



Manor Medical Practice

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NEWSLETTER ISSUE 6 – SEPTEMBER 2016

# FLU CAMPAIGN 2016 - 2017

Flu is a common infectious viral illness spread by coughs and sneezes. It can be very unpleasant, but you'll usually begin to feel better within about a week.

It's not the same as the common cold. Flu is caused by a different group of viruses and the symptoms tend to start more suddenly, be more severe and last longer.

Some of the main symptoms of flu include:

- a high temperature (fever) of 38C (100.4F) or above
- tiredness and weakness
- a headache
- general aches and pains
- a dry, chesty cough



## WHO IS ELIGIBLE FOR FREE VACCINATION?

A FLU Vaccine is available for free on the NHS for:

- Aged 65 years and over
- Aged 6 months to 65 who have a chronic long term condition
- Pregnant women
- Those in long-stay residential care homes
- Carers
- Health and social care workers with direct patient contact
- Children over the age of 6 months with a long-term health condition
- Healthy children aged two, three and four plus children in school years one, two and three

### REMEMBER .....

Choose to have your flu vaccine at **YOUR** Practice where the team knows **YOU** and where WE HAVE ACCESS TO **YOUR** MEDICAL RECORDS FOR CONTINUITY AND SAFETY.

## DROP IN FLU CLINICS

This year we are holding two **Saturday Flu Clinics** in October. **8:30am – 12:00 noon.**

OFFERTON HEALTH CENTRE: **Saturday 8<sup>th</sup> October**

HILLGATE SURGERY: **Saturday 22<sup>nd</sup> October**

And on **Wednesday 28<sup>th</sup> September** we will hold an evening Flu Clinic at both sites.

OFFERTON HEALTH CENTRE: **2pm – 7:45pm**

HILLGATE SURGERY: **2pm – 6pm**

## CHILDRENS DROP IN FLU CLINICS

OFFERTON HEALTH CENTRE: **Wednesday 19<sup>th</sup> October 2pm – 7.30pm**

HILLGATE SURGERY: **Wednesday 26<sup>th</sup> October 2pm – 6pm**

**No appointment needed**



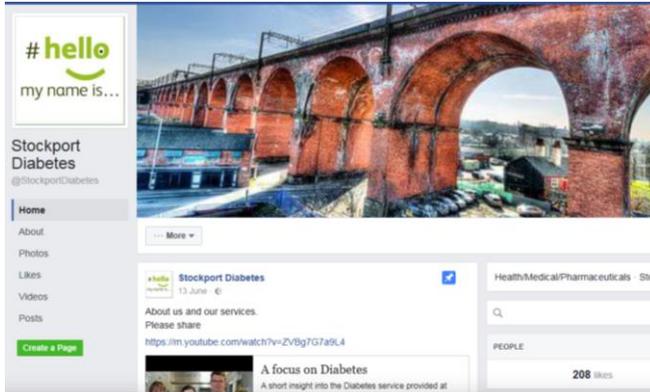
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## STOCKPORT DIABETES NOW ON FACEBOOK



To access more support if you have Diabetes then Visit and follow this Facebook pages, in doing this you can share your own experiences and talk to others going through the similar circumstances as you. Facebook is great to meet new people so you feel you're not alone and getting great support.

Visit the page:

<https://m.facebook.com/StockportDiabetes/>



### STOCKPORT HOME LIBRARY SERVICE

The service offers free delivery of books, talking books, music and films to those who are unable to visit the library due to age, disability or caring role.

Tel: 0161 474 5600

[homelibrary@stockport.gov.uk](mailto:homelibrary@stockport.gov.uk)

### Patient Survey June 2016

Many thanks to everyone who took the time to complete the survey in the last issue of the newsletter .

It seems that everyone agrees that our communication has improved over the past 12 months and that the newsletter / emails are well received and liked.

Several respondents have asked for more local articles in the newsletter and information on groups / classes. We have now dedicated a section of the newsletter to advertising local health related services which may be interest to our patients. We hope this proves to be useful for you.

The issue over telephoning the practice on Thursday afternoons has also been raised by several of you. Unfortunately, until we recruit a replacement GP we will have to continue to divert the practice telephones on Thursday afternoons to the out of hours service as there is no duty doctor. We remain open for routine appointments and prescriptions. Greater Manchester CSU have an ongoing project to look at a new telephone system and this may offer us more flexibility in the future to have some lines open and others divert to out of hours. We will keep you informed of developments.

HEALTHY MINDS  
Got something on your mind?



Do you suffer with chronic pain?

If the answer is yes, **Stockport healthy minds** can help you deal with the effects of long term chronic pain.

6 week courses, 1 session a week (90 minutes) are available.

The course can help you to learn new skills to manage your pain better and take more control day to day.

The living with chronic pain course can help you:

- To recognise to vicious cycle of chronic pain and enable you to break this cycle to improve your health
- Deal with you painful thoughts and feelings effectively so they have much less impact and influence over you.
- Clarify what is truly important and meaningful to you.
- Learn to pace your activities and avoid over-activity trap.
- Plan your future!!

To book a place with healthy minds you can ask your GP to refer you, or you can self-refer to the group by ringing Healthy Minds on: 0161 419 5725 or visit the website at <https://healthyminds.penninecare.nhs.uk>