



### Have we got your phone number?

Please inform reception if you have updated your telephone numbers in case we need to contact you by phone

### New Services Available at Manor Medical

The Practice now holds a Wellbeing clinic on Friday afternoons at Hillgate. Along with GP's and the Nursing team, patients can self-refer themselves for support and advice from a self-care practitioner if they are suffering or need support with common mental health conditions such as depression and anxiety, social isolation or lacking social support or financial housing, debt, relationship or substance issues. The Practitioner also has access to other support services throughout Stockport.



### PRACTICE BANK HOLIDAY OPENING HOURS

Both sites will close at 6:30pm on Thursday 18<sup>th</sup> April and will re-open at 7:30am on Tuesday 23<sup>rd</sup> April.

If you need urgent medical assistance during the closure, please call the surgery as normal and you will be redirected to NHS 111 who will be able to assist you.

**PLEASE REMEMBER TO ORDER  
AND COLLECT YOUR  
PRESCRIPTIONS BEFORE WE  
CLOSE FOR THE BANK HOLIDAY  
PERIOD**

The Practice also provides access to the First Contact Practitioner (FCP) Physiotherapy Service. This service is available to registered patients over the age of 18 who are suffering from joint or muscle pain for example shoulder, back, hip, knee, elbow or ankle. Patients will be seen by a FCP Physiotherapist who will assess, diagnose and refer on for further investigations if required. Advice on management of your condition will also be offered if appropriate.

Along with GP's and the Nursing team, patients can self-refer to the service by speaking to a Receptionist if they meet the eligibility criteria. Clinics will run on Fridays at Offerton Health Centre.



Public Health  
England

Protecting and improving  
the nation's health

Public Health England is advising the public to make sure they have had 2 doses of the MMR (Measles, Mumps and Rubella) vaccine so they are fully vaccinated against Measles.

The MMR vaccines are usually given during the NHS Childhood Vaccination Programme. The first dose is given when a child is around 13 months old and a second dose is given at 3 years 4 months old. Adults and older children can be vaccinated at any age if they have not been fully vaccinated before.

Measles can lead to serious and potentially life-threatening complications such as infections of the lungs (pneumonia) and brain (encephalitis) and full-vaccination is the best way to protect you against the illness.

If you are unsure as to whether you or your child has been fully vaccinated (had 2 doses of the MMR vaccine), please ask at reception who can check your vaccination record and book an appointment with the Practice Nurse if necessary.

For more information about Measles and the benefits, risks, side effects and myths of vaccination please visit:

<https://www.nhs.uk/conditions/measles/>  
<https://www.nhs.uk/conditions/vaccinations/>

### The Cervical Screening Programme

Participation in cervical screening has hit a 20-year low. The aim of the NHS Cervical Screening Programme is to reduce the number of women who develop cervical cancer and reduce the number who die from it. It saves an estimated 5000 lives a year. All women who are registered with a GP aged 25 to 49 will be invited every 3 years, those aged 50 to 64 will be invited every 5 years, and women over 65 will be invited if they have recently had abnormal tests.

The most effective method of preventing cervical cancer is through regular cervical screening, which detects any early abnormal changes to the cells in the cervix. These changes are fully treatable but if undetected and untreated, can lead to cervical cancer. For younger women the **HPV vaccination** can help prevent 7/10 cases of cervical cancer. If a woman does develop cervical cancer, survival and cure rates are high if the cancer is picked up early.

For more information about the Cervical Screening Programme and Smear tests, please speak to a Practice Nurse or visit the following websites:

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

**A Smear test only takes a few minutes. Is your test overdue? Book yours today and reduce your risk of developing Cervical Cancer.**

### May is National Walking Month!

Walking is a great way to keep active and National Walking Month encourages people to ditch their car keys and get moving. Any physical activity can help you live happier and healthier.

Did you know... People who do regular physical activity have up to a:

- 35% lower risk of coronary heart disease and stroke
- 50% lower risk of type 2 diabetes
- 50% lower risk of colon cancer
- 20% lower risk of breast cancer
- 83% lower risk of osteoarthritis
- 68% lower risk of hip fracture
- 30% lower risk of falls among older adults
- 30% lower risk of depression
- 30% lower risk of dementia
- 30% lower risk of early death

If you are interesting in joining a walking group or becoming more active visit: <https://www.walkingforhealth.org.uk/> to find your nearest and most suitable walk. All walks available through the Walk Stockport Scheme are free and they have walks to suit everyone, including those who are new to walking, have limited mobility and health conditions.



### STOCKPORT COUNTY COMMUNITY FOUNDATION PRESENTS

Walking Football sessions for ages **50+**. Every Friday 11am to 12noon at Power League Stockport.

For more information call 0161 286 8888 – Option 3, or email



[communityfoundation@stockportcounty.com](mailto:communityfoundation@stockportcounty.com)



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