

Brinnington Surgery

NOVEMBER NEWSLETTER

Welcome to our November Patient Newsletter 2024

For the latest update and information, visit our website www.brinningtonsurgery.nhs.uk or follow [@BrinningtonSurgery](https://www.facebook.com/BrinningtonSurgery) on Facebook.

Our Opening Times

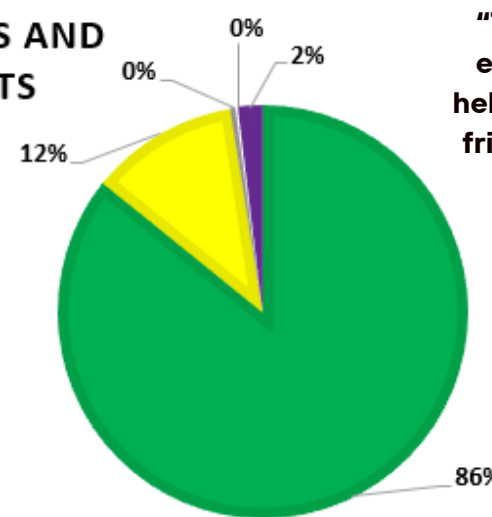
Monday	8am-8:00pm
Tuesday	8am-6:30pm
Wednesday	8am-6:30pm
Thursday	8am-6:30pm
Friday	7am-6:30pm

Friends and Family Results

A huge thank you to all those who completed our October Friends and Family test. We are happy to share our results with you along with some positive comments on our service!

OCTOBER FRIENDS AND FAMILY RESULTS

Very Good
Good
Poor
Very poor
Neither



"The reception staff are excellent and extremely helpful. The nurse was very friendly and made me feel at ease."

"Always manage to get appointments when I need to see a doctor in person regarding my health concerns."

"Good friendly staff very helpful GPS as well."

"Great service felt valued and supported"

"I love the surgery! Always helpful and GPS are fantastic."

"Appointments have been so easy to book, reception staff have been so friendly and helpful."

How to stay well in the winter

Winter comes with a higher risk of health issues, particularly for older people or those with long-term conditions and compromised immune systems.

Top tips to stay well from the NHS

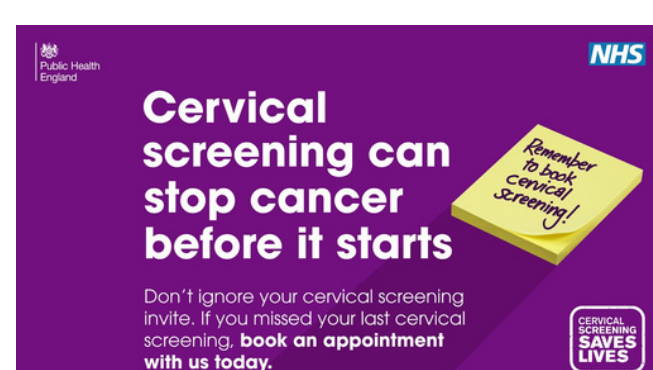
- Get your vaccines and boosters.
- Keep warm during the day. Wrap up in lots of layers of thin clothes, even when you go to bed. Keep doors closed to block draughts.
- Keep moving. Move around indoors and try to get outside for a walk. Avoid sitting for more than one hour.
- Wrap up at night. Wear layers to bed, including socks. Use a hot water bottle or an electric blanket.
- Eat well. Make sure you eat a balanced diet with lots of seasonal fruit and vegetables.
- Have your medication on hand. Make sure you have the right medicines at home in case you get poorly.
- Stop the spread of germs.
- Look after your mental health. The winter months can take a toll on our mental wellbeing, so make sure you're looking after your mental health, just as you do your physical health. If you are feeling down, speak to someone – a friend, family member, or a healthcare professional like your doctor.

Cervical Screening

If you're eligible for a cervical screening (smear test), it's important to take action and book your appointment. Cervical screenings are one of the most effective ways to detect early changes in cervical cells, helping prevent cervical cancer.

