

## Important notice: life at Manor Medical Practice after 19<sup>th</sup> of July

Despite COVID-19 restrictions being eased, here at Manor Medical Practice restrictions will still stay the same for the time being. All patients are required to wear masks in the surgery, unless exempt, and regular handwashing and social distancing is still highly recommended.

Consultations will continue to be a mixture of face-to-face, online and telephone, and staff will also continue to wear PPE.

We are keeping these restrictions in place in order to keep our patients as safe as possible- we have many sick and vulnerable patients who are important to protect. We also want to ensure that none of our staff contract COVID-19 to ensure we keep our extensive workforce healthy to provide a high-quality service for all of our patients.

## NHS COVID PASSES

Since the easing of restrictions, there are more opportunities to travel abroad and attend domestic events such as concerts.

In order to enter these events/ travel abroad the government advises that you may need a COVID-19 pass.

In order to get this pass, you will need:

For **travelling abroad**- 1 or 2 doses of the COVID-19 vaccine

For **domestic events**- 2 doses of the COVID-19 vaccine/ negative PCR or lateral flow/ COVID-19 positive PCR in the last 6 months (after you have finished self-isolating)

To access this pass:

Download the NHS app- your COVID pass will be underneath 'Popular Services'



If you don't have the app, you can download your COVID pass via the link:

**[covid-status.service.nhs.uk](https://covid-status.service.nhs.uk)**

A paper version can be sent via post: **[www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/get-your-covid-pass-letter](https://www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/get-your-covid-pass-letter)**

## Get Walking

### TOP 10 HEALTH BENEFITS OF WALKING 30 MINUTES A DAY



As seen on the left, there are many health benefits of walking, including strengthening muscle and improving heart health. However, for people with sight issues, there are often many obstacles to walking long distances.

Stockport Harriers, in conjunction with Walthew House, are now running an inclusive Walking Group for people with a sight loss.

It is on every Tuesday 11:00am-12:00pm at Woodbank Stadium, Woodbank Park, (Park Lane Entrance), Stockport, SK1 4HW

Tea, coffee and toilet facilities available.

Please speak to Ruth in the office or contact her on 0161 480 2612/ mmhsupport@walthewhouse.org.uk

## Get Talking

There is a new dementia group specifically for people who identify as LGBTQ+ or people who care for someone who identifies as LGBTQ+ being ran via Zoom on the first Tuesday of every month.

This is a place where you can share your experiences and concerns with like-minded people.

**FIRST TUESDAY OF THE MONTH**

**2PM - 3.30PM**

Zoom Meeting

<https://zoom.us/j/93789107813pwd=MlJKQ1VlU20vS29RWVd4SE13Qk1UT09>  
 Meeting ID: 937 8910 7813      Passcode: pqzBR2

FOR MORE INFORMATION

0161 622 9252 | [Maggie.Hurley@ageukoldham.org.uk](mailto:Maggie.Hurley@ageukoldham.org.uk)

If you are from the LGBTQ+ community and would like some advice on any other services or would like to speak to someone please contact the LGBT Foundation on 0345 330 3030

Supported by:      

- ✚ Speak or listen in a LGBTQ+ safe space
- ✚ Be anonymous if you prefer
- ✚ Make friends/ connections with others
- ✚ Talk about issues that are important to you
- ✚ Guest speakers
- ✚ Fun monthly quiz

**Better Health**  
 Let's do this

**NHS**

Simple swaps,  
 tasty changes



Not sure how to eat healthier?  
 Start with simple swaps.  
 Get help and support at  
[nhs.uk/BetterHealth](https://www.nhs.uk/BetterHealth)

## COVID-19 Vaccine

### 6 Facts You Need to Know



**Fact No. 1**

**The COVID-19 vaccines cannot give you COVID-19.**

The COVID-19 vaccines do not contain any live part of the virus and cannot cause an infection. They cannot cause a positive COVID-19 test.



**Fact No. 2**

**The development of the COVID-19 vaccines did not skip any steps in determining their safety.**

The COVID-19 vaccines have been evaluated in tens of thousands of people using the same steps as other vaccines to ensure they are safe. Scientists were able to test the vaccines quickly and safely by working together and using resources from academics, industry, and the government, which has never happened before.



**Fact No. 3**

**The COVID-19 vaccines will not change your DNA or live inside you forever.**

The current COVID-19 vaccines use messenger RNA (mRNA), which does not go into your DNA. Your body turns the mRNA into a protein to make an immune response (antibodies). Once your body makes antibodies, the mRNA and protein break down.



**Fact No. 4**

**The COVID-19 vaccines do not cause miscarriage or infertility.**

The COVID-19 vaccines have not been linked to miscarriages or infertility. The CDC and American College of Obstetricians and Gynecology do not recommend withholding COVID-19 vaccine in pregnant women who are otherwise eligible to receive vaccine.



**Fact No. 5**

**The COVID-19 vaccines can be given to people who already had COVID-19.**

People with a history of COVID-19 were included in the COVID-19 vaccine trials. The vaccine is safe and effective in people with a history of COVID-19.



**Fact No. 6**

**We know exactly what is in the COVID-19 vaccines.**

The ingredients of the currently used COVID-19 vaccines are publicly available, can be found on the vaccine Fact Sheet, and are provided at the time of administration.

Stockport Women's Centre are a movement that are working to improve the physical and mental health of women in the area.

When you register with them, there are opportunities to join groups such as Art Group and Book Group.

To find out more please call 0161 355 4455 or visit [www.stockportwomenscentre.co.uk](http://www.stockportwomenscentre.co.uk)

Stockport County Community Foundation are running walking football every Friday 11-12pm at The Power League, Heaton Mersey, Stockport, SK4 2AP

These sessions are ran by qualified teachers and professional sports coaches for men and women aged 50+ who want to get involved in a fun and social sport.

To find out more please call 07760 454583 or visit [www.scfcfoundation.com/programme/walking-football-programme](http://www.scfcfoundation.com/programme/walking-football-programme)



### What to do if you're feeling anxious about returning to your workplace:

- Talk to your manager, your colleagues and/or other people who support you
- Ask what Covid-19 safety arrangements are in place
- Ask for reasonable adjustments
- Research the Covid-19 risk in the area
- Use tools to manage anxiety



For more info, head to:  
[mentalhealth-uk.org/returning-to-work](https://mentalhealth-uk.org/returning-to-work)



### Long Covid

#### What is Long Covid?

Long Covid is a term used to describe symptoms that occur after the usual 4 weeks after COVID infection.

If symptoms last between 4-12 weeks, it is called **ongoing symptomatic Covid**

If symptoms last after 12 weeks, it is called **Post-Covid syndrome**

#### What symptoms does Long Covid include?

Respiratory problems (such as chest tightness and breathlessness), neurological symptoms (such as headache and dizziness) and gastrointestinal symptoms (such as nausea and diarrhoea) are just a few of the symptoms associated with long COVID.

To find out more visit [www.yourcovidrecovery.nhs.uk/what-is-covid-19/long-covid](https://www.yourcovidrecovery.nhs.uk/what-is-covid-19/long-covid)

**We want to know what you think!**

<https://www.surveymonkey.co.uk/r/67LRTR8>

Please follow the link to complete a short survey about your Covid vaccine status and what you think about us – it should take no longer than 2 minutes.