

It's that time of year again...

Flu (influenza) is a common infectious viral illness spread by coughs and sneezes.

It can be very unpleasant, but if you are otherwise healthy, you'll usually begin to feel better within a week or two.

However, Flu can be more severe in people in a 'clinical at risk group'. These people have a higher risk of developing potentially serious complications such as pneumonia (a lung infection). Clinical at risk groups include:

- Anyone aged 65 or over
- Pregnant women
- Children and Adults with an underlying health condition (heart, lung, kidney, liver, diabetes or neurological condition)
- Children and Adults with weakened immune systems

An injectable Flu vaccine is available for free on the NHS for:

- Adults over the age of 18 at risk of Flu (including everyone ages 65 and over)
- Pregnant women
- Children aged 6 months to 2 years **in a clinical at risk group**

A nasal spray Flu vaccine is available for free on the NHS for:

- Aged 2 or 3 on 31st August 2019 (i.e. born between 1st September 2015 and 31st August 2017)
- Children aged 2 – 17 years **in a clinical at risk group**
- Reception class and school years 1, 2, 3, 4 and 5 in school pilot areas

School aged children who are not in an at risk category will be offered the vaccination at school. WE ARE NOT ABLE TO OFFER THIS IN SURGERY.

Flu season is upon us! The surgery will be holding 2 **drop in (NO APPOINTMENT NECESSARY)** flu clinics for eligible patients:

Saturday 28th September at OFFERTON HEALTH CENTRE – 8:30am to 11:30am

Saturday 5th October at HILLGATE – 8:30am to 11:30am

All patients who are eligible for a free flu vaccine will receive a letter from the surgery

If neither of these dates are suitable for you, please contact the surgery and we can arrange an alternative for you

REMEMBER...

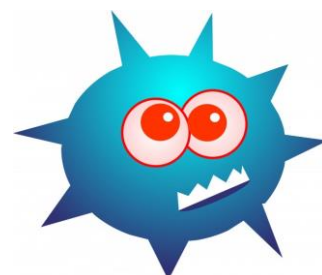
Choose to have your Flu vaccine at **YOUR** Practice where the team knows **YOU** and where **WE HAVE ACCESS TO YOUR MEDICAL RECORDS FOR CONTINUITY AND SAFETY**

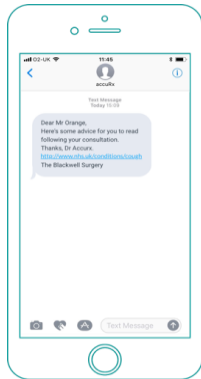
Children's DROP IN flu clinics

We are expecting delivery of the children's flu vaccines mid to end October.

Clinic dates **TBC**.

If your child is eligible you will receive a letter. Please bring this with you to the clinic.





We are now using Chain SMS to message patients!

Chain SMS is a system which allows us to easily send text messages to patients for easier, quicker and secure communications. Some examples of how the Practice uses this system include sending out reminders or notifications, sending advice at the end of a consultation and asking you to make an appointment (e.g. for a medication or chronic disease review).

The Practice name will always be at the bottom of the message and you will not be able to reply to them. Please ensure we have your current up-to-date mobile number. If you don't want us to contact you in this way please let Reception know.

RU Clear

For Greater Manchester, RUClear offers tests for the sexually transmitted infections (STIs) Chlamydia and Gonorrhoea.

All sexually active young people aged **15 to 25** are encouraged to be tested for chlamydia as it is the most common STI. Most people do not know they have it and if left undiagnosed, it can lead to long term problems such as infertility.

You can collect a test kit from the surgery – please ask at reception. Once the lab has received and tested your sample, you will receive your results via phone or text. You can also order a kit from the secure RUClear website which will be posted to your home address.

All results are confidential. Your result may be shared with your GP if RUClear are not able to contact you.

For more information or advice you can call RUClear's confidential advice line on: **0800 046 1303**

Or visit their website: www.ruclear.co.uk

The Northern contraception, sexual health and HIV service now operates an online booking system.

For Stockport, the service is based at the Choices Centre/Central Youth, 1 Highbank Side/1 St. Peters Square, SK1 1HG. You can go to this Centre for:

- Contraception
- Emergency contraception
- Pregnancy testing and advice
- STI testing and treatment
- Information and advice
- PEP (Post Exposure Prophylaxis - HIV)
- HIV Services
- SRE Youth Working Team (Under 25s – 0161 204 5899/5926)
- CY Counselling (Under 19s)

For information about how the online booking system works and to book an appointment [please click here.](#)

For more information about clinics including days, times and location [please click here.](#)

For more information about the different services offered [please click here to be directed to their website.](#)



We would like to thank Practice Nurse Claire who left Manor Medical in May for all her hard work over the years and wish her every success in the future. In August, we welcomed Practice Nurse Heather who joined the existing nursing team alongside Helen and Jacqueline.

