

Over the next few months we will be proud to support and highlight a number of events and issues including :

World Breast Feeding Week
Chlamydia Testing
Mental Health Awareness
The "Know your Numbers Campaign" (highlighting the importance of monitoring blood pressure)
World Sepsis Day
Breast Cancer Awareness Day
COPD Awareness Day



Our team here at Kelsall Medical Centre work extremely hard to give you the best possible care and last month our clinicians were able to help 13300 patients.

This figure does not include queries by phone, email or letter or clinical requests or information we have to process from hospitals, laboratories or other agencies. We do appreciate it can be frustrating when our reception team cannot always give you an appointment for the specific time you request but we try our upmost to provide you with one or signpost you to the appropriate service.

Thank you for your continued support and understanding.

Surgery Appointments

Please let us know if you are not able to attend your appointment. We appreciate things can crop up and you may not be able to come in or take your phone call but if we can reduce this figure it will increase the availability for other patients.

You can cancel your appointment by:

Telephone: 01829 751252

Email: cmicb-cheshire.kelsall.medicalcentre@nhs.net
or by using the NHS App.

Thank you.

OPENING TIMES

Monday 8am – 6.30pm

Tuesday 8am – 6.30pm

Wednesday 8am – 6.30pm

Thursday 8am – 6.30pm

Friday 8am – 6.30pm

**Saturday & Sunday—
Closed**

**Dispensary opens 9am-1pm
and 2pm-6.30pm)**

ENHANCED ACCESS SERVICE

Tuesday:

18:30 to 20:00 at the Practice

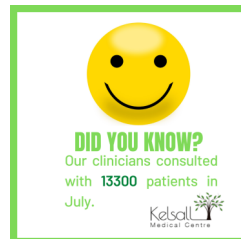
Friday:

18:30 to 20:00 at Bunbury

Saturday:

09:00 to 16:00 Bunbury

Enhanced Access on Fridays and Saturdays will see patients for dressings but please note dressings are not supplied.





Meet Michelle! Michelle is our nurse here at Kelsall Medical Centre and has over 20 years' experience working within the healthcare profession. Michelle has worked on hospital wards, in the community, as a nursing Sister at another GP practice as well as being a theatre practitioner working in post anaesthetic recovery.

In her clinics she deals with travel queries and vaccinations, baby immunisations, cytology, dressings, blood tests and chronic disease reviews. Michelle has a keen interest in respiratory diseases and went back to University in 2021 to complete her Diploma Module in the Management of Asthma and COPD.

If you need to book an appointment for any of the above, please contact us.



Meet Keli! Keli is our Wellbeing Coordinator now based here at Kelsall Medical Centre every Wednesdays.

What does a Wellbeing Coordinator do?

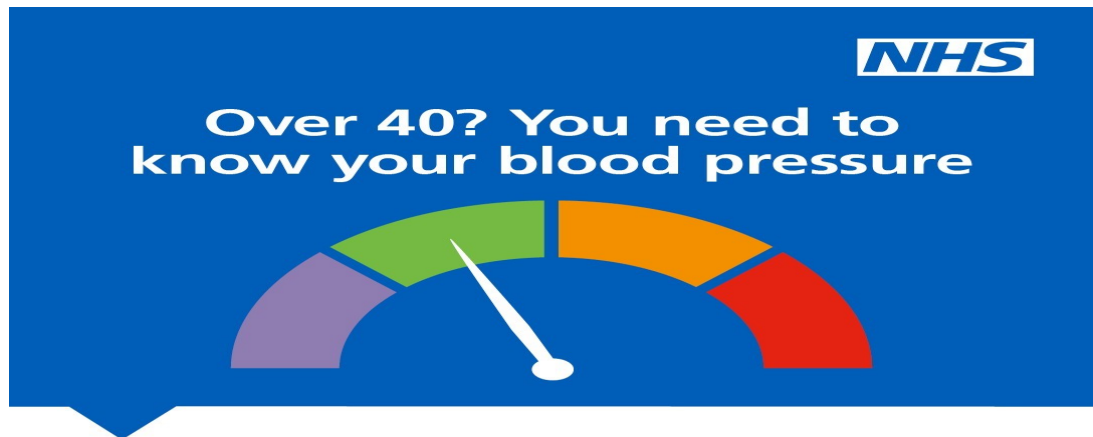
If you are over 18 years of age and have more than one medical condition Keli can help with a wide range of social, emotional, mental, physical, and practical needs to improve your health and sense of wellbeing.

These can include (non-clinical) help with social isolation, housing, employment, benefits, debt advice, weight management, disability badges etc. Keli is a fantastic addition to the team!

You will be able to book an appointment to see her by getting a referral from a GP, Nurse or by contacting reception.



The Wellbeing Hub and café is open to everyone and welcomes people of all ages. It's the perfect place to pop in for a drink before or after an appointment or join in one of the many activities on offer. The café is open Monday - Friday 10.00 – 12.30. No booking is needed for the morning activities such as bingo. The afternoon activities are support based and do require booking. They include, Art for people with dementia, Tai Chi to help people improve their balance, flexibility and stability. The August timetable is available from the website, www.kelsallwellbeinghub.org.uk or contact Helen, Hub Manager on kelsallwellbeinghub@outlook.com or 07498 482444.



Knowing your blood pressure numbers can help you to manage your risk.



High blood pressure rarely shows symptoms. But if left untreated, can increase your risk of a heart attack or stroke. Find out how to get checked, understand what your numbers mean and how to manage your risk. Contact us for an appointment to get yours checked.

nhs.uk/bloodpressure