

manorbrookmedicalcentre

Information leaflet for 60+

www.manorbrook.co.uk

Why have the flu vaccinations

When you are young the flu can be unpleasant, however it can become much more severe as you get older

Free vaccinations are available in autumn to protect you.



Shingles

Shingles is a common painful skin disease and a one off injection can give you protection. This is free to eligible people, aged 70 or 78

Over 75 health check

If you would like a free health assessment you can make an appointment with Sharon our health care assistant



Did you know?

The Royal Borough of Greenwich provide support for carers, travel schemes for the elderly, shelter homes, respite care and service for disability.

Further information on the Royal Borough of Greenwich go to - Greenwichcommunitydirectory.org.uk

Bowel Screening

Well done to the many patients who completed and returned their bowel screening kits. The home testing kits are sent every 2 years to all GP registered patients aged between 60-69 years. Bowel screening aims to detect bowel cancer at an early stage, in people with no symptoms when treatment is more likely to be effective. We would like to encourage all patients who receive one of these kits to complete and return them in the pre-paid envelope provided.

Lewisham Bowel Screening: 0800 707 6060

Physical activity guidelines

Adults aged 60 or over, who are generally fit and have no health conditions that limit their mobility; should try to be active daily and do:

- ✚ At least 150 minutes of moderate aerobic activity such as cycling or walking each week
- ✚ Strength exercises at least two days a week that work all the major muscles – legs, hips, back, chest, shoulders and arms.



Adults at risk of falls, such as people with weak legs and poor balance should do exercises to improve their balance and co-ordination, such as yoga, dancing, swimming and tai chi.



Useful local services-telephone numbers

- Wheelchair hire service – 020 8305 2221
- Greenwich Mind -020 8853 1735
- Age UK toe nail cutting -02083151853
- Age UK-men in sheds (men in sheds is a pilot project that supported older men who want to get together, share and learn new skills) – 020 8294 3017
- Age UK-get fit for life – 020 8315 1850
- Alzheimer's society – 01322 524950
- Falls prevention team – 020 8921 2304
- Support for carers – 0300 300 2233



Greenwichcommunitydirectory.org.uk