

# Dr Harbidge & Partners

## Kidsgrove Medical Centre

NEWSLETTER

Issue: 5 | September 2025



Providing NHS services



Newcastle North  
Primary Care Network  
Limited

Part of  
Newcastle North PCN

### WELCOME TO OUR PRACTICE NEWSLETTER

We are pleased to announce the next edition of our Dr Harbidge & Partners practice newsletter.

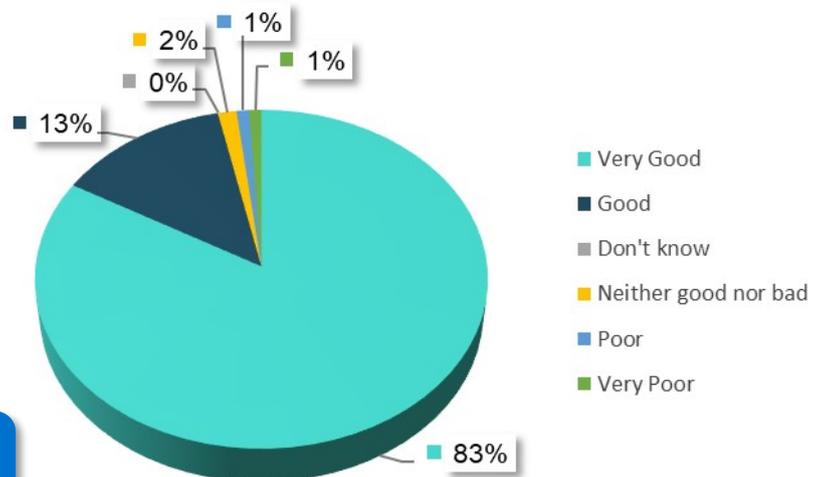
In our monthly newsletters you'll find updates on practice news, key announcements and messages from across Primary Care. You can expect to receive this newsletter on a monthly basis.

We'll continue to share information about upcoming events, opportunities to get involved in activities, and ways you can make a positive impact at your practice.

### Our data from August

- **1,683**  
Appointments attended 
- **41**  
Missed appointments 
- **629**  
Online consultations 
- **96%**  
Patients recommend us 

### Our Friends & Family Feedback from August



"Prompt response to online query which resulted in face to face appointment."



# Do more with the NHS App!



**NHS**  
App

## Need to cancel your appointment?

Please let us know. You can cancel by **Calling us** or the **NHS App**. Click the QR code below or visit our website.



[www.kidsgrovemedicalcentre.co.uk/alerts/need-to-cancel-your-appointment/](http://www.kidsgrovemedicalcentre.co.uk/alerts/need-to-cancel-your-appointment/)

## World Suicide Prevention Day

**CHANGE THE NARRATIVE**

World Suicide Prevention Day  
10 September

If you're struggling, or you're worried about someone else, please talk to someone.

**NHS Talking Therapies** offers free, confidential support for anxiety, depression and other mental health concerns.

**You can self-refer:**

[www.nhs.uk/nhs-services/mental-health-services/find-nhs-talking-therapies-for-anxiety-and-depression](http://www.nhs.uk/nhs-services/mental-health-services/find-nhs-talking-therapies-for-anxiety-and-depression)

**Support available 24/7:**

- **Samaritans** – Call 116 123 or visit [samaritans.org](http://samaritans.org)
- **NHS 111** – Urgent help.
- **Your GP** – Refer you to local support services.

It's **Know Your Numbers! Week** so here's your reminder to get your blood pressure checked and make one small lifestyle change for your heart such as:

Eating less salt



Getting active



More fruits & veg



Don't be one of the **5 million adults** aged 18-64 in the UK with **undiagnosed high blood pressure** and **don't even know it!**

#HealthyLiving #KnowYourNumbers



## Kidsgrove Carers Group



If you are looking after someone please come along to our group and meet with our staff, Social Prescribers and other carers.

Our next carers group is;

**16<sup>th</sup> September 2025,**

**2pm to 3:30pm**

at Kidsgrove Library.

## COVID & Flu Clinics now available



~~7<sup>th</sup> October 2025 (AM)~~  
~~8<sup>th</sup> October 2025 (AM)~~  
~~8<sup>th</sup> October 2025 (PM)~~  
~~10<sup>th</sup> October 2025 (AM)~~  
~~13<sup>th</sup> October 2025 (PM)~~  
~~14<sup>th</sup> October 2025 (AM)~~  
~~15<sup>th</sup> October 2025 (PM)~~  
~~17<sup>th</sup> October 2025 (PM)~~  
~~20<sup>th</sup> October 2025 (AM)~~  
~~22<sup>nd</sup> October 2025 (PM)~~  
~~24<sup>th</sup> October 2025 (AM)~~  
~~27<sup>th</sup> October 2025 (PM)~~  
~~29<sup>th</sup> October 2025 (AM)~~  
**31<sup>st</sup> October 2025 (PM)**

Please ask at reception to see if you are eligible.



**Kidsgrove patients – don't delay, book your breast screening today!** ❤️

✨ The process is fast and straightforward

✨ Staff are friendly and supportive

✨ It brings peace of mind

✨ Early detection really does make all the difference

📍 **New venue now available: Affinity Talke**

**Call the breast screening office today:**

**01785 230861**

Thank you for reading our practice newsletter, we hope you found the information relevant and useful. If you have any feedback or suggestions, please contact us by the below.

**Email:** [Admin.M83023@staffs.nhs.uk](mailto:Admin.M83023@staffs.nhs.uk) **or Visit:** [www.kidsgrovemedicalcentre.co.uk](http://www.kidsgrovemedicalcentre.co.uk)