



FLU CAMPAIGN 2015

Flu is a common infectious viral illness spread by coughs and sneezes. It can be very unpleasant, but you'll usually begin to feel better within about a week.

It's not the same as the common cold. Flu is caused by a different group of viruses and the symptoms tend to start more suddenly, be more severe and last longer.

Some of the main symptoms of flu include:

- a high temperature (fever) of 38C (100.4F) or above
- tiredness and weakness
- a headache
- general aches and pains
- a dry, chesty cough



WHO IS ELIGIBLE?

A FLU Vaccine is available for free on the NHS for:

- Aged 65 years and over
- Aged 6 months to 65 who have a chronic long term condition
- Pregnant women
- Those in long-stay residential care homes
- Carers
- Health and social care workers with direct patient contact

For Children:

- Children over the age of 6 months with a long-term health condition
- Healthy children aged two, three and four plus children in school years one and two

DROP IN FLU CLINICS

This year we are holding three Flu Clinics in October. All 3 will be from **8:30am – 12:00pm**.

OFFERTON HEALTH CENTRE: SATURDAY 10TH OCTOBER, SATURDAY 24TH OCTOBER

HILLGATE: SATURDAY 17TH OCTOBER

CHILDRENS FLU CLINICS

OFFERTON HEALTH CENTRE: THURSDAY 22ND OCTOBER 2:00pm-6:30pm

HILLGATE: WEDNESDAY 14TH OCTOBER 1:30pm-4:30pm

These are Drop in clinics **NO APPOINTMENT NECESSARY** for eligible patients registered with the practice.

We will accommodate you at another time if this is not convenient.

Please turn over

GP Partner is Honored



Dr Barbara Murray MB. ChB. MSc. FIBMS. MRCGP. DH (Hon) was awarded an Honorary Doctorate 'Doctor of Health (DH)' by the Manchester Metropolitan University at the graduation ceremony for

health professionals hosted at the Bridgewater Hall, Manchester on Monday 20th July 2015.

The award was given by the Vice-Chancellor Professor Malcolm Press, and a citation presented by Professor Keith Hyde.

The award was given in recognition for her contribution to health in the region, and for her outstanding example as a former student of the university.

Stockport Together

Stockport Together is a partnership between the four major health and social care organisations across Stockport; Stockport NHS Foundation Trust (Stepping Hill Hospital), Stockport Metropolitan Council, Pennine Care NHS Foundation Trust and NHS Stockport Clinical Commissioning Group.

It aims to fundamentally reform the way health and social care is delivered in Stockport to provide the best possible outcomes for local people.

Looking for health and care information in Stockport?

Try out the new 'Stockport Health & Care Finder' app. You will find information on self-care and local health and care services. The handy location finder will quickly show services nearest to your location.

Search 'Stockport Health & Care Finder' in your app store.

Wasted Medication

Did you know unused prescription medicines cost the NHS across the UK over £300 Million every year. £300 Million could pay for:

80,906 MORE Hip Replacements

101,351 MORE Knee Replacements

19,799 MORE Drug treatment courses for Breast Cancer

11,778 MORE Community Nurses

300,000 MORE Drug treatment courses for Alzheimer's

But there are ways you can help reduce the cost of wasted medicines. Remember to only order the medicines that you need, and help your local NHS save money.

STOPTOBER

The innovative campaign, Stoptober, is backed by Cancer Research UK and the British Heart Foundation, and is a 28-day quit attempt to encourage the nation's 8 million smokers to give up.

People who stop smoking for 28 days are 5 times more likely to stay smokefree, so smokers who sign up will be given support and encouragement throughout the month.

You will be able to download the Stoptober app (available free from <http://www.nhs.uk/smokefree>) and access the Smokefree Facebook Page where you will get additional tips and advice. You will also get a daily message providing additional support and encouragement throughout the month.

Smokers interested in giving up can search for 'Stoptober' online, or ask their local pharmacist for a free support pack.

Smoking remains the biggest cause of premature death in England and is responsible for the loss of more than 80,000 lives in the UK every year.



ISSUE 1 SURVEY RESULTS

92% of respondents think a newsletter is a good idea and 85% prefer email or online communication. We will continue to publish the newsletter, email it out and make it available in the practice and available to download from the website. 69% use our website for information and/or to book online appointments while only 23% of respondents use the NHS Choices website. We have recently updated the website to improve usage and are looking at extending the patient access capabilities. Several respondents asked for a separate telephone number for non-appointment queries for when we are open. Also there were several requests for an increase in appointments available for booking online. Other suggestions include; a radio at Offerton Health Centre to increase patient privacy at the desk, and for staff biographies to go on the website so that patients can put names to faces.

Stockport CCG are currently exploring new telephony solutions to be implemented in GP Practices. We will examine the possibilities of alternative numbers and answering services when the new solution is in place. This is expected to happen late September 2015. As requested by several respondents we have increased the number of appointments available for online booking and also extended the timeframe to allow appointments to be booked up to a week in advance.

Please go to <https://www.surveymonkey.com/r/M9T5DP5> to complete our next survey