



NEWSLETTER
Wombwell Medical Centre
Tel: 01226 752470
Patient Representation Group



May/June 2022 Issue

New staff members

We welcome our new members of staff:

Dr Saqib Ali

Dr Michelle Scott

Michelle Simon (Advanced Nurse Practitioner)

Mandy Sowerby (Advanced Nurse Practitioner)

Patient Contact Details

Please take the time to ensure that the practice has your correct contact details including your address and a contact phone number. This is particularly important in these days of mobile phone technology, when people quite often change their mobile phone number. Having your correct contact details will save the practice staff time and will ensure that we can contact you when we need to.

Missed Appointments

Missed appointments at the surgery costs the Health Service millions of pounds each year, and deny needy patients access to health care. The number of patients failing to attend appointments they have made with Doctors, Advanced Nursing Practitioners, Nurses and Health Care Assistants is still very high. Please remember to cancel all unneeded appointments as these can be allocated to patients who need them, saving valuable time for all Medical Staff and potentially saving lives. The vast majority of patients always attend their appointments, and this is greatly appreciated by the Practice. In March this year 150 appointments were missed; this equates to 2,442 minutes of staff time.



Making Friends in the Wombwell area

New to the area? Looking for new things to do? Feeling lonely?

There are some ideas below, but our leaflet Making Friends in Wombwell has lots of information about groups and activities in the local area, pick up your free copy at the Medical Centre.

Wombwell Community Luncheon Club

Held every Thursday at St Michaels and All Angels church hall, Park Street, Wombwell. You can bring a friend along or meet new ones over an affordable lunch. Please book you place before Tuesday of every week by calling Barbara on 07754 062532. Dial-a-ride is available to bring you to the lunch club; the phone number is 01226 732096.

Wombwell Agewell Group

A social group that meets every other Wednesday in St Michael's Church Hall at 1:45pm for about two hours. They organise coach trips and various speakers, it costs £2 for each meeting and a membership fee of £5 per year.

Age UK Wombwell Walking Group

Age UK walking group in Wombwell meets every Monday at Kate's sandwich bar, Wombwell Lane at 10am. Short walks in the local area for around one hour, meet new friends whilst enjoying some exercise. For more details, please contact Tracy Hughes on 07932 844528

Reds Connect Walking Group

Strolling Reds is a group run by Reds in the Community at Barnsley Football Club, they meet every Friday at 1pm at various venues around the borough to enjoy gentle walks of two to three miles with a stop for refreshments along the way. For more details, please contact Sean Margison on 01226 211333.

Hudson Haven coffee and bingo morning

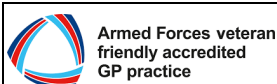
Twice weekly Wednesdays and Fridays 9:30am-11:30am coffee mornings at Hudson Haven Community centre, Stonegate, Wombwell. Contact Denise on 07802852981. Everyone welcome.

Age UK Wombwell

A local charity working with older people in Wombwell and the surrounding area, to tackle loneliness and isolation by providing information about local groups and activities available in the area, and supporting people to access them. You can ring 01226 776820 and ask to speak to Carol Foster for more information.

Wombwell Library

Readers group
Art group
Local history group



Forces Veterans

Information about help and support for Forces Veterans can be found in our Forces Veterans Booklet. Pick up a free copy at the Medical Centre. There is also a veterans' breakfast club every Saturday morning at 9am at the Joseph Bramah pub in Market Hill, Barnsley Town Centre, where you can enjoy breakfast and like-minded conversation.



U3A, The University of the Third Age, is an international movement whose aims are the education and stimulation of mainly retired members of the community; those in their so-called third age of life. It enables retired and semi-retired members of the community to come together to pursue educational, creative and social interests. No qualifications are required, and the U3A now has over 440,000 active members in the UK. There is plenty of information on the U3A website, www.u3a.org.uk, and the Barnsley area group meet on the first Monday of each month at Priory Campus, Lundwood at 1.30pm. Further information on the Barnsley group can be found on the group's own website, www.u3asites.org.uk/barnsley, or by telephoning 01226 891130.



Shout 85258

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Just text the word SHOUT to 85258, once you text us you'll receive four automated messages before you are connected to one of our empathetic Shout Volunteers. The volunteer will introduce themselves and ask you to share a bit more about what's bothering you. This might include feeling anxious, having relationship problems, addiction, depression, bullying, self-harm and suicide. You will text back and forth and share what you feel comfortable with. The goal of the conversation is to help you reach a calm and safe place, with a plan of how to support yourself going forwards. As well as listening without judgement, our volunteers may provide you with further resources or tools to help you get more expert support.



NHS Every Mind Matters

Every Mind Matters is an NHS initiative in association with Public Health England which is designed to give information, guidance and help to everyone on mental health and well-being matters. The service is internet based and is very much about self-help and preventative measures, with plenty of useful information. There is also a simple five-question quiz on the Every Mind Matters website which only takes a couple of minutes to complete but will give instant advice and signposts to any further help needed.

The website address is www.nhs.uk/oneyou/every-mind-matters, and free internet access is available at your local library.



Be Breast Cancer Aware

You can now receive a free monthly text alert to remind you to check your breasts, register online at www.coppafeel.org/remind-me



Alzheimer's Society

If you, or someone you know, are experiencing problems with memory which are affecting everyday life, it could be an early sign of a medical condition such as dementia. If this is the case, the Alzheimer's Society provides help and information free of charge. Plenty of advice and support is available on their website, including details of their GPS tracking system, where family members can locate a loved one using a simple wearable device and a smartphone App. All information can be found on the website, www.alzheimers.org.uk/memoryworry or by telephoning their National Dementia helpline on 0300 222 1122. If you are concerned about your memory, please contact your GP.

There is also a Sporting Memories group run by Reds in the Community which meets at Oakwell stadium every Wednesday 2pm until 3.30pm. This is an opportunity for people with memory loss and their carers to get together over tea and biscuits and engage in conversation on a wide range of topics, often beginning with a sporting theme. For more details contact Sean Margison on 01226 211333.