



Longton Health Centre Patient Group & Practice Information

SUMMER EDITION

Who are the Patient Participation Group?

The Patient group works with the practice to improve communication and services for the benefit of the patients, meeting on a quarterly basis.

If you would like to join, please email the practice **on lsicib-gp.longtonhc@nhs.net**



Galloways offers a wide range of equipment and courses for anyone with a **visual impairment**.

Offering computer and Ipad courses, free loaning of magnifiers and access to reading machines in a relaxed and enjoyable environment.

For more information on the services they offer contact them on: **01772 744148**

or

visit their website:

<http://www.galloways.org.uk>.



Age Concern offer a wide range of activities to individuals aged 55 years of age or over throughout the week.

They also have a café where support and advice can be given to carers and the opportunity for them to meet and chat with others.

Age Concern also focus closely upon supporting individuals with dementia.

Their day support centre encourages individuals to maintain and develop new skills via a therapeutic activity programme.

For further information contact:

01772 620876 / 01772 645721

I-CANN Support.

Provides free one to one support for any individual aged 50 or over who has been affected by cancer, either as a patient, a family member, a friend or a carer.

Contact **01772 900523** for more details.



Regular monthly support groups are available for individuals with diabetes or anyone who has an interest in this field.

This is an opportunity to share experiences and talk about diabetes.

For more information contact

01772 719433

Longton Library.

A wide range of activities take place at the local library that may be of interest to you. Below is an example of some of the sessions they hold.

- Baby Bounce and Rhyme
 - Craft and Chat
- Basic computer courses
- Talks & Local Speakers



For more information on the sessions, they hold or if you would like to book a place on one of the courses please contact the library directly.

Summer Strolls

**Every Thursday morning at 11am come
rain or shine!
Prams & Dogs welcome
All paces
45-minute relaxing stroll or march for
those who prefer**



PRACTICE NEWS / UPDATES

We currently have the following locum staff supporting with capacity for our usual practice teams

GRACE EASTER – Pharmacist
DENISE BOLTON – Nurse Practitioner
SOPHIE GWYTHYR – Practice Nurse
Dr Sana Naseem - GP

Dr Amina Punekar – GPST3
Dr Ahmed Barakat – GPST3
Medicine Placements
Year 1 Year 2 Year 5 UCLAN
Year 5 Manchester

ONLINE ACCESS TO YOUR PATIENT RECORD

Arrange appointments, order repeat medication, view medical records and update your details
Use the NHS app

Log in to view your health information and manage your healthcare online.

You can:

- request repeat prescriptions
- check your test results
- read messages from the NHS
- book and manage appointments

You do not need to download anything.

Who can use NHS App services

You must be:

- aged 13 or over
- registered with a GP surgery in England

SUGGESTION AND CONTRIBUTIONS TO THE NEXT NEWSLETTER

Any suggestions or community contributions will be gratefully received for any future editions please email scicb-gp.longtonhc@nhs.net for inclusion