



111.nhs.uk



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0161 983 9166

NEWSLETTER ISSUE 31 – AUTUMN/WINTER - 2023



The Practice would like to send our best wishes for a happy and healthy 2024 to all our Patients!

Manor Medical Practice Christmas & New Year Opening

Christmas	We will close at 6.30pm on Friday 22 nd December. Reopening at 8am on Wednesday 27 th Dec
New Year	We will close at 6.30pm on Friday 29 th December Reopening at 8am on Tuesday 2 nd January

If you should require assistance over the Christmas or New Year Period which cannot wait until we reopen, please call 0161 983 9166 or 111

Pharmacy Christmas & New Year Opening

	Mon 25 th Dec	Tues 26 th Dec	Mon 1 st Jan
Asda Pharmacy Warren Street	Closed	10am – 4pm	10am – 4pm
Boots Merseyway	Closed	10.30am – 5pm	Closed
Hillgate Pharmacy	Closed	Closed	Closed
Well Hillgate	Closed	Closed	Closed
Well Offerton	Closed	Closed	Closed
Mai's	Closed	Closed	Closed
Jaybee	Closed	Closed	Closed
Offerton Pharmacy	Closed	10am – 4pm	10am – 4pm

Visit us at <http://www.manormedical.co.uk> Or follow us on [Facebook](#) & [Twitter](#)





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Find the treatment you need at 111.nhs.uk

When you use the right NHS service, you get the right treatment sooner.

There are many services available including:

- Self-care - **Many illnesses and minor injuries don't always need a doctor or a nurse (or any other health professional).**
- NHS 111- **If you're not sure what to do or where to go, go to 111.nhs.uk. It's available 24/7, 365 days a year.**
- Mental Health Support
- Pharmacy - **Pharmacists (or chemists) are healthcare professionals who can give you expert advice on treating minor illnesses and injuries. They can also recommend over-the-counter medicines.**
- Urgent Eyecare Service - **This service is suitable for patients experiencing a range of recently occurring conditions such as a sudden loss of vision, red or painful eyes or eyelids, flashes and floaters or a foreign body in the eye.**
- A&E/999 - **A&E departments (also known as emergency departments or casualty) are there for serious or life-threatening health conditions only.**
- You can find further information by following this link [Get to know where to go](#)

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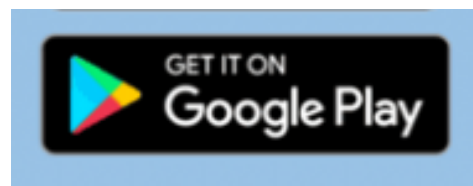
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Are you using the new **NHS App** yet?



Download free from the App Store
or the Google Play Store now



Features:

- **Book Appointments:** Easily schedule appointments at your GP surgery.
- **Order Prescriptions:** Request repeat prescriptions conveniently.
- **View Medical Records:** Access your health information anytime.
- **Get Medical Advice:** Receive guidance and information.

Setting Up:

- To use the NHS App, you must:
 - Be **aged 13 or over**.
 - Be **registered with a GP surgery in England**.
- Download the NHS App or visit the [NHS website](https://www.nhs.uk) in a web browser to set up and log in to your [NHS account](https://www.nhs.uk).

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Support at Christmas Time

Times are hard for many people at the moment and Christmas can often seem to make things more of a struggle.

You are not alone and there are many charities and support groups who offer help and support or can just point you in the right direction. Whether you need a friendly ear to listen or you need more practical support. Here are some options to consider.

