

Important Notice - Coronavirus

Dear Patients,

As you will be aware COVID-19 is creating a challenge for us all, and specifically the NHS.

The last few weeks have been incredibly difficult with a huge increase in demand initially. However we have quickly adapted to the situation by moving to video or telephone consultations to reduce the risk of further spread of the virus.

Please don't worry about contacting us regarding any medical concerns you have that are not COVID related, our team of clinicians are here and available to consult with you in the ways mentioned above.

Thank you all for your support during this challenging time.

If you have any of the following symptoms

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss of or change in smell or taste**

Please **DO NOT** COME TO THE SURGERY OR VISIT A PHARMACY OR HOSPITAL

**Stay indoors and avoid contact with other people.
Visit NHS 111 ONLINE for advice by following this link:**

<https://111.nhs.uk/service/covid-19>

If you are a parent the NHS have issued the following traffic light healthcare advice for children

[Advice for parents during coronavirus](#)



Push Doctor – GP Video Consultations

We are pleased to announce that Push Dr. is now live & we are able to offer patients the option of seeing a GP via a video chat from your laptop, smartphone or tablet

Appointments must be made with a member of our reception team, who will send you a link to access the consultation

All of the GPs employed by Push Dr are trained in the NHS, registered with the General Medical Council (GMC) and work as general practitioners (GPs).

They can help with almost everything your regular GP could in a physical surgery and can issue prescriptions, sick notes & referrals.

To use this service you must be over 18, hold a valid photo ID & have a good 4G or Wi-Fi connection

For more information and to see a list of the conditions Push Dr. can treat please visit

<https://www.pushdoctor.co.uk/>



Get Active with One You – Couch to 5k

Around 40% of all deaths in England are related to everyday habits and behaviours – such as eating too much unhealthy food, drinking too much alcohol, not being active enough or continuing to smoke. They also cost the NHS more than £11 billion every year.

Public Health England are working in partnership with BBC Get Inspired, Sport England and London Sport to launch a 9-week Couch to 5K challenge

The app is a great way of supporting you to become physically active while social distancing measures remain in place. Offering a flexible programme with supportive celebrity trainers, One You is here to help you live more healthily and make the changes that matter most.

Millions of people have already got running with the Couch to 5k plan. Now it's your turn!
Download this app, get off the couch and we'll help you reach your health goals.

On your mobile click to download the free app



A message from Stockport Dementia Care Training

To carers of people with Dementia

Coronavirus and Dementia

We are offering a telephone helpline for people living with dementia and their carers. The helpline will provide advice about supporting people with dementia at this difficult time.

Our number is 07990 777175

email: stockportdementiacaretraining@nhs.net

We will be open Tuesday's and Wednesday's from 9am to 1pm, and Thursday's from 3pm to 6 30pm

Carers need to call NHS 111 or visit 111.nhs.uk if they think they or the person they care for has symptoms of coronavirus. If they are too unwell to continue in their caring role, carers should ring Adult Social Care on 0161 217 6029.



New emotional health, wellbeing and mental health services in Stockport

Stockport Council and Stockport NHS CCG have launched 3 new emotional health, wellbeing and mental health services, which are available to residents of Stockport.

These services are;

1. The Big White Wall - www.bigwhitewall.com/ offering anonymous, 24/7 support through a digital service, peer support for anyone over the age of 16 and support from trained clinicians . As well as a range of helpful tools and resources.

2. The establishment of the new 24/7 **mental health helpline** (0800 138 7276) and (currently virtual) safe haven for anyone over the age of 18 in Stockport provided by the charity **Making Space**. Click [here](#) for more information.

3. An **Emotional Wellbeing Hub** providing information, advice, and guidance for anyone under the age of 25. Access through the Multi-Agency Safeguarding and Support Hub (MASSH) on 0161 217 6028. Available Mon - Thurs 8.30am-5pm & Friday 8.30am-4.30pm.

More information about looking after your health and wellbeing can also be found at: <http://www.stockport.gov.uk/wellbeingcoronavirus>.

Please do make use of these services if you feel they are relevant to you and share the information with your friends, family and neighbours locally.

Kooth

Offering counselling, information, and forums for children and young people.

Kooth is a FREE, anonymous, confidential & safe, online Wellbeing service.

The website provides access 365 days a year to counsellors who are available from: 12 noon-10pm Monday- Friday, and 6pm-10pm Saturday and Sunday.

Log on through mobile, laptop and tablet.

Their website address is:

<https://www.kooth.com/>



THREE NEW EMOTIONAL WELLBEING AND MENTAL HEALTH SERVICES LAUNCHED FOR STOCKPORT RESIDENTS



Hayfever Season

Hayfever hits hardest between the months of March & September. We have a few top tips to help you ease the irritation!

- **Create a barrier** - Smear Vaseline inside your nostrils. This acts as a filter for the pollen
- **Time it right** - Don't sit outside between 4pm and 7pm or in the early morning, as the pollen count is highest at these times
- **Shut the windows** - Don't sleep or drive with the windows open, as this will allow pollen to come in
- **Vacuum** - Pollen can live in carpet for up to three months, so get vacuuming.
- **Damp dust regularly** - Dusting with a wet cloth, rather than a dry one, will collect the dust and stop any pollen from being spread around.
- **Finally, think about your medication** - Talk to your pharmacist about any treatment you're taking for hay fever as it might be worth trying a new treatment. The same anti-allergy treatment doesn't always work for someone year after year.

Did you know - there is a Covid-19 support group for the Offerton & Great Moor area?

The group has been set up to help our local community organise support for vulnerable people or those self isolating.

If you need local help or support or would like to volunteer you can join the group here - <https://www.facebook.com/groups/542551049700420/>

We are now on Facebook



For the latest news and useful information click [here](#) to give us a like on facebook

New Practice Telephone Number from July



Just a heads up that our phone number will be changing in **July**, we will update everyone as soon as we know more