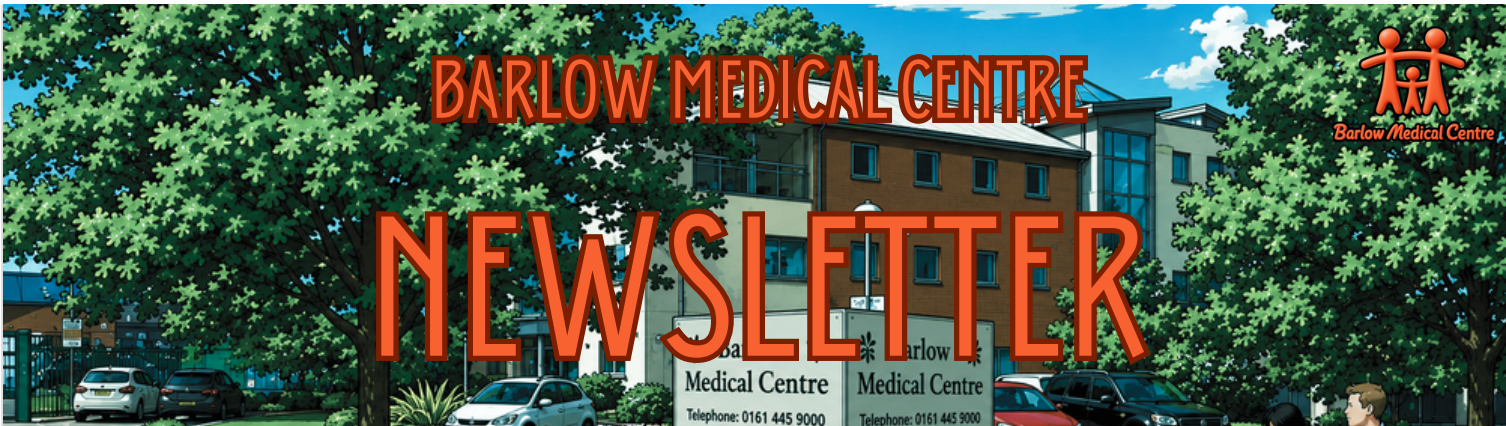




September 2026

## NEWS

### Celebrating Didsbury Pride



At Barlow Medical Centre, we were proud to support Didsbury Pride.

Pride is a time to celebrate diversity, inclusion, equality and the LGBTQ+ community, while continuing to stand together against discrimination in all its forms.

We were delighted to show our support and celebrate alongside our local community. As a healthcare practice, we are committed to creating a welcoming, respectful and inclusive environment where everyone feels valued, heard and supported.

Happy Didsbury Pride from everyone at Barlow Medical Centre!

## ARE YOU AUTUMN & WINTER READY?

As the colder months approach, now is a good time to make sure you and your family are prepared for the autumn and winter season.

### Check your medicines

Make sure you have enough of your regular medication and order repeat prescriptions in good time. Don't wait until you run out, particularly around weekends or bank holidays.

### Stay up to date with vaccinations

If you're eligible for the NHS flu or other seasonal vaccinations, make sure you take up the opportunity to protect yourself and those around you. **If you are eligible for this years seasonal vaccinations, you will be contacted via SMS.**

### Look after long-term conditions

If you have a condition such as asthma, COPD, diabetes or heart disease, make sure you know how to manage it during the colder months and have any necessary medication or equipment to hand.

### Keep warm and well

Cold weather can affect your health, particularly if you are older or have an existing health condition. Try to keep your home warm, dress appropriately for the weather and look out for vulnerable friends, family members or neighbours.



[www.barlowmed.com](http://www.barlowmed.com)



# THIS MONTH WE CELEBRATED INTERNATIONAL DAY OF SIGN LANGUAGES!

We were pleased to celebrate **International Day of Sign Languages** at Barlow Medical Centre, helping to raise awareness of the importance of communication and accessibility for deaf and hard-of-hearing patients.

It was a great opportunity for our team to celebrate the diversity of our patients and community. ❤️

We're committed to making our practice as accessible and inclusive as possible for everyone.

**Why not try these BSL signs? Small signs, make a big difference!**



## Know Where to Get Help

For many common illnesses, your local pharmacy can offer advice and treatment without needing a GP appointment.

If you're unsure what help you need, NHS 111 can provide advice and direct you to the right service.

Using the right service can help you get the care you need quickly.



## This Month's Patient Feedback

**"Positive words, positive impact!"**

- "Barlow Medical staff, always give a 5 star service. They are always professional, efficient and friendly. Thank you Barlow Med"
- "Always had brilliant care from this practice. All doctors and nurses I have seen have been empathetic and understanding."
- "from top to bottom the care is next level & all staff/Dr's should be very proud of the care they provide. Every single occasion I need help or support, the practice provides above and beyond help. They are a delight to deal with and really put patients and community 1st".



To see more reviews, or leave one of your own - search 'Barlow Medical Centre' on Google

## BACK-TO-SCHOOL HEALTH

**As children head back to school, here are a few simple reminders for parents and carers:**

- 📌 Check **vaccinations** are up to date.
- 🛌 Get back into a **regular sleep** routine.
- 🤒 Know when to keep your child at home if they are **unwell**.
- 🧴 Encourage good **hand hygiene** to help prevent the spread of infections.
- 💊 Make sure **regular medicines** and inhalers are available if needed.

Wishing all our young patients a happy and healthy start to the new school year!

