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NEWSLETTER ISSUE 30 – SUMMER - 2023



1948-2023

5 July 2023 marks 75 years of the National Health Service.

Treating over a million people a day in England, the NHS touches all of our lives. When it was founded in 1948, the NHS was the first universal health system to be available to all, free at the point of delivery. Today, nine in 10 people agree that healthcare should be free of charge, more than four in five agree that care should be available to everyone, and that the NHS makes them most proud to be British.

If you would like more information or want to get involved click [here](#):

Since 1948, the NHS has always evolved and adapted to meet the needs of each successive generation.

From Britain's first heart transplant in 1958, to Europe's first liver transplant in 1968.

From the world's first CT scan on a patient in 1971, revolutionising the way doctors examine the body, to the world's first test-tube baby born in 1978.

Large-scale vaccination programmes protected children from whooping cough, measles and tuberculosis, and in 1999 the meningitis C vaccine was offered nationally in a world first.

The NHS has delivered huge medical advances, including the world's first liver, heart and lung transplant in 1987, pioneering new treatments, such as bionic eyes and, in more recent times, the world's first rapid whole genome sequencing service for seriously ill babies and children.

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.

<https://gmintegratedcare.org.uk/wp-content/uploads/2022/12/nhs-winter-get-to-know-where-to-go.pdf>

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NHS
Volunteer
Responders

Would you like a chat?

Volunteer Responders are available to provide you with a friendly phone call and a listening ear.

Whether you would like a one-off call or regular chats, contact us today to find out more.

Call 0808 196 3646, visit nhsvolunteerresponders.org.uk or scan the QR code.



NHS Volunteer Responders is a registered charity 1070888 (England) and 10028904 (Scotland)

Service provided by:



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Healthy Steps is an 8-week email programme to support families with children aged 5 – 11 years to make healthier choices, including easy tips, budget-friendly recipes, family challenges and more.

Follow the link for access to Food Scanner app, Recipe Cards, 10 minute shake up Disney activities etc

<https://www.nhs.uk/better-health/healthier-families/>

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Shortness of Breath

Shortness of breath might not be anything to worry about, but sometimes it can be serious and you'll need to get medical help.

Call 999 or go to A&E immediately if:

You have severe difficulty breathing or you have sudden shortness of breath and:

- your chest feels tight or heavy
- you have pain that spreads to your arms, back, neck and jaw
- you feel sick or are being sick
- you're coughing up blood
- you have pain or swelling in 1 of your legs

You could be having a heart attack or a problem with your lungs or airway.

Call 999 or go to A&E immediately as you need treatment in hospital.

See a GP if:

- you are feeling short of breath regularly
- your shortness of breath gets worse when you've been doing your normal activities, or when you lie down
- you feel short of breath and have swollen ankles
- you've been coughing for 3 weeks or more

It's important to get medical advice to make sure it's nothing serious. You're not wasting anyone's time by getting it checked out.

Do not try to self-diagnose the cause of shortness of breath – always see a GP.

If you know what's causing your shortness of breath, you can get advice about things you and other people can do to help.

<https://www.asthmaandlung.org.uk/symptoms-tests-treatments/symptoms/breathlessness>

<https://supporting-breathlessness.org.uk/>

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World Breastfeeding Week 2023

August 1 - August 7

Better
Health Start
for Life

NHS

Here to answer
your breastfeeding
questions, 24/7

For breastfeeding support,
search **Start for Life**
or scan the QR code



Benefits for baby

Reduces the risk of:

- ♥ Gastroenteritis (Diarrhoea & vomiting)
- ♥ Chest infection
- ♥ Diabetes
- ♥ Ear infection
- ♥ Eczema & asthma
- ♥ Urine infections

Improves:

- ♥ Response to immunisations
- ♥ Mouth formation
- ♥ IQ



Benefits for mum

Reduces the risk of:

- ♥ Breast cancer
- ♥ Reduces the risk of ovarian cancer
- ♥ Reduces the risk of osteoporosis

Improves:

- ♥ Return to pre-pregnancy weight

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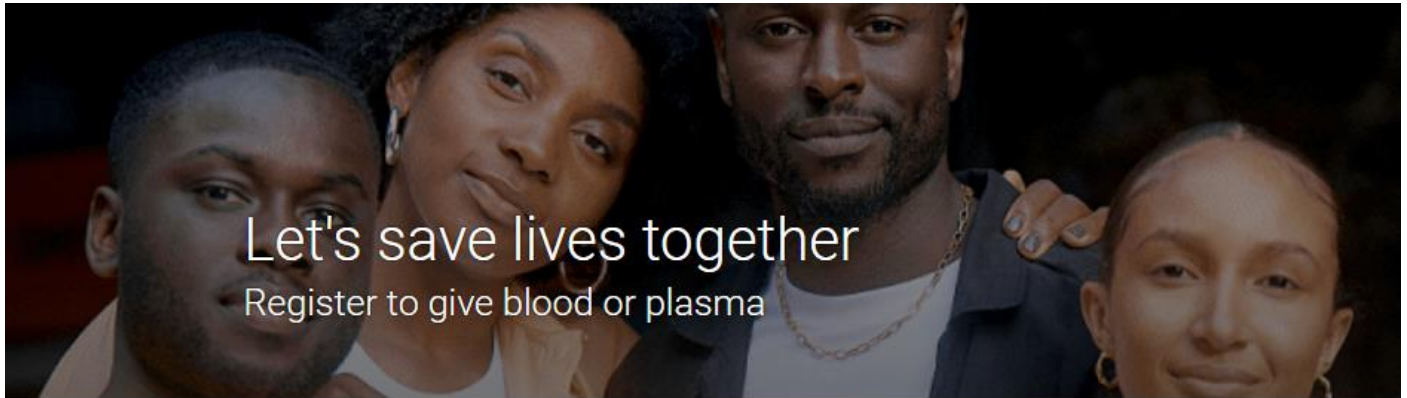




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Become a Blood Donor

Register: <https://my.blood.co.uk/your-account/pre-registration/>

Find out the next steps to become a blood donor.

Tens of thousands of people are doing something amazing by registering to join our growing community of blood donors - ready to save lives when the NHS needs them.

Just 1 hour of your time can help save up to 3 lives

Why give blood

Giving blood saves lives. The blood you give is a lifeline in an emergency and for people who need long-term treatments.

Who can give blood

Most people can give blood if they are fit and healthy, but there are some rules for donors.

<https://www.blood.co.uk/who-can-give-blood/>

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