

Reminder - Coronavirus

Dear Patients,

As you will be aware COVID-19 is still creating a challenge for us all.

We have quickly changed and adapted our practices to work in line with the government guidelines and NHS advice.

As a result GPs are currently undertaking the majority of their consultations over the telephone and you will now find that you are able to book face to face appointments with a Nurse or Healthcare Assistant for reviews and acute problems.

Please don't worry about contacting us regarding any medical concerns you have that are not COVID related, our team of clinicians are here and available to consult with you in the ways mentioned above.

Thank you all for your continued support during this challenging time.

We would like to remind you if you have any of the following symptoms

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss of or change in smell or taste**

Please **DO NOT** COME TO THE SURGERY OR VISIT A PHARMACY OR HOSPITAL
Stay indoors and avoid contact with other people.

Visit NHS 111 ONLINE for advice or to book a test by following this link:

<https://111.nhs.uk/service/covid-19>

New Practice Telephone Number



We have now successfully switched over to a new phone system and our number has changed.

Please dial 0161 983 9166 **CAREFULLY** if you need to contact the surgery.

We are now on Facebook & Twitter



For the latest news and useful information



click [here](#) to give us a like on facebook or [here](#) to follow us on Twitter

Flu Clinics

Our flu clinics this year will be by **appointment only**.

Due to the social distancing measures we have in place, we will be unable to run our usual drop in clinics.

Appointments will be for patients **OVER 65** (or due to be 65 before 31st March 2021) or patients who are under 65 **AND** at risk.

We will be offering daytime & evening appointments as well as weekend clinics

Please call the surgery on **0161 983 9166** to book your appointment.

Please ensure you **attend promptly** at your appointment time due to the restricted waiting area. Wear loose clothing so that your arm is easily accessible as well as a face covering.



DO NOT ATTEND the surgery if you have **ANY** of the following symptoms;



a continuous cough



a high temperature or



loss of smell or taste

if you do have symptoms, please call us to cancel your appointment and arrange a Covid-19 test by visiting the NHS [website](#) or calling 119

If you are seeing a GP or a nurse for a routine appointment from mid-September through to the end of October, you can receive your flu vaccination at that appointment.

Stoptober



Ready to Quit Smoking for good this October?

If you need support to kick the habit why not visit www.nhs.uk/smokefree to sign up for your free Personal Quit Plan?

Alternatively for local support you can visit;



on 0161 870 6492 or email them at stockportwellness@ablhealth.co.uk

or contact START on 0161 474 3141 or START@stockport.gov.uk



NHS Better Health

Download the free NHS weight loss plan to help you start healthier eating habits, be more active and start losing weight

The plan is broken down into 12 weeks so you can;

- Set weight loss goals
- Use the BMI calculator to customise your plan
- Plan your meals
- Make healthier food choices
- Get more active and burn more calories
- Record your activity and progress

Don't worry, the app makes it easy for you – just take it one week at a time. Let's make "one day" – today!

For more information visit nhs.uk/BetterHealth

We want to know what you think!

<https://www.surveymonkey.co.uk/r/387BRCN>

Please follow the link to complete a short survey about us.

It should take no more than 2 minutes to complete and your responses will help to shape the service we provide in the future.

Thank You.