



Everyone at Manor would like to wish all of our patients and their families a happy and healthy 2020

CHRISTMAS OPENING HOURS

Hillgate Surgery closes at 1pm on
 Tuesday 24th December

Offerton Health Centre closes at 6:30pm on
 Tuesday 24th December

**Both sites will re-open at 7:30am on
 Friday 27th December**

NEW YEAR OPENING HOURS

Hillgate Surgery closes at 6:30pm on
 Tuesday 31st December

Offerton Health Centre closes at 1pm on
 Tuesday 31st December

**Both sites will re-open at 7:30am on
 Thursday 2nd January**

Stockport Pharmacies Christmas/NY Opening Hours

		Tel. No	Christmas Day	Boxing Day	New Years Day
Asda	Warren Street, Stockport, SK1 1UA	0161 429 3718	CLOSED	9am-6pm	10am-5pm
Cheadle Pharmacy	7 Ashfield Crescent, Cheadle, SK8 1BH	0161 491 5395	8:30am-7pm (closed for lunch 1-2pm)	8:30am-7pm (closed for lunch 1-2pm)	8:30am-7pm (closed for lunch 1-2pm)
Heald Green Pharmacy	208 Finney Lane, Heald Green, SK8 3QA	0161 498 9743	CLOSED	8am-6pm	8am-6pm
Lloyds Pharmacy	Sainsbury's London Road, Hazel Grove, SK7 4AW	0161 483 3016	CLOSED	9am-5pm	9am-5pm
Lloyds Pharmacy	Instore Sainsbury's Cheadle	0161 491 3194	CLOSED	9am-5pm	9am-5pm
Cale Green Pharmacy	43-45 Longshut Lane, Stockport, SK2 6RX	0161 480 2807	12noon-4pm	CLOSED	CLOSED
Scorah Chemists	87 Macclesfield Rd, Hazel Grove, Stockport, SK7 6BG	01625 872267	8am-12noon	CLOSED	CLOSED
Boots	47/49 Merseyway, Stockport, SK1 1PU	0161 480 5424	CLOSED	9:30am-5pm	10:30am-4:30pm

PLEASE REMEMBER TO ORDER AND COLLECT YOUR PRESCRIPTIONS BEFORE THE SURGERY CLOSSES FOR THE FESTIVE PERIOD

If you have an urgent medical concern during this period, please contact NHS 111 by dialling 111 or by using their online service (111.nhs.uk).

Only go to A+E if there is life-threatening emergency. For more information on what counts as an emergency please click the link below:

<https://www.nhs.uk/using-the-nhs/nhs-services/urgent-and-emergency-care/when-to-go-to-ae/>

<http://www.manormedical.co.uk>



So far 2588 patients have had their flu vaccine!
Here are some of our youngest flu fighters:



If you are eligible to receive a free flu vaccine and have not yet had it, it's not too late to be protected. Contact us to book a routine appointment with the nursing team or call into the surgery and we will try to accommodate you and squeeze you in.

If you are unsure as to whether you are eligible or not, call the surgery or ask at reception.

September Survey Results

We would like to thank everyone who took the time to complete the survey in the September issue.

100% of respondents thought that the newsletter was a good way to communicate news and services from the Practice and the local area.

84% were aware of the early morning GP/AP appointments that we offer, but only 63% knew about the late evening appointments offered. The Practice offers GP appointments from 6:30pm on a Monday, and AP and Nurse appointments from 6:30pm on a Wednesday.

78% of respondents use the Electronic Prescription Service. This enables your prescriptions to be sent electronically to a nominated pharmacy. You can nominate any pharmacy – this can be one close to work for example, and doesn't have to be in the Stockport area. Not only can this be more convenient, but it also helps the environment by reducing paper usage.

For more information, speak to your pharmacist or ask at reception.

The results also showed that 68% of respondents were not aware of the 7 Day Access Service provided in Stockport. Viaduct offers pre-bookable evening and weekend appointments with a GP, Practice Nurse and Healthcare Assistant from 6:30pm to 8pm on weekdays, and from 8am to 1pm at the weekend. Currently, routine GP appointments, NHS health checks, swabs, blood tests (16yrs+) and blood pressure checks can be booked in this service.

This service runs at different 'hubs' throughout Stockport and can be booked via Reception. You will be asked if you consent to the service accessing your medical records. Please ensure we have an up-to-date contact number in case Viaduct need to contact you regarding your appointment.





Are you a Carer?

Do you care for a friend or family member? If so, you can register as a Carer with Signpost and sign up to receive a Connecting Carers Card. These cards are designed to encourage carers to think about what would happen if they were no longer able to care for their loved one. The cards can also be used as evidence to show that you are a carer.

To get a card you can email claire@signpostforcarers.org.uk or call her on 0161 442 0442 and ask for a registration form. When you receive your form, simply fill it in and return it along with a clear photograph of yourself and Signpost will print your card and post it out to you. You will also receive information from Signpost about where you can use the card for discounts.

The First Contact Practitioner (FCP) Physiotherapy Service has been up and running at the Practice since March.

Registered patients over 18 can **self-refer** and book an appointment with the Physio if they are suffering from joint or muscle pain in their shoulders, back, hip, knee, elbow or ankle.

The Physio will assess, diagnose and refer on for further investigations if needed. Advice on how to manage a condition will also be offered.

You can book in by calling the surgery or asking at Reception. Clinics run on Friday afternoons at Offerton Health Centre.



VIADUCT CARE

Wellbeing & Self Care Service

Who is this service for?
 Anyone aged 18+ registered with a Stockport GP who requires support with social issues (such as housing or finances), or long term conditions (such as anxiety and diabetes)

What is the service on offer?
 1:1 support around issues such as low mood, anxiety or loneliness. The service can support those who are managing a long term condition such as anxiety or depression or who may need help with issues such as housing or finances. The service can also link you in with groups within your community.

How do I access the service?
 Speak to your GP Receptionist

www.viaductcare.org.uk

Wellbeing & Self Care Service

Do you want the chance to meet new people? Do you want to begin a new hobby or find a group? Are you a Carer that is finding things difficult?

Book in with Caitlin from the Wellbeing & Self Care service to see what support there is for you. Clinics run on a Friday afternoon at Offerton Health Centre.

The festive period can be a difficult time. If you are feeling low and need support here are some helpful contact numbers:

NHS Helpline – 111, 24/7

Samaritans – 116 123, 24/7

The Mix (under 25's) – 0808 808 4994, 4pm-11pm

Papyrus (under 35's struggling with suicidal feelings) – 0800 068 4141, WD 9am-10pm, WE 2pm-10pm, BH 2pm-10pm, TEXT 07860 039967

Stockport Homes (for homeless) – 0161 217 6016, Out of Hours 0161 474 2818

The Silverline (for older people) – 0800 470 80 90