New Tinnitus Support Group in Stockport

Tinnitus is the name for hearing noises that are not caused by an outside source. It's not usually a sign of any serious conditions and generally improves over time. Tinnitus can sound like ringing, buzzing, whooshing, humming, hissing, throbbing, music or singing which you may hear in 1 or both ears or in your head. 13% of UK adults have tinnitus and for 1 in 10 of us, it can affect quality of life including depression, anxiety, stress and sleep deprivation.

A new tinnitus support group is being formed in Stockport. It will be run by local volunteer Tony who has lived with tinnitus for over 40 years and wants to share his experience with others so that we can help and support each other.

The first meeting will be held on **Monday 30th September 2019 2pm-3:30pm** at Our Lady & St Christopher's Church, 52 Barrack Hill, Romiley, Stockport, SK6 3BA.



For more information you can contact Tony on 0161 484 0755 (please use the word **tinnitus** when asked who is calling) or by emailing bondylad@hotmail.co.uk

You can also visit www.tinnitus.org.uk

Around 20% of people in Stockport have a sight or hearing loss that affects their everyday life which can leave them feeling frustrated, fed up and isolated.

Walthew House is a local charity that supports people in Stockport who are blind, visually impaired, deaf or hard of hearing or who have dual sensory loss.



Walthew
House

Their services include:

- Equipment resource centre - selling equipment to aid independence like talking watches, clocks and kitchen gadgets, amplified phones, large print items and magnifiers
- Social activities and classes for adults including arts and crafts, luncheon club trips out, tandem cycling and steel band
- A weekly youth club where all activities are fully inclusive for sign language users and young people with little or no sight
- An information help desk and regular newsletter
- One to one support
- Free specialist counselling service for people with sight loss
- Braille and audio transcription service

[To view Walthew House's activity timetable please click here](#)

112 Shaw Heath, Stockport, SK2 6QS
T: 0161 480 2612 / F: 0161 477 4441 / E: admin@walthewhouse.org.uk
www.walthewhouse.org.uk

Are you living with Osteoporosis?

Osteoporosis is a health condition that weakens bones, making them fragile and more likely to break. An early diagnosis of Osteoporosis and receiving the correct advice and support can have a positive impact on people of all ages.

The Royal Osteoporosis Society has a Stockport active volunteer team who deliver a range of events to support those people diagnosed with the condition:

13th September – Exercise and Osteoporosis – a session delivered by Dr Alex Ireland who is a senior lecturer in the physiology research centre for musculoskeletal and sports medicine at Manchester Metropolitan University

1st October + 12th November – Singing for fun sessions with a professional vocal coach

7th October – Patient Education Session

All of these meetings are held at the Hazel Grove Bowling and Tennis Club, Douglas Road, Hazel Grove, Stockport, SK7 4JG.

For more information including times please contact Fiona Cooper (Development Manager) – fiona.cooper@theros.org.uk – 07712 524 880

For more information about osteoporosis and the support available please visit the society's website – www.theros.org.uk or telephone 01761 471 771



Sue Ryder – Bereavement Support Service

The Sue Ryder charity provides an online bereavement support service. The Sue Ryder Online Community is open to anyone affected by bereavement or terminal diagnosis. It offers free, 24/7 practical and emotional support from mobiles, computers and laptops for anyone coping with the loss of a loved one.

In 2018, the Sue Ryder Online Community was visited more than 28,000 times every month and 94% of users say that the site helps them to feel less alone.

The forum is moderated by the charity to ensure it is a safe and supportive environment. You can browse existing conversations or become a member to start your own. Users can remain anonymous if they wish.

You can join the online community at www.sue Ryder.org/notalone

Sue Ryder contact information:

Telephone: 0808 164 4572

Email: online.community@sue Ryder.org

Website: www.sue Ryder.org

The charity is also on social media

You can like them on Facebook **/SueRyderNational** or follow them on Twitter **@sue_ryder**



The Practice would like to hear from you...

We would be grateful if you could take the time to fill in this short survey. The Practice welcomes all feedback to improve patient experience.

To complete, please click on the link below:

<https://www.surveymonkey.co.uk/r/TZSVVDW>

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