

# The Waterloo Practice

## & The Waterloo Practice Patient Participation Group Newsletter

The doctors and staff at The Waterloo Practice in Huddersfield are proud to offer the highest standard of patient-centred health care. We aim to keep all our patients up to date with surgery information.



'My Doctor was extremely patient and professional as he usually is. Proud to be a patient at Waterloo'

'The best receptionist I have seen in a longtime. She was so helpful and polite to everyone she dealt with. Doctor explained options to me in detail and very happy with my visit.'

### Think Pharmacy First

Patients in the North West will be able to get treatment for seven common conditions at their high street pharmacy without needing to see a GP, as part of a major transformation in the way the NHS delivers care.



Think pharmacy first



## GP Registrars

↓ READ MORE ↓

We have TWO GP Registrars who have recently started with us.

**Dr Ahmed and Dr Michaels**

They will be conducting their own clinics under the supervision of our existing GPs.

### Waterloo Patient Participation Group

WE WANT TO HEAR FROM YOU!

The overall aim of the group is to develop a **positive** and **constructive** relationship between the patients, the practice and the community it serves.

This ensures the practice remains **accountable** and **responsive** to all patients needs.

Patient Participation Groups (PPGs) are groups of **active** volunteer patients that work in **partnership** with practice staff and GPs.

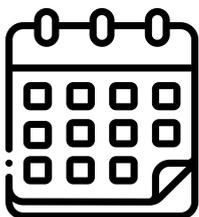
JOIN US EVERY 8 WEEKS AT THE PRACTICE,  
**Refreshments provided**

<https://thewaterloopractice.co.uk/patient-participation-group>

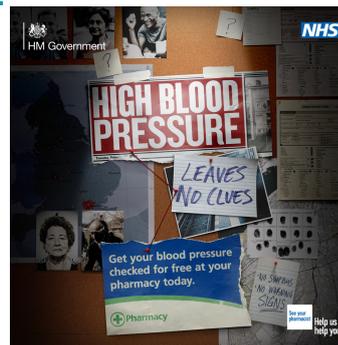
### Practice Closure Afternoons

**2024**

- Tuesday 21st May
- Tuesday 25th June
- Tuesday 16th July



The practice will close at 1pm on the above dates for training purposes and re-open the following morning at 8am.



# The Waterloo Practice

## Stress Awareness Month April 2024

### Little By Little, A Little Becomes A Lot.

For Stress Awareness Month 2024 we, at The Stress Management Society, want to emphasize how even the smallest steps taken each day towards self-care and stress reduction can yield significant improvements in mental health over time.

We encourage you to focus on making manageable adjustments to your daily routine. While the impact of small actions on their own may seem little, the cumulative effects of these habits can end up being profound!



## Self-Referral Services

- Kirklees Improving Access to Psychological Therapies (IAPT) **01484 343700**
- Locala - Single Point Of Contact (SPOC) **0300 304 5555**
- Gateway to Care **0300 304 5555**

## Healthier You NHS Diabetes Prevention Programme

We've partnered with NHS England and Diabetes UK to offer this free programme on eating healthily, managing weight and being more active.

This sustained lifestyle change programme is delivered locally and usually in groups. However, it may be offered by telephone, group video conference, or online through apps and websites.



## Register for Online Services

Our online services allow you to:

- Order medication
- View your medical record
- Access test results and more

More information can be found on our website <https://thewaterloopractice.co.uk/register-your-interest-for-online-services>

## WINTER NON ATTENDANCES

During **January, February and March** we had **105** patients who did not attend their GP appointments.

**144** patients who did not attend their HCA appointments.

**33** patients who did not attend their Nurses appointments

If you are unable to attend a pre-booked appointment, please **CANCEL** so that we have availability for others.

