**WATERLOO MEDICAL CENTRE**

A building with a tall tower in the background

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**PATIENT NEWSLETTER**

**JULY 2024**

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| **Are you a parent with a young child?**  Healthier Together, in conjunction with the Royal College of Paediatrics and Child Health have a website with extremely useful information if you are concerned about the health of your child or just want general health information  Please visit the website at [Home :: Healthier Together (what0-18.nhs.uk)](https://www.what0-18.nhs.uk/)  <https://www.what0-18.nhs.uk>  Please note, when you first enter the link, it will ask you for an area, please click other |

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| **Unattended Appointments**  As we all know, it is extremely difficult to get appointments at any Surgery and we always strive to accommodate our patients as much as we are able to, however, it can be very frustrating when patients do not attend their pre-booked appointments with the GP or Nurse, thus preventing other patients from being seen.  In the months from 1st January to 30th June this year, 837 **appointments were not attended**  Please ensure you cancel any appointment you are unable to attend in good time to allow others to be seen hence not wasting the clinicians time.  We do have a Practice policy on DNA’s (did not attend), whereby after three consecutive DNA’s, a warning letter will be sent and any subsequent failures to attend thereafter may result in removal from our Practice List |
| **Friends and Family Test**  Thank you to everyone who has completed a Friends and Family feedback form. These help us to improve our services so your feedback, whether positive or negative is very welcome.  Forms can be found in the waiting room or ask one of the Receptionist |

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| **Ashton Social Prescribing**  Social Prescribers help people to make new connections within the community and can signpost people to local groups, activities etc.  If you are aged 18+ and wish to improve your health and wellbeing, please see one of our receptionist for further details   * Become Active * Socialise * Find interests * Get help * Get involved |

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| **CARING FOR SOMEONE** ?  A Carer is a person who provides informal and/or unpaid support to a partner, family member, friend or neighbour who is ill, struggling or disabled and could not manage without this help.  You may be looking after a parent, partner, child, family member, friend, or neighbour. This could be for many health reasons such as mental and/or physical health issues, frailty, long term illness or substance misuse issues.  Caring for someone may include supporting someone with their finances, providing personal and emotional support, helping with shopping, cooking meals, dressing, medication and supporting them to access services and support  For further information visit [Carers - Tameside MBC](https://www.tameside.gov.uk/carers/centre) https://www.tameside.gov.uk/carers/centre |

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| **Are you ready for Summer !!**  With school holidays on the horizon and looking for something to keep you all occupied, visit these websites :-  [Tameside - What's On (intameside.co.uk)](https://www.intameside.co.uk/whats-on) ht tps://www.intameside.co.uk/whats-on  <https://www.tripadvisor.co.uk/Attractions>  [THE 10 BEST Things to Do in Tameside with Kids (Updated 2024) (tripadvisor.co.uk)](https://www.tripadvisor.co.uk/Attractions-g14142291-Activities-zft11306-Tameside_Greater_Manchester_England.html) |