then relax.
- **Ankle Alphabet:** Lift one foot and use your ankle to draw A to Z in the air. Swap feet.

Always exercise somewhere safe and have a chair or worktop nearby for support. Stop if you feel dizzy, unwell or unsafe

Make Your Home Safer

- Remove loose rugs and clutter you could trip over.
- Make sure stairs, hallways and bathrooms are well lit.
- Use handrails on stairs.
- Wear well-fitting shoes.
- Keep things you use often within easy reach.
- Take extra care when getting up during the night

Don't Ignore Changes In Your Balance

If you are falling, feeling dizzy or becoming more unsteady, please speak to your GP practice or another healthcare professional. It may also help to have your medicines, eyesight and hearing checked. Never stop prescribed medicine without speaking to a healthcare professional first.

Find out more:
[NHS inform - Falls and falls prevention](#)
[Age UK Tameside](#)

Stay active. Stay confident. Stay independent.

LIVING WITH CHRONIC KIDNEY DISEASE

Brian shares his experience of CKD, the changes he has made and his journey so far.



My Story

I was diagnosed with Chronic Kidney Disease (CKD), which means my kidneys have long-term damage and aren't filtering blood as well as they should. It is very common, often manageable with lifestyle changes, and typically progresses slowly. While serious, only about 1 in 50 people with CKD reach kidney failure (stage 5). Since I was diagnosed last year, I have changed my lifestyle and my kidney function has increased slightly.

Understanding my stage

CKD is staged 1-5 based on kidney function. Early stages (1-3) are managed by a GP; stages 4-5 usually require a specialist.

Manage underlying conditions

Controlling blood pressure and diabetes, if applicable, is critical to stop further kidney damage. I'm a type 2 diabetic.

Lifestyle adjustments

Stop smoking - which I don't - reduce salt intake, avoid NSAIDs such as ibuprofen, and stay physically active.

Medication management

I reviewed all my medications with my doctor to avoid harmful drugs.

Dietary changes

Work with a doctor to manage your intake of salt, potassium and phosphorus.

My journey so far

Many people with CKD live long lives by managing their health and attending regular check-ups.

Since I was diagnosed last year, I was tested again after three months and, because I have changed my lifestyle - given up drinking, reduced salt and potassium and started eating healthily - my kidney function has increased slightly.

I will keep you updated on my journey with CKD.

Brian
PNG Committee Member

A personal story: Brian is sharing his own experience of living with CKD. If you have questions about your kidney health or medication, please speak to a member of the practice team.

BABY BUNDLES

KNITTING GROUP

One of the guiding principles of Baby Bundles (our Knitting/Crochet activity group) is that whatever we produce is given away as gifts or to benefit others. Our core work is producing a "bundle" for every new baby registered at the Practice, but we also make other things like hats for maternity units, poppies for Remembrance Day, memorial hearts, toys for the waiting room amongst others. A major task is providing approximately 40 gifts at Christmas for some of our patients.

We were recently approached by Karen Mulholland, Matron for the Dementia care at Stepping Hill to make twiddle muffs for their unit. A twiddle muff or mitt is a hand-warming knitted or crocheted tube fitted with sensory attachments, designed to calm agitated hands. It serves as a therapeutic, non-drug tool for individuals with anxiety, autism or dementia by keeping restless fingers occupied. They've been really well received and we continue to make more.

