

We are very pleased to inform all our patients that we have 2 new GP's coming to work with us. Dr Timothy John will be starting in July 2017 and Dr Dawn Tragen will start at the end of August 2017. We very much look forward to them starting and hope you will join us in welcoming them to our Practice.

Travel Vaccinations



It's the summer and you're maybe thinking about taking a holiday? If so, don't leave it till the last minute to sort out your vaccinations.

If you do require any vaccinations relating to foreign travel you need to make an appointment with the practice nurse to discuss your travel arrangements. This will include which countries and areas within countries that you are visiting to determine what vaccinations are required.

It is important to make this initial appointment as early as possible – at least 6 weeks before you travel – as a second appointment will be required with the practice nurse to actually receive the vaccinations. These vaccines have to be ordered as they are not in stock vaccine. Your second appointment needs to be at least 2 weeks before you travel to allow the vaccine to work.

Some travel vaccines are ordered on a private prescription and these incur a charge over and above the normal

Hillgate Update

The extension and renovation work at our Hillgate site is progressing well and we will soon have an additional consulting room and new and improved waiting area and reception.

Thank you all for your continuing patience during the disruption.



Tips on enjoying the sun safely

Whether you are going away or staying home, and whatever your age, the best way to enjoy the sun safely and protect your skin from sunburn is to use a combination of shade, clothing and sunscreen. Children and teenagers might need a reminder or a helping hand, but setting a good example yourself is a great way to help them learn and get into good habits.

When the sun is strong:

- **Spend time in the shade, especially** between 11am and 3pm in the UK
- **Cover up** with clothes, a hat and sunglasses.
- **And use a sunscreen** with a protection level of at least SPF15 and 4 stars. Use it generously and reapply regularly.



Samaritans

24th July is 24/7 Samaritans Awareness Day, so get involved in the worthwhile cause of raising awareness for the important work that The Samaritans carry out.

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline.

If something's troubling you, get in touch:



National telephone: **116 123**
(this number is free to call)



0161 432 1221 (local call charges apply)

Heaton Moor Centre
Thornfield Road
Stockport SK4 3LD

Usual hours open to receive callers at the door:

Monday – Friday: 6.00pm – 9.00pm
Saturday: 8.00am – 1.00pm
Sunday: 3.00pm – 8.00pm



Talk listen change

Talk listen change is a Manchester based charity offering integrated support, therapies and programmes of work which help improve emotional wellbeing and ensure healthy and happy relationships.

We work in partnership with Stockport Clinical Commissioning Group and Stockport Metropolitan Borough Council and other local bodies.

We want everyone to enjoy healthy relationships. We offer support to individuals, couples, families and friends helping to improve their relationships and deal effectively with any challenges they face.

We offer support in many ways to suit what you need:

- Support for couples, children and families
- Parenting courses
- Domestic abuse

GIVE THEM A CALL ON 0161 872 1100
www.talklistenchange.org.uk

The latest patient survey results show that most patients were not aware that we offer early morning or late evening appointments.

We are open for routine GP appointments at 7.30am on Monday, Tuesday and Thursday at Offerton and Tuesday, Thursday and Friday at Hillgate.

We are open late for routine GP appointments on Tuesday and Wednesday at Offerton and for nurse appointments on Wednesday at Offerton.

Watch out for our updated opening times posters online and in the surgery soon.