



Dr B Murray
 Dr M Leahy
 Dr J Bendelow
 Dr H Bower
 Dr J Abushena

Manor Medical Practice

0161 426 9166

Newsletter ISSUE 5 – JUNE 2016

Happy Birthday!



Happy Birthday!

The newsletter is now a year old and growing in popularity. We thank you for your continued support and we hope you enjoy reading it and find the articles useful and informative. If you have any suggestions for future content please let the Practice know in writing.

In this issue we are concentrating on local services for patients. For further information please look out in the surgery for leaflets or visit the websites.

Childrens minor illness

We want to remind all patients that we will always see a sick child on the day. If you telephone us before noon your child will be triaged and then seen by a doctor or nurse as appropriate. We run a nurse led children's minor illness clinic on some days and there is always a duty doctor available from noon.



Stockport food bank

Stockport Foodbank is looking to help all those going through "tough times" with the provision of emergency food parcels which contain enough food for 3 days irrespective of the size of your household. In addition we also include toiletries, plus nappies and baby wipes.

We welcome referrals from all sectors of your community and look to help all our clients with a friendly welcome, something to eat and drink as well as signposting to any other agencies whom we think will be of help.

<http://stockport.foodbank.org.uk/>



STOCKPORT TPA

Targeted Prevention Alliance

The Stockport Targeted Prevention service provides early help and preventative support for a wide range of vulnerable people and households in the borough, and is commissioned by Stockport Council as part of their Preventative Strategy.

The service is delivered through an alliance of organisations working in partnership with Stockport Council. The organisations are: Age UK Stockport, FLAG, Nacro, Relate GMS, Stockport Homes and Threshold.

Our Alliance has wide-ranging knowledge, skills and expertise and is also committed to working with a wider partnership which supports referral routes into the service and which will also be experts to inform and influence further development and delivery.

Stockport TPA is here to provide a service to anyone that wants to make change happen in their lives.

Please visit www.stockporttpa.co.uk for further information.



Stockport Clinical Commissioning Group

NHS Stockport Clinical Commissioning Group (CCG) is a group of GPs from every practice in Stockport with responsibility for designing and buying health services for the local population. The CCG's vision is to improve the health of Stockport with more care that is closer to people's homes, and by encouraging everyone to take personal responsibility for their health. The CCG is run by a Governing Body that meets in public, so everyone who lives in Stockport has the chance to attend and hear discussions and decisions about our health service.

Please visit their new website for information.

<http://www.stockportccg.nhs.uk>



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Shingles Vaccinations

If you are eligible, see below, then you will have received a letter in the post please do contact us and book your appointment.

NHS

Who's eligible for the 2015/16 SHINGLES VACCINE?

AGE: The age you will be on 1 September 2015

69 or under i.e. born on or after 2 September 1945	70 i.e. born between 2 September 1944 and 1 September 1945
71 i.e. born between 2 September 1943 and 1 September 1944	72 i.e. born between 2 September 1942 and 1 September 1943
73 to 77 i.e. born between 2 September 1937 and 1 September 1942	78 i.e. born between 2 September 1936 and 1 September 1937
79 i.e. born between 2 September 1935 and 1 September 1936	80 or over i.e. born on or before 1 September 1935

Immunisation
The safest way to protect children and adults

© Crown Copyright 2015. The publication is part of Public Health England's Age-related Shingles Vaccination.



You said we did

We have recently installed a baby change unit at Hillgate following comments made on friends and family responses.

Please do complete a friends and family response card on your next visit to the surgery.



The theme of this year's World Blood Donor Day, 14th June, is "Blood connect us all". It focuses on thanking blood donors and highlights the dimension of "sharing" and "connection" between blood donors and patients. The campaign aims to highlight stories of people whose lives have been saved through blood donation, to motivate regular blood donors to continue giving blood, and motivate people in good health who have never given blood to begin doing so, particularly young people.

Jennifer, thankful at an early age.

When I was a 7 year old child, I received severe burns over a large part of my body. Though I don't remember those months very well, I was always humbled at the list of people, friends of the family, coworkers of my parents and family that donated blood for me. My father also donated regularly. As soon as I was old enough, I donated with my father. I have been a donor since then. Still today, I am filled with such love to think that our friends were so willing to give me a part of them.

Donating blood has such an incredible impact on someone's life. Blood donations are an essential part of our healthcare system. If we did not have volunteers giving blood, many medical procedures we take for granted could not take place. Doctors and surgeons rely on blood donations to carry out life-saving and life-enhancing treatments every day.