



## Carers accessing Sunday GP appointments



GP appointments  
in north Manchester designed  
For Carers...

### ARE YOU A CARER?



Do you look after a friend or a relative **who needs your help?**  
Do you give that help without payment?  
If so.... you are a carer

Life might be very busy and your attention may be mainly focused on caring, but try to look after yourself and your own health needs by attending appointments, checkups and screenings.

*If you have not  
seen your GP for  
some time, why not  
arrange a health  
check?*

**If you are registered with a GP in North Manchester you can access appointments designed just for carers:** \_\_\_\_\_

- Every Sunday 1.00 - 2.00 pm
- At **New Islington Medical Practice**  
Ancoats Primary Care Centre, Old Mill Street, Manchester, M4 6EE
- Experienced carers will be there to **help you**



NorthernHealth  
GPP0 Ltd

Arrange an appointment by contacting  
**Manchester Carers Forum on 0161 819 2226** between 10.00am -4.30pm or  
email: [info@manchestercarersforum.org.uk](mailto:info@manchestercarersforum.org.uk)

Say you want a Sunday GP Appointment and **MANCHESTER CARERS FORUM** will book your appointment and let you have the time and date.