



After 30 years at the Practice, our Senior Nurse Helen is retiring on the 31st March 2020. She began her nursing career in 1984 before joining the Practice in 1990. Here a few words from Helen:

“After 30 years of working for Manor Medical Practice I have decided that it is time to hang up my uniform and take early retirement from my position of Lead Practice Nurse, my last working day will be 31st March.

It has been a privilege to provide care and support to all my patients throughout the years and I feel as if many of you have become friends. Those of you who have been with the practice for many years know that the practice has had its fair share of tragedy in recent years but everyone both patients & colleagues have remained resilient.

Many have asked what I am going to do as I am too young to retire (thank you for the compliments!) I did think of opening a Gin bar for old worn out nurses but thought I wouldn't find anywhere big enough! Joking aside I am not going to take all my skills and knowledge into retirement, I am planning to pass these on to new Practice Nurses / HCA's by training and mentoring within primary care, as well as maintaining face to face patient contact through locum work.

I am also fulfilling a dream to move to the coast, my house is sold and I am moving with my partner of 20 years Will to Anglesey.

My retirement comes with very mixed emotions and it wasn't an easy decision to make with plenty of “should I? Shan't I?”. I am now looking forward to new chapters in my life both personally and professionally however I will miss you all. I have cemented lifelong friendships and I would like to thank patients and colleagues at Manor Medical Practice for all the support over the past 3 decades.”

If any of you would like to wish Helen well she will be at Hillgate from 2pm on Monday 30th March and at Offerton Health Centre from 2pm on Tuesday 31st March.

Dr Dawn Tragen will also be leaving the Practice at the end of March. We would like to thank her for her hard work and dedication over the years and wish her every success in the future.

The Practice is pleased to welcome Dr Divya Rajani to the team from April 2020.

PUSH DOCTOR – GP VIDEO CONSULTATIONS

FROM APRIL 2020, THE PRACTICE WILL BE ABLE TO OFFER PATIENTS THE OPTION TO SEE A GP VIA VIDEO CHAT FROM THEIR LAPTOP, SMARTPHONE OR TABLET

Push Doctor is now working in close partnership with the NHS in Primary Care to offer patients more choice in how and where they can see a GP. Thousands of patients in the UK are now using online GPs who can treat almost anything that GPs in surgery can without the waiting times and travelling.

Push Doctor GPs will be able to see your records just as our GPs can, and their notes will be added to our system. Patients will be connected to a GP through the Push Doctor app where a video consultation will take place. These are just like face-to-face consultation; GPs will still discuss patients' symptoms, they can still look at affected areas with the device's camera, listen out for tell-tale signs using the microphone, and provide prescriptions, referral letters and fit notes when necessary.

They are also regulated by the Care Quality Commission (CQC) who regulates health and social care services in England.

This service will go live at the Practice in April 2020 – more information will be emailed out to all patients on our mailing list nearer the time as well as being available in surgery.

In the meantime, take a look at the Push Doctor website where you can find more information about how the service works and the conditions and/or concerns they are able to treat.

<https://www.pushdoctor.co.uk/>



PUSH DOCTOR

You are now able to book your Smear test at the 7 Day Access Service.

The service runs appointments from 6:30pm to 8pm on weekday evenings and between 8am and 1pm at the weekends, giving you more access to appointments at times that may be more convenient for you.

You can book your Smear by calling the Practice and asking for an appointment in the **7 Day Access Service**.

Please be aware that these appointments operate from different hubs around Stockport. Please check with Reception where your appointment is located.

Cervical screening is one of the best ways to protect yourself from cervical cancer. Everyone with a cervix between the ages of 25 and 64 should go for regular screening and will be sent a letter inviting them to book an appointment.

For more information about cervical screening you can visit:

<https://www.nhs.uk/conditions/cervical-screening/>

<https://www.jostrust.org.uk/information/cervical-screening>



Refuge – Domestic Abuse Helpline

Refuge is a charity for women and children who are victims of domestic violence. They recently launched a new digital platform to support women who are experiencing domestic abuse.

The website provides information and support where you can find out about your rights and options, contact helpline workers via a secure web contact form and find support to recognise the signs of domestic abuse.

Their website address is:

<https://www.nationaldahelpline.org.uk/>

The free 24hr National
Domestic Violence
Helpline: [0808 2000 247](tel:08082000247)



Suffering with Heel Pain or Plantar Fasciitis?

From 6th April 2020, the Heel Pain clinic provided by Podiatry will no longer be a walk-in clinic.

Patients will need to phone the Podiatry Booking Line to reserve their place.

The 1-hour group session provides information as well as stretches, taping and education on how to help you resolve your heel pain.

The session is held at **2:45pm every Tuesday** (excluding Bank Holidays) on the 1st Floor at Kingsgate House, Wellington Road North, Stockport.

Phone **0161 204 4657** to book your place.

Important Notice – Coronavirus

The Department of Health and Social Care are publishing a daily update at 2pm on the situation with regards to Coronavirus. Please click here to view the current advice - [Government Advice re Coronavirus](#)

Travelers

The advice for travelers returning from affected areas is different depending on where you have travelled. If you have travelled to an affected area and think you have symptoms visit NHS 111 ONLINE (<https://111.nhs.uk/service/covid-19>) and stay indoors and avoid contact with others. For a full list of affected areas and detailed information on what you should do please follow this link - [Advice for travelers](#)

If you have travelled from an infected area or suspect you may have come into contact with the virus in the last 14 days you should immediately:

- Stay indoors and avoid contact with other people as you would with the flu
- Visit NHS 111 ONLINE for advice by following this link:
<https://111.nhs.uk/service/covid-19>
- **DO NOT COME TO THE SURGERY OR VISIT A PHARMACY OR HOSPITAL – follow the guidance above**