

## Welcome to the Summer Newsletter Edition



Did you know we now have a Facebook page where you can find information and share your views and ideas?

### [Visit us on Facebook](#)

If you have any thoughts on useful items we can add to our Facebook page please do let us know

## Social Distancing Measures when asked to attend the Practice

Social distancing measures are very important and should be followed by everyone, especially those who have been asked to attend the practice by our Clinical Team. When attending the practice for a pre-arranged face-to-face appointment, you must wait in your car until the Clinician telephones your mobile or presents at your car.

If you do not have a car, we ask that you buzz the intercom at the front door, where you will be asked to wait in the car park at the fire exit door. Please make sure that you are 2 metres away from the door and 2 metres away from others, until you are called or asked to enter by the Clinician. This is to minimise the risk of contact between you and others, and also staff and patients entering or leaving the practice. If you have your own mask please wear it, and we would ask that where possible you attend your appointment alone.

### **Children who may become unwell**

As you may be aware there has been current information in the media on a condition affecting children which may be related to COVID-19. We wanted to take this opportunity to reassure you that this is a **very rare condition** and there have been very few cases in UK and other countries.

Understandably this may be causing some concern around when you should seek help for your child. We would ask you refer to this [clinical advice](#) detailing some of the symptoms your child may display and what you need to do if they are present.

If you are concerned about your child, please contact the surgery to arrange a video consultation with a Doctor. We are still available for advice and assessment if required.



We have a new online consultation feature where you can find lots of useful information on all sorts of ailments and conditions - and ask for routine medical advice on a number of topics.

Please follow the link and take a look!

<https://www.online-consult.co.uk/org/reddish-family-practice>

## Patient Survey



Please tell us about your experience at the Practice

The Covid-19 epidemic has brought about many changes in all areas of our lives, and for us at the Practice this has meant changing how we deliver our service to ensure that our patients continue to receive a reliable and effective service. This has involved a great many more telephone appointments and the introduction of remote video link consultations with GP's.

We are interested in your views on our service and would welcome your feedback on your experience of recent consultations.

Please take a few minutes to complete the online survey which is completely anonymous, using the link below.

<https://www.surveymonkey.co.uk/r/XTZ2Z2D>

## Dementia Support



Are you a Dementia sufferer or a Carer?

If you are struggling and finding life more difficult during lockdown, here is a local helpline number where experienced and friendly people can provide help and advice to support you.

Telephone: **0799 0777175**

If you need more practical help for shopping etc. you can call: **0161 217 6046**

You can also find helpful guidance and advice on the below website link:

<https://dementia-united.org.uk/home/coronavirus-information-for-people-affected-by-dementia/>



## Protect Your Skin This Summer

This year we may not be enjoying the sun abroad, but remember that its rays can be just as harmful in the park or in our own back garden. You can protect your skin and reduce the amount of UV radiation damage from the sun by following these precautions:

- Keep covered up during the summer months - especially when the sun is at its hottest (11am - 3pm)
- cover up with a long-sleeved shirt, and a hat with a brim or flap that protects the ears and neck
- wear sunglasses to protect your eyes from damage and get into the shade when the sun is at its hottest (11am - 3pm)
- use sunscreen of at least SPF (sun protection factor) 15 on any part of the body you can't cover up and apply it as directed on the label
- re-apply sunscreen regularly, and always after being in water

**Malignant Melanoma** is the 5<sup>th</sup> most common cancer in the UK. The incidence rate of malignant melanoma has increased by 30% over the last ten years, a greater rate of increase than for any other cancer. It's also the second most common cancer among young people in the UK. Overexposure to UV radiation from the sun, or sunbeds, is the main cause of skin cancer.

If you are shielding and/or have to stay indoors, try to keep your environment as cool as possible:

- If inside, stay in the coolest room in the house
- don't leave anyone in a parked car
- During the day, try to keep curtains or blinds closed where windows are exposed to the sun and open windows at night when the temperature drops

**Keep cool when it's hot outside:** Enjoy making the most of the outdoors when the sun comes out but make sure you do it safely and be aware of the effects of the sun's heat and rays. Follow these steps to stay safe:

- drink plenty of cool fluids - don't wait to get thirsty
- avoid alcohol and caffeine - these can leave you dehydrated
- eat cold foods with high water content such as salads and fruit
- avoid extreme physical exertion



**In the garden:** The summer months are an opportunity for the green fingered amongst us to get out and enjoy our gardens. Legionella bacteria can be present in potting compost and gardeners can become infected by inhaling or ingesting the compost dust. Follow these tips to stay well:

- wear gloves and a hat if possible
- wear a dust mask if you are working on anything dusty
- wash your hands as soon as you finish



## Respect for all Counselling Service

A new Telephone Counselling Service has been introduced across Greater Manchester to support people with learning disabilities, autistic people and their families and carers.

The service has received funding from the Greater Manchester Clinical Commissioning Group (CCG) and will provide trained counsellors to help people who might be affected by the current Coronavirus crisis, or who just need some short term telephone support.

### Trained counsellors will be available to:

- Listen and advise every caller
- Provide a follow up service for those who need more help than one phone call can provide
- Arrange to ring callers back at a time to suit them
- Refer people onwards to other organisations who might be able to offer practical help

Telephone lines are open at various times, Monday to Saturday so please feel free to call them on **0161 532 4075** between the following times;

Monday	6pm – 8pm
Tuesday	4pm – 6pm
Wednesday	6pm – 8pm
Thursday	10am – 12 noon
Friday	5pm – 7pm
Saturday	4pm – 6pm

There is a 24 hours a day answering service so you can leave a message to request a call back at a time which is convenient to you...



## Working Well Early Help Service

The Working Well Early Help service (WWEH) offers help and support to patients who are working and need help getting back into work following an illness or long term condition. They are also able to support people who are self-employed.

If you are unable to work due to the impact that Covid-19 is having on your business, and this is affecting your health and wellbeing, or finances. The WWEH may be able to help.

If you would like a chat on how they can help please **TEXT YES to 07801 226 6612**

**For all those with  
Alexa's**

**Did you know that if  
someone needs CPR  
alexa will give you full  
instructions?  
"Alexa activate  
emergency CPR"**



## **We are within touching distance of our new telephone system!**

We are happy to tell you that our new phone system is almost here. The current situation has slowed down progress in getting the system in place but we expect to be up and running within a matter of weeks!

Full details to follow and a big **THANK YOU** for your continued patience



We are always happy to hear your ideas and suggestions and we value your opinions on the service we offer to our patients.

As we move forward in these changing times, if there is anything you would like us to know about or consider please do let us know.

Please feel free to contact us on 0161 426 9797 or email us at [STOCCG.P88005-admin@nhs.net](mailto:STOCCG.P88005-admin@nhs.net)

