

# Woodfield Medical Centre

## Easter Bank Holiday Weekend

Please be aware our practice will be closed on  
**Friday 18<sup>th</sup> April and Monday 21<sup>st</sup> April**  
for the bank holiday weekend.

The practice will reopen on Tuesday 22<sup>nd</sup> April at 8am.

If you require assistance, please call 111 or visit 111.nhs.uk  
for advice and support, 24 hours a day.

*Don't forget to order your repeat medications to ensure you have enough  
over the bank holiday weekend.*



**escape** pain

## Helping you manage your joint pain

ESCAPE-pain is an evidence  
based programme

### Programme aims

The programme will help you:



Carry out  
normal activities



Manage your  
symptoms



Become  
more active



Continue  
to exercise

Our Health and Well-being coaches run an ESCAPE-pain programme which is a group-based, rehabilitation programme for the management of osteoarthritis of the knee or hip.

This programme can offer patients:

- A basic understanding of osteoarthritis and how symptoms can be managed through theory-based sessions. Lasting roughly 20-30 mins
- A structured exercise plan which has been known to improve and slow down symptoms of hip and knee osteoarthritis. Lasting 30 mins
- A confidential environment where patients are open and honest about their current and previous experiences with coping with osteoarthritis.
- A quantitative approach to seeing how symptoms have improved through surveys and qualitative approach of the same through patient feedback forms.

### Patient feedback

*"Since attending the course, I have less knee pain and feel much better, more motivated, and more active."*

*"I am so surprised in my improvement. I had lost a lot of confidence walking and was afraid to stand for long periods of time due to the pain. With support and encouragement, I feel much more confident."*

**Speak to our reception team today, a health professional or**

**Email: [freshney.pelham@nhs.net](mailto:freshney.pelham@nhs.net)**

# Woodfield Medical Centre

## Grimsby Community Diagnostic Centre

Freshney Place, Grimsby

The new Community Diagnostic Centre (CDC) is now open in Freshney Place.

We would like to ask all our patients who are referred for a blood test from secondary care to please book this at the Community Diagnostic Centre.

Patients can book their own appointments, choosing from a variety of location, to select the one that is best for their needs.

Patients can call the phlebotomy number direct: 03033 306670.

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From 1<sup>st</sup> May 2025, the practice will no longer be offering appointments for implants and coil fitting.

Patient's will be referred to the Sexual Health clinic at Quayside Medical Centre, Albion Street, Grimsby.

## Practice Updates

2 new FY2 students Dr Harrington and Dr Siddiq.

Dr Pantelidou and ANP Chris Oliver, are now able to carry out minor surgery within the practice.

Dr. Buckley name has changed to Dr. Hairsine. You may notice this name change on your prescriptions, appointment bookings, and as your named GP. Please rest assured that this is simply a change of name, and all other aspects of your care will remain the same.



Creating Positive Opportunity

# Dementia GROUPS

We are providing Activities to support people living with dementia and their carers.

**Starting Monday 14th April**  
**12pm-2pm at Open Door,**  
**Albion Street, Grimsby, DN32**  
**7DL**



Group Activities - Including Arts & Crafts, Bingo and Music session.

01472236680  [samantha@mycpo.co.uk](mailto:samantha@mycpo.co.uk)



## Talks on Falls Prevention

The local Falls Prevention Service will be attending Centre4 on Thursday 15<sup>th</sup> May at 1pm to deliver a Falls Prevention Talk.

This is a free talk with 50 spaces available for people to attend.

To book your place, visit our practice Facebook page where you find a link to the event page or call Emma on 07811 498 089.

