



**LOCKSIDE**  
MEDICAL CENTRE

# NEWSLETTER

SPRING 2018  

[lockside@nhs.net](mailto:lockside@nhs.net) [www.locksidemedical.co.uk](http://www.locksidemedical.co.uk)

American GP working at Lockside as 1st job in the NHS

Dr. Jennifer Voorhees is an American doctor who trained and worked as a GP in the US before moving to England. She is fully registered as a GP in England and is working at Lockside through the NHS 'GP Induction and Refresher Scheme'. This programme allows practices like Lockside to help doctors who are working the NHS for the first time adjust to some of the differences in the systems. Dr. Voorhees will have a little longer for her consultations at first, and the other doctors may pop in if she has a question.

You can book appointments with her just like with any of the other GPs.

## The Health & Wellbeing Service at Lockside Medical Centre

This is a service starting in April.

Julie Elliott is the Wellbeing Advisor who will be holding booked appointments from Lockside every Wednesday morning. The service is to identify Adults and Carers who may struggle with maintaining their health and independence and to connect with the advice and support that they may need.

### Some of things this service supports:

- Information on where you can get help around the home – shopping, cleaning, laundry, gardening, DIY.
- Information on social groups, luncheon clubs and activities
- Access to befriending and buddying schemes
- Access to falls prevention groups and health walks
- Gentle exercise groups/classes
- Home safety advice and equipment
- Fire prevention advice and equipment
- Information on transport options
- Welfare Benefits, Pension Credits and Council Tax
- Information on energy efficiency
- Applying for Attendance Allowance

Referring into this service can be done by yourself, concerned friends/neighbours, relatives, your GP, district nurse, police etc. Phone 0161 342 3344, or book an appointment at Lockside.

MY LIFE in Tameside & Glossop – Social Passport - Local communities across Tameside are offering a wide range of group activities that are waiting for people to join. Virtually everyone can experience loneliness from time to time. Here are some groups/activities **near you:**

**Age UK** 0161 308 5000

**Action Together** 0161 339 2345

**Alzheimer's Society** 0161 477 6999

**Dementia Support Group** 0161 308 5000

**Hearts & Minds Guide Bridge Theatre - Paul Hine** 07779 123175

**Ryecroft Hall, Audenshaw** 0161 370 8849

**silver cord Be-friending Service** 07446 893445

**The Together Centre, Loxley House** 0161 366 9746

**Tameside & Glossop MIND** 0161 330 9223

**The Anthony Seddon Fund** 0161 971 2592

**Silverline – helpline** 0800 4 70 80 90

**FOR MORE INFORMATION ON ANY OF THESE SERVICES PLEASE SEE RECEPTION AT LOCKSIDE MEDICAL CENTRE**

**COFFEE MORNING**  
AT ST PAULS CHURCH  
HUDDERSFIELD ROAD  
STALYBRIDGE

Working with **Lockside Medical Centre**  
to bring our Community together.



SECOND SATURDAY OF EVERY MONTH.

**NEXT COFFEE MORNING 14<sup>th</sup> April**

If you yourself, or know of anybody who is lonely and  
would

like to meet people -

PLEASE COME ALONG ANYTIME BETWEEN

10AM – 12 NOON

EVERYONE IS WELCOME



CAKES FOR SALE

## BE CLEAR ON – BOWEL CANCER

April is Bowel Cancer Awareness Month. Bowel cancer screening is available for everyone aged between 60-74 – you will receive a free kit through the post every 2 years. If you have lost your kit, or you are aged 75 or over, you can request another by calling 0800 707 60 60. Lockside encourages all eligible patients to complete the bowel screening kit, as it could save your life. If bowel cancer is detected early, it is much more likely to be treatable.

Symptoms of bowel cancer include:

- Blood in your poo / bleeding from your bottom
- A persistent and unexplained change in your bowel habit
- Unexplained weight loss
- Persistent tiredness for no obvious reason
- A pain or lump in your tummy

If you have any of these symptoms please book an appointment and discuss your concerns with the GP.

## Ashton Community Chess Club



Dementia & Alzheimer's  
'Learn to Play' Chess Project

Every Thursday, starting 25 January

11am-12noon a FREE 8 week course

Refreshments provided each session.

Broadoak & Smallshaw Community Centre,  
Broadoak Road, Ashton-Under-Lyne.

Wheel chair access and facilities.

For more information please contact David Hardy  
on 07974 952252

## MEDICAL STUDENTS

From 3<sup>rd</sup> April, we welcome William a 4<sup>th</sup> Year

Medical Student who has chosen Lockside

Medical as his GP placement.

William will be with us for 4 weeks, gaining  
experience of seeing patients in clinic with the  
supervision of one of our Partners.

"The end of March 2018 marks exactly 20 years since Drs Bircher and Jones started work in Stalybridge; originally at Grosvenor Medical Centre, and then going on to found Lockside Medical Centre in 1999, via a short spell at the now-demolished Stalybridge Clinic building .

The last 20 years have seen many excellent members of staff come and go (some have sadly passed away, and are greatly missed); and many more Trainee Doctors and Medical Students have worked alongside us, and taken the 'Lockside' ethos on their professional journey with them elsewhere.

Throughout the changes of Government, and despite some of the more recent changes to the NHS, we hope we have continued to bring you a high quality service at Lockside. Long may we continue to do so!"

Dr Thomas Jones and Partners

"The Shed at Loxley House, Birch Lane, Dukinfield **SK16 5AU** is a fabulous resource for men and women who are feeling socially isolated and would like to do some practical work and meet other people. There is a supervised woodturning workshop and a friendly atmosphere at all times. In the words of their website: The shed is a larger version of the typical men's shed at the bottom of the garden - a place where you feel at home. We offer a safe, friendly and inclusive workshop. **Tel : for information 0161 368 4974** The SHED has their own **FACEBOOK PAGE** **Website : www.theshedtameside.org.uk**

Lockside Medical Centre will be closed on the following dates:

**Target training afternoons:**

Thursday 19<sup>th</sup> April 2018

Thursday 17<sup>th</sup> May 2018

Thursday 21<sup>st</sup> June 2018

**Public Holidays:**

Good Friday

Easter Monday

May Day

Friday 30<sup>th</sup> March

Monday 2<sup>nd</sup> April

Monday 7<sup>th</sup> May