



Wishing a Happy Easter to all our Patients



## Surgery Opening hours over Easter

Surgery will close for the Easter Period on Thursday 14<sup>th</sup> April at 6.30pm and reopen on Tuesday 19<sup>th</sup> April at 8am.

If your prescription is due during the Easter period, please make sure you request your medication by Monday 11<sup>th</sup> April.

If you require medical assistance during this time, please call 111.

## Pharmacy Easter Opening

Pharmacy	Address	Good Friday 15th April	Easter Sunday 17th April	Easter Monday 18th April
Offerton Pharmacy	513 Hempshaw Lane	10am-2pm	10am-2pm	10am-2pm
Scorah Chemist Cheadle	169 Councillor Lane	<b>Closed</b>	10am-2pm	<b>Closed</b>
Heald Green Pharmacy	208 Finney Lane	8am-6pm	8am-7pm	8am-6pm
Asda Pharmacy	Warren Street	10am-4pm	<b>Closed</b>	10am-4pm
Boots	47 - 49 Merseyway	10am-5pm	<b>Closed</b>	10:30am-4.30pm
Boots	1A Bramhall Lane South	10:30am-4pm	<b>Closed</b>	<b>Closed</b>
Lloyds pharmacy	Sainsburys, London Road	10am-4pm	<b>Closed</b>	10am-4pm
Lloyds Pharmacy	Wilmslow Road	10am-4pm	<b>Closed</b>	10am-4pm
Superdrug	4 - 6 Mersey Square	8.30am-5.30pm	<b>Closed</b>	<b>Closed</b>
Well Hillgate	Higher Hillgate	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
Well Offerton	Hall Street	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
Hillgate Pharmacy	Higher Hillgate	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>

As we return to routine (face to face) appointments at the surgery, we would like to remind you that you can still request a telephone or video consultation where appropriate. In addition we offer;

- Face to face appointments with our **Physio**, who is located at Offerton Health Centre on a Thursday & Friday.
- Help & Advice, with our **Self-Care Coordinator**, on a range of issues including low mood, anxiety, finances, housing & filling out forms.
- We also offer additional appointments with **Push Doctor** (Video consultation) and **Viaduct** who have availability out of hours & at weekends.

**Please continue to wear a face covering inside the building**

## Do you know the symptoms of ovarian cancer?



If you regularly experience any one or more of these symptoms, which are not normal for you, it is important that you speak with your GP. It is unlikely that your symptoms are caused by a serious problem, but it is important to be checked out.

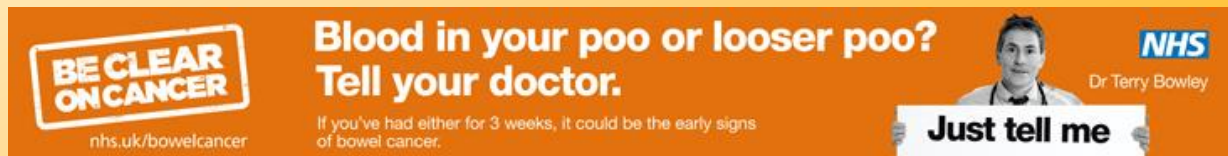
You can track your symptoms using the free ovarian cancer symptoms diary. Find it at [www.targetovariancancer.org.uk/symptomsdiary](http://www.targetovariancancer.org.uk/symptomsdiary)

If you have any concerns about ovarian cancer, there is a nurse-led support line which provides confidential information, support & signposting – 020 7923 5475

## April is Bowel Cancer Awareness Month

Every 15 minutes somebody is diagnosed with bowel cancer in the UK, that's nearly 43,000 people each year. Blood in your poo or looser poo is nothing to be embarrassed about but it can be a cause for concern.

If you have symptoms, speak with your GP who will arrange a FIT test which is a simple test that looks for tiny traces of blood that you might not be able to see.



**BE CLEAR ON CANCER**  
 nhs.uk/bowelcancer

**Blood in your poo or looser poo? Tell your doctor.**

If you've had either for 3 weeks, it could be the early signs of bowel cancer.