You will be first invited 6 months before you turn 25. Many women are eligible for a test every 3 or 5 years, depending on your age, so be sure to check if it's time for your screening.

If you've received an invitation or know you're due, don't wait – book your cervical screening by contacting reception on **0161 983 3300**



Flu, COVID-19 and RSV

NHS Greater Manchester is urging all those who are eligible to get 'Get Winter Strong' by getting vaccinated to protect themselves and those around them. Vaccines – free on the NHS to those who need them – give the most effective protection against common winter viruses that can cause serious illness for those at higher risk.

Adults aged over 65, those with long term health conditions and pregnant people are all encouraged to get vaccinated against flu and COVID.

The RSV (Respiratory Syncytial Virus) vaccine is new for this year! This virus causes coughs and colds and can be dangerous for older people and young babies. That's why this vaccine is recommended for adults aged 75-79 – plus pregnant people (from 28 weeks) to protect the baby for the first few months of its life.

We have sent out texts to all those eligible, if you have still not booked in please contact reception on **0161 983 3300**

Did not attend

In the month of October we booked **6032** appointments, unfortunately **396** of them were not attended, this is **6.6%** appointments unattended.

Missed appointments can disrupt our schedule and make providing timely care to other patients difficult. Additionally, missed appointments can prevent you from getting the care you need, especially if you have a chronic condition.

If you are unable to attend your appointment you can cancel by contacting the practice on **0161 983 3300** or via your **NHS App**.

NHS App

Managing your healthcare has never been easier! With the NHS App, you can order repeat prescriptions, view your medical records, and get health advice all in one place. It's quick, secure, and free to download.

Take control of your health—download the NHS App today on the apple store or google play and stay connected with your healthcare anytime, anywhere.

Visit www.nhs.uk/nhs-app for more information

Get involved in Movember!

Movember is an annual event held every November to raise awareness for men's health issues, including prostate cancer, testicular cancer, mental health, and suicide prevention. During this month, participants often grow mustaches to spark conversations and encourage donations to support research and health initiatives. It's a great opportunity to promote health screenings and discussions among men about their health.

To get involved in Movember, you can:

- Grow a Mustache Donate
- Host Events
- Spread Awareness
- Participate in Challenges
- Visit the Movember website for more information and resources to get started! uk.movember.com



Pride in Practice

The LGBT foundation is a national charity that provides a range of services and support to the LGBT community across the UK both independently and in partnership with other voluntary sector organisations, NHS trusts and primary care services.

The LGBT Foundation have recently released their 2024 pride in practice patient survey.

This survey aims to capture data on patient experiences in primary care, be that at GP practices, Dental practices, Pharmacies or Optometry services.

www.form.jotform.com/242603515677358

Stockport Armed Forces Community Hub

Armed Forces Community Hub is every Tuesday from 11am till 2pm and is open for all members of the Armed Forces community either serving, retired/veteran or their dependents.

The hub is there to offer help and support and guidance to our armed forces community throughout the borough.



Launch event 17th September

please arrive for 10:45

Drop in or Stay Awhile

Card Games

Newspapers

Dominoes Scrabble

Socialise & Chat

Varied Activities

Help & Advice

Call, Text or WhatsApp 07895 214250



Think Pharmacy First!

Did you know your local pharmacy can help with minor health issues, often faster and more conveniently than a GP visit?

The Pharmacy First scheme allows you to get expert advice and treatment for common conditions like coughs, colds, sore throats, and more—without needing an appointment.

Pharmacists are highly trained healthcare professional who can provide guidance and over-the-counter medication, helping you manage minor illnesses quickly and effectively.

Join our Patient Participation Group!

We are always looking for new members to join our PPG. The aims are offer opinions in a constructive manner, improve the provision of health care, improve communication between surgery, patients and the wider community and encourage the spirit of self help and support amongst patients.

The Patient Group meets every 3-4 months. If you would like to join the group please complete the sign up form on our website.