If you prefer to access support online:	If you prefer to speak to someone:	If you want help with practical challenges, such as money, housing, food supply, loneliness, caring responsibilities:	If you would like help to reduce or stop using drugs, drinking alcohol or gambling:
18+ SilverCloud Online therapy for residents aged 18 and over with online programmes that can help ease stress levels, improve sleep or build resilience. https://gm.silvercloudhealth.com/signup/	18+ Open Door - mental health helpline For any Stockport resident aged 18 and over. Open 24 hours a day, 7 days a week. Call 0800 138 7276 or email opendoorstockport@makingspace.co.uk (email monitored 10am to 8pm, 7 days a week)	Stockport Council Coronavirus helpline Call 0161 217 6046 Mon to Fri 9am to 5pm, Sat and Bank Holidays 10am to 4pm. For links to information on a range of issues, visit: www.stockport.gov.uk/vulnerablepeoplecoronavirus	26+ START Team Help you access alcohol and/or drug support/treatment. Call 0161 474 3141 or email START@stockport.gov.uk
16+ The Big White Wall 24/7 anonymous support for anyone in Stockport aged 16 or over. www.bigwhitewall.com	Shout - 24/7 text service Chat with trained crisis volunteers by text message. Simply text SHOUT to 85258	Signpost for Carers Confidential information and support to unwaged carers in Stockport Call 0161 442 0442 Mon to Fri 8am to 4pm, or 0161 947 4690 for the Young Carers Team www.signpostforcarers.org.uk/who-we-are	0-26 MOSAIC Free, confidential support for people 25 and under who need help with drug or alcohol issues themselves or to cope with parents who misuse substances. Call 0161 218 1100.
11-18 Kooth Online counselling and emotional wellbeing support for young people aged 11-18. www.kooth.com	0-25 Emotional Wellbeing Hub Information, advice, and guidance for anyone up to the age of 25. Call 0161 217 6028. 8.30am to 5pm Monday to Thursday 8.30am to 4.30pm on Friday.	The Prevention Alliance Provides support in working through challenges you may face. Call 0161 474 1042 Mon to Fri 9am to 4.30pm. If you are deaf, text 07539 468 560 https://stockporttpa.co.uk/	18+ Gambling Advice and support for anyone affected by problem gambling. www.gamcare.org.uk www.begambleaware.org National Gambling Helpline. Available 24/7 0808 8020 133.
Living Life to the Full Online courses and resources covering low mood, stress and resilience. www.gmhealthhub.org/feeling	Domestic Abuse If you are experiencing domestic abuse call: Stockport Without Abuse 0161 477 4294. MASSH (multi agency safeguarding & support hub) 0161 217 6028. Stockport Adult Social Care 0161 217 6029.	18+ Viaduct Care Wellbeing and Self-care service If you're over 18, speak to your GP receptionist for a referral, which offers telephone and online support for those registered with a Stockport GP	Additional Help & Support:
16+ Self help Stockport Online, interactive e-therapy and talking therapies. https://www.selfhelpservices.org.uk/service/stockport-etherapy-service-2 or call 0161 480 2020 Mon-Fri 9-5pm	Greater Manchester Bereavement Service Support and information for anyone bereaved. Call 0161 983 0902. Mon to Fri 9am to 5pm, Wed 9am to 8pm. https://greater-manchester-bereavement-service.org.uk/	URGENT HELP if you need help straightaway Samaritans - call 116 123. Available 24/7. SHOUT text SHOUT to 85258. Hopeline UK - if you're under 35 - call 0800 068 41 41 - 9am to 10pm weekdays, 2pm to 10pm weekends. Dial 999 - In a life-threatening emergency.	Links to more support in Stockport More online resources for support with self-help, peer support, and details about local organisations, as well as national support and helpline numbers can be found here: www.stockport.gov.uk/wellbeingcoronavirus The page includes a link to further resources specific to children and young people.
Every Mind Matters Advice and practical tips. www.nhs.uk/oneyou/every-mind-matters	Stockport Healthy Minds 16+ Telephone support and treatment for people over 16 registered with a Stockport GP. Complete the online form or speak to your GP to access the service https://www.penninecare.nhs.uk/services/stockport-healthy-minds		Pennine Care NHS Foundation Trust: If you are already in the care of Pennine Care NHS Foundation Trust, you can ring 0333 200 4339 (24 hours a day).
Shining a Light on Suicide Greater Manchester website with resources and support for anyone concerned about suicide www.shiningalightonsuicide.org.uk			

[Stockport emotional wellbeing and mental health support \(healthwatchstockport.co.uk\)](http://healthwatchstockport.co.uk)

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What's on in Stockport?

There are many free, low cost activities, social groups & help sessions you can attend in Stockport. Below is just a handful. Please click [here](#) for the full catalogue

BSL support sessions



Date and time: Weds 9.30-4.30

Price: Free

Location: Cornerstone, 2 Edward Street, Stockport, SK1 3NQ

What? Digital support to the deaf community e.g

setting up online utility accounts

setting up email accounts

insurance

claiming benefits (DWP)

downloading various apps to promote independence

Stockport County Community Trust social wellbeing drop in



Date and time: Weds 10-12

Price: Free

Location: Stockport County Football Club, Edgeley Park, Hardcastle Road, Stockport, SK3 9DD

What? A weekly drop in. Socialise with friendly staff and volunteers, make new friends, swap stories and reminisce!

Everyone is welcome, enjoy the refreshments, play bingo and take part in quizzes, as well as take a ground tour. If you live with long term health/mental health conditions, experience loneliness, live with physical/learning disabilities/complex needs or dementia, you can also take part in activities like yoga, relaxation and art therapy delivered by professional therapists. For further information, or if it's your first time visiting, please get in touch **0161 266 2700** or a.bates@stockportcounty.com

Coffee morning



Date and time: Thursdays 10am-11.30am

Price: Free

Location: Cale Green Life Centre, 71 Adswood Road, Cale Green, Stockport, SK3 8HR

What? A weekly coffee morning. Everyone welcome.

Tea, coffee, homemade cake and good conversation are available to all for free.