**NHS**  
 Dr Terry Bowley

**Just tell me**

### REFERRALS

If you are waiting for an appointment following a referral, our receptionists & secretaries are unable to update you on waiting times. However, the NHS have a handy tool called **My Planned Care**, which gives up to date & accurate waiting times for all NHS referrals. Please click on the link & select your Trust, then the speciality you have been referred to <https://www.myplannedcare.nhs.uk/nwest/>

## COVID-19 vaccination - what can you get?



IF YOU ARE...	YOU CAN GET...
<ul style="list-style-type: none"> <li>Aged 16+</li> </ul>	<ul style="list-style-type: none"> <li><b>Two doses</b>, at least eight weeks apart</li> <li><b>Booster</b> from three months (91 days) after second dose</li> </ul>
<ul style="list-style-type: none"> <li>Aged 12+ and were severely immunosuppressed at the time of early doses</li> </ul>	<ul style="list-style-type: none"> <li><b>Two doses</b>, at least eight weeks apart</li> <li><b>Third primary dose</b>, typically eight weeks after second dose (timing may vary and should be discussed with a clinician – if you're eligible you can get this dose by visiting a vaccination site of your choice, and presenting a letter from your doctor confirming you're eligible)</li> <li><b>Booster dose</b> from three months after third dose</li> </ul>
<ul style="list-style-type: none"> <li>Aged 12-15 with a health condition that puts you at higher risk from COVID-19, or you are a household contact of someone who is immunosuppressed</li> </ul>	<ul style="list-style-type: none"> <li><b>Two doses</b>, at least eight weeks apart</li> <li><b>Booster</b> from 3 months (91 days) after second dose</li> </ul>
<ul style="list-style-type: none"> <li>Aged 12-15 and you are not in any of the above groups</li> </ul>	<ul style="list-style-type: none"> <li><b>Two doses</b> at least 12 weeks apart</li> <li><b>Booster dose</b> under review</li> </ul>



If you are eligible, please come forward for your vaccination now. NHS staff are prioritising booked appointments so, for most people, the best way to ensure you get jabbed is to visit [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination) or call 119.

This also contains the latest information about who is eligible and alternative ways to get your booster.



# Long and Post- COVID Support Group

MUSCLE, BODY ACHES - DIFFICULTY BREATHING -  
FATIGUE - DIFFICULTY CONCENTRATING

Did you have COVID and are you still struggling  
with some symptoms weeks or months later?

I found out about  
the NHS Long COVID  
Clinic I can access

Knowing I'm not  
on my own with  
these  
symptoms has  
helped me so  
much

I thought I was  
losing my mind!

Join us: we're not  
medics, but our  
group offers a  
place to share  
experiences, chat,  
listen, cry, laugh  
and hear from  
guest speakers.

Every Wednesday on Zoom,  
11:30am to 12:30pm

Drop into our coffee morning on  
the third Monday of every month  
(excluding Bank Holidays): 10:30 to  
11:30am at Vernon Park Café (inside  
the park) Turncroft Lane, SK1 4AR

If you have any questions or would like to join, email  
[marie.omalley@stockport.gov.uk](mailto:marie.omalley@stockport.gov.uk) or call Marie on 07800 618570.





To read more about the group, search for 'Long COVID Support'  
on [www.healthystockport.co.uk](http://www.healthystockport.co.uk).

## ARE YOU LIVING WITH DIABETES, AND EXPECTING A BABY?



IF YOU ARE, YOUR EYESIGHT IS IMPORTANT FOR YOU, YOUR BABY AND YOUR FAMILY. YOUR LOCAL DIABETIC EYE SCREENING PROGRAMME IS HERE TO SUPPORT YOU.

### Did you know?

-  You can call us to notify us that you are pregnant
-  Once we are aware you are pregnant you should have your first screening within 6 weeks
-  During your pregnancy, you will need more frequent eye screening
-  You can easily re-arrange your appointment for a more convenient time/venue.

TO BOOK/CHANGE AN EYE SCREENING APPOINTMENT: 0161 464 3000

TO DISCUSS EYE SCREENING RESULTS/REFERRALS: 0161 464 3002

GENERAL EYE SCREENING ENQUIRIES: 0161 464 3001

FACEBOOK: <https://www.facebook.com/gmsouthdesp>

  
Greater Manchester South  
Diabetic Eye Screening Programme