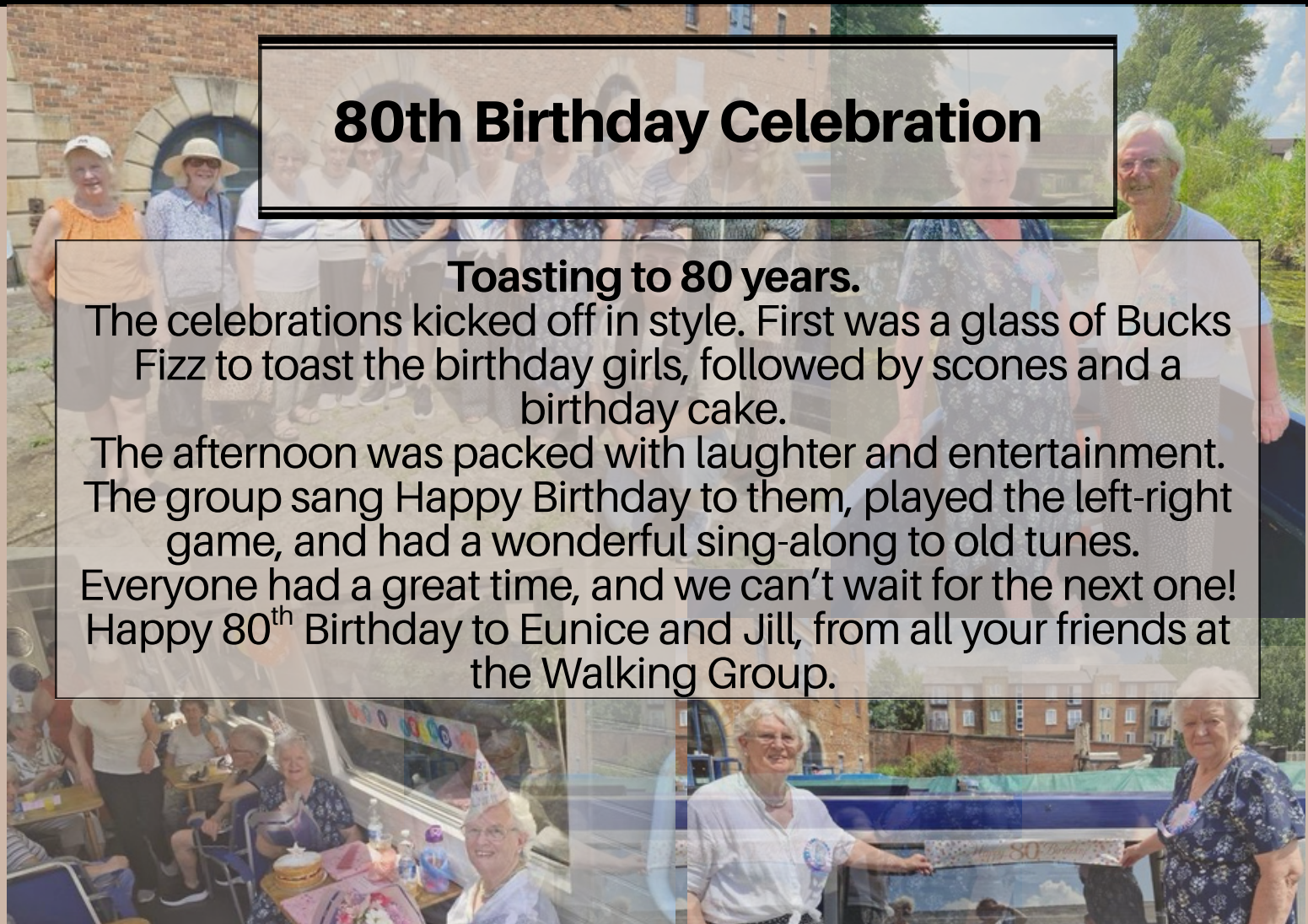


80th Birthday Celebration

Toasting to 80 years.

The celebrations kicked off in style. First was a glass of Bucks Fizz to toast the birthday girls, followed by scones and a birthday cake.

The afternoon was packed with laughter and entertainment. The group sang Happy Birthday to them, played the left-right game, and had a wonderful sing-along to old tunes. Everyone had a great time, and we can't wait for the next one! Happy 80th Birthday to Eunice and Jill, from all your friends at the Walking Group.



WHY ARE BLOOD TESTS IMPORTANT?

Like me, you may have been to see a doctor and one of the first things that they may mention is to have some blood tests done. You may wonder why and what will a blood test show.

NHS Health Check

If you're aged 40 to 74 and do not have a pre-existing health condition, you will be eligible for an NHS Health Check. This includes measuring your height and weight, measuring your waist, a blood pressure test a cholesterol test, and possibly a blood sugar level test. It aims to lower your risk of getting conditions that affect the heart and blood vessels, such as heart disease, stroke and kidney disease. It helps you take action to reduce your risk. Click [here](#) to find out more.

There are lots of reasons why you may need a blood test.

A blood test may be done to:

- Check your general health
- Find out if symptoms you're having are caused by certain conditions
- Find out if you're more likely to get a condition
- Find out how well a condition is being treated or managed.

Please remember, if you are having a blood test, drink plenty of water beforehand to hydrate your veins. This makes it easier for the nurse to take your bloods.

Common types of blood tests

Full Blood Count (FBC)	Measures the number of blood cells in your blood to check for blood conditions such as <u>iron deficiency anaemia</u>
Urea and Electrolytes	Checks if the amount of certain substances in your blood may be causing your symptoms
HbA1c	Measures your blood sugar levels to check for or manage <u>diabetes</u>
Lipids	Measures your cholesterol levels to check your risk of getting conditions like <u>cardiovascular disease</u> and <u>stroke</u>
Thyroid Stimulating Hormone (TSH)	Measures thyroid hormones to check for conditions like <u>underactive thyroid</u> (<u>hypothyroidism</u>)



Meet our team



JULIE PREGNALL

Practice Director -
Partner



MR BROMLEY PARSONS

Advanced Nurse Practitioner -
Partner



DR HOLLY MCBRIDE

GP Partner



DR EMILY ROBERTS

GP Partner



DR RACHEL WILLIAMS

GP Partner



DR HOLLY HALSTEAD

Salaried GP



DR EMMA LIGHTBODY

Salaried GP



DR HEATHER BURGHEL

Salaried GP



DR SATISH MISTRY

Salaried GP



DR NAIMA IFTIKHAR

ST3



DR DANIAL JEFFERELLI

ST3



DR ZUNAIRA KAUSAR

ST3



DR SOTOYEMIBA BRAIDE

ST 2



DR HIRA KOUSAR

ST2



DR DARREN LIM

ST2



DR NOURHAN NASSAR

ST2



CLAIRE BATES
Practice Nurse



ELIZABETH HEPTONSTALL
Practice Nurse



KATHRYN HARRISON
Practice Nurse



YVONNE PERKINS
Assistant Practitioner



GILL BAILEY
Healthcare Assistant



MARIE WORTHINGTON
Phlebotomist



USMAN AFZAL
Pharmacist -
Advanced Clinical
Practitioner



ANDREW ETTORE
Pharmacist

Practice Information

Practice contact details:

Tel: 0161 343 6382

Email: gmicb-tameside.dukinfieldmedicalpractice@nhs.net

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

Facebook:
facebook.com/dukinfieldmedicalpractice

Opening Times:

MONDAY	8:00 - 19:30
TUESDAY	8:00 - 16:30
WEDNESDAY	7:00 - 18:30
THURSDAY	8:00 - 18:30
FRIDAY	8:00 - 18:30

When we are closed:

<https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111/>
Please ring NHS 111 for advice or, visit the Urgent Treatment Centre at Tameside Hospital.
Open 9am to 9pm everyday including Bank Holidays. In a genuine emergency you should call 999. Chest pains and / or severe shortness of breath constitute an emergency.

Evening and Weekend Appointments:

Patients who are registered at this practice can book an appointment to see a GP or nurse on week day evenings or at the weekend at Healthy Hyde Hub.