

NEWSLETTER



01 August 2025



OPENING TIMES

Monday- **8:30am to 7:30pm**

Tuesday- **8.30am to 6pm**

Wednesday-**7:30am-8.30am**
(prebooked appointments)

8:30am to 1pm
2pm to 6pm

Thursday- **8.30am to 6pm**

Friday **8:30am to 6pm**

Saturday **Closed**

Sunday **Closed**

WHAT'S NEW

This month, we say farewell to our GP registrars, Dr. Douglass, Dr. Linn, and Dr. Adesida-Ehebha. We wish them every success and all the very best as they embark on the next stage of their training journey

At the same time, we are excited to welcome three new registrars who will be joining the practice and continuing the great work.



STAFF TRAINING DAYS THIS YEAR:

9th September
5th November

On these days the practice will close from 12:30pm

Meet The Team



GP Team

Dr Kelly Hermuzi- Senior GP Partner- Caldicott lead, overseeing clinical governance, cancer, CKD, doctors in training, and PCN leadership.

Dr Karen Parkinson- GP Partner- Focused on finance and data protection, conducts steroid injections, leads medicine management and research.

Dr Chandra Kumar- GP Partner- Joint doctors in training lead with Dr. Hermuzi, also clinical coding lead, medical student lead, and performs joint injections and minor surgery.

Dr Ruth Ralston- Salaried GP- specializing in palliative care and safeguarding.

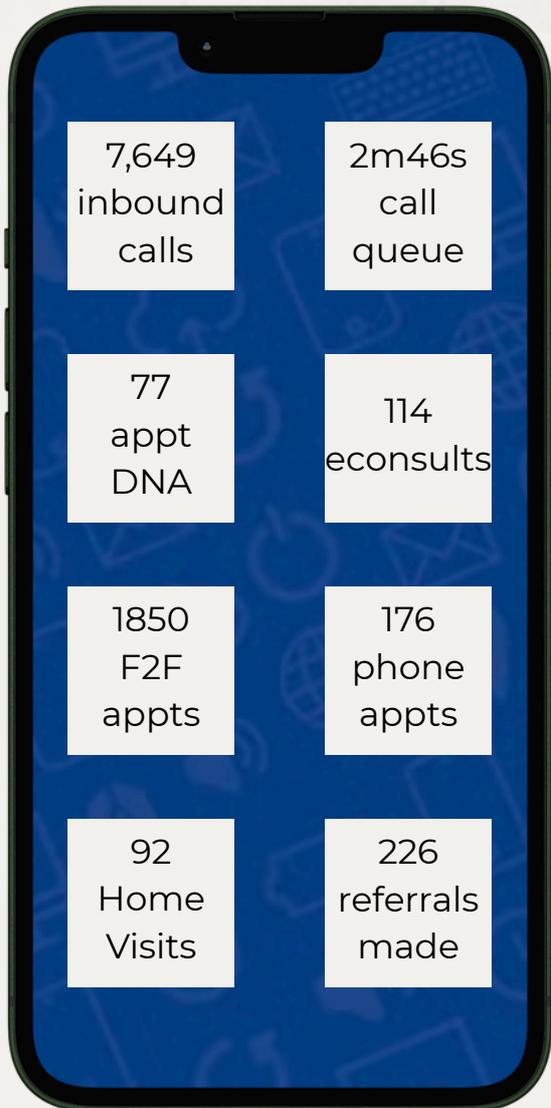
Dr Sana Muzaffar- Salaried GP- Focusing on depression.

Dr Kathryn Cockett- Salaried GP- Performs minor surgery at the practice alongside Dr Kumar. she is also the practices diabetes lead.

Dr Rebecca King- Salaried GP- Mental health lead.

Dr Tim Chan- Salaried GP- Lead for cardiovascular disease, including AF, CHD, hypertension, and PVD.

This month, we handled a total of 7,649 inbound calls with an average call queue time of 2 minutes and 46 seconds. We are pleased to report a significant improvement in missed appointments (DNAs), which dropped to 77 from 121 last month. Our team conducted 114 e-consultations alongside 1,850 face-to-face appointments and 176 phone call appointments. Additionally, we completed 92 home visits and processed 226 referrals, reflecting our ongoing commitment to providing accessible and comprehensive care.



PARKRUN

Denton Dene

Free, 5k Run or Walk

The practice is now a parkrun practice supporting our local parkrun group at Denton Dene



Register at parkrun.org.uk/register then just turn up, Walk or Run and enjoy! Lots of support if you want it and no-one comes last.

Don't want to run or walk? Why not help out by volunteering or just come and watch.

Get to the start via the A1 footbridges or Broadwood Road or Denton Road entrances to the Dene. Free parking at Excelsior Academy. All the details at parkrun.org.uk/dentondene

Contact them by email
dentondene@parkrun.com
or Facebook
[/dentondeneparkrun](https://www.facebook.com/dentondeneparkrun)



Stay Safe in the Sun: Tips and Affordable Sun Protection Options

With summer here, it's more important than ever to protect your skin from harmful UV rays. Regular use of sunscreen helps prevent sunburn, premature skin aging, and reduces the risk of skin cancer.

Top Sun Safety Tips:

- Apply sunscreen generously 15-30 minutes before going outside.
- Reapply every 2 hours, or after swimming or sweating.
- Wear protective clothing, hats, and sunglasses.
- Seek shade during peak sun hours (11am–3pm).

Affordable Sun Protection: Where to Buy?

We know sun protection is vital but can sometimes be costly. Here's a quick price comparison for popular SPF 30/50 sunscreens from major UK retailers to help you choose:

Store	Product Example	Price (£)
Aldi	Sun Sense SPF 30 Lotion 150ml	3.49
Morrisons	Soltan SPF 50 Lotion 200ml	5.5
Lidl	Cien Sun SPF 30 Lotion 150ml	3.99
Sainsbury's	Soltan SPF 30 Lotion 200ml	6
Tesco	Nivea Sun Protect & Refresh SPF 30 200ml	6.5
Asda	Soltan SPF 50 Lotion 200ml	5
Boots	Boots Soltan SPF 50 Lotion 200ml	7.99
Superdrug	Superdrug SPF 30 Lotion 200ml	4.99

Prices are approximate and may vary by location. Remember, whichever product you choose, the key is regular and generous application for effective protection.

Stay safe and enjoy the sunshine responsibly!