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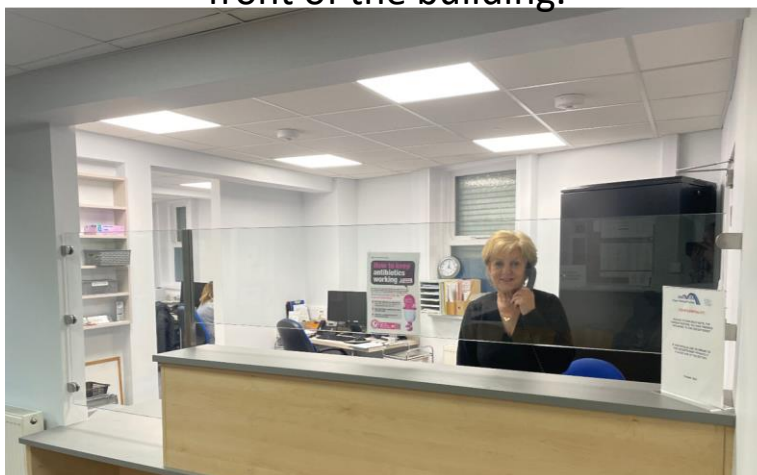
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NEWSLETTER ISSUE 35 – WINTER - 2025

Welcome to our 2025 Autumn Newsletter

Hillgate Renovations!

As some of you may have spotted, the Hillgate reception area has moved to the front of the building.



We will soon be commencing work on the vacated area to convert it into 2 new consulting rooms!

Visit us at <http://www.manormedical.co.uk> Or follow us on [Facebook](#) & [Twitter](#)





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Staff Changes

Say hello to newest staff member Dr Catherine Lee! Dr Lee has worked with us as a locum GP for the past 10 years and is now a permanent member of our team!



Say hello to our new lead nurse at the practice – Sr Nicola Battle. Nicola has been nursing for almost 20 years and brings with her a wealth of experience. Welcome!



Join us in celebrating Katy's promotion to Health Care Assistant. Katy has worked at the practice for several years as a phlebotomist and has completed all the training to become a health care assistant. Well done!



Say goodbye to Andrea Rimmer ANP who has been with us for 7 years! She is now moving on to a new exciting role elsewhere and we wish her all the best for her future.



Our Telephone Service

We have updated the options you hear when you call us. You are now able to cancel and check your appointments without having to join the queue to go through to the reception team.

We offer a callback system if you are in a queue of more than 5 people ahead of you to help with queuing times. How it works:

- You will receive a message confirming your place in the queue and asking you whether you would like to remain on hold or opt for a callback.
- If you choose the callback option, you will be told to press a number on your phone keypad and the call will end. You then will be placed in a virtual queue.
- Once you reach the front of the queue, the system will automatically call you back and connect you with a member of staff.

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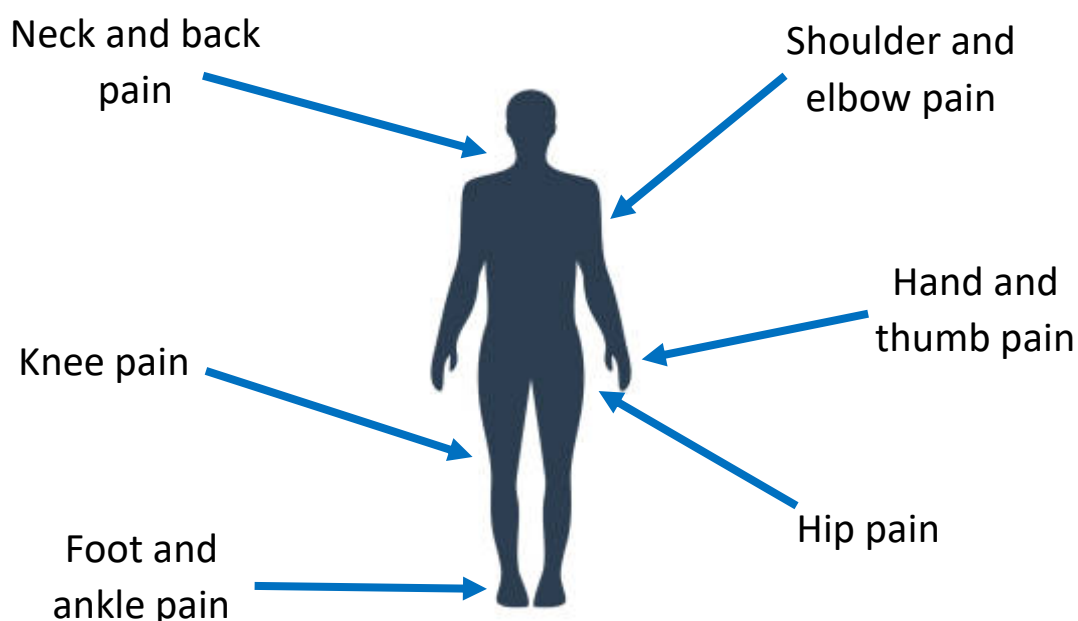
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Flu

Excitingly, this year over 2000 of our patients are fully vaccinated against flu! If you have not yet had your flu vaccine, we have appointments available early/late and throughout the day. Please call us to book in.

First Contact Physiotherapy

Do you have a new joint, bone or muscle problem?



The First contact physiotherapy (FCP) will provide expert assessment, diagnosis and management of soft tissue, muscle and joint conditions. You can book an appointment to see an FCP without having to see the GP first. You can book an appointment with an FCP by calling us or talking to someone at reception. This service is currently only available for patients aged 18 or over.

Following the assessment, the FCP will provide self-management and exercise advice, will refer on or request further investigations if needed and offer joint injections in line with evidenced based research.

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Wellbeing Wednesdays

Stockport County have created and provided a new weekly drop-in called the 'County's Social Well-being Group Project'.

Every Wednesday Morning, from 10am to 12pm.

You can drop in at the **Stockport County Ground at Edgeley Park.**

This project provides opportunities for vulnerable people and senior citizens to meet up with friendly staff and volunteers, make new friends, swap stories, and reminisce about their present and past life experiences and memories.

You can take part in therapeutic interventions by enjoying stress-relieving activities such as yoga, relaxation and body movement, and art therapy given by trained, qualified professional therapists which can help to inspire long-term lifestyle changes improving your quality of life.



There are also chances to socialise with refreshments while doing fun activities like playing bingo, taking part in quizzes, having a grand tour of the grounds and gentle exercise walking around the pitch.

This project extends opportunity and choice, promotes health and well-being, improves self-esteem and confidence, builds new and existing life skills and reduces social isolation, allowing you to gain social networks, build supportive friendships and strong relationships in a safe space. All while looking at personal reflection, reducing negative habits and developing a good routine.

If you are interested in getting involved, please contact the Health & Well-Being Manager, **Adrian Rigby-Bates** at a.bates@stockportcounty.com or phone the Trust on **0161 266 2700**.

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Reverse Advent

This year, Stockport Foodbank are looking at Advent differently.

“We all enjoy taking a treat from our advent calendar – but maybe this year we could all put something back and help those in need?”

Could you add a daily food item into a collection bag?”

The Foodbank are welcoming donations of:



You can drop any donations off at:

Stockport Foodbank's warehouse, Hazel Grove Baptist Church SK7 4EX

Monday to Friday 9am to 12noon

Or any of their seven centres across Stockport during food bank sessions.

Details can be found on www.stockport.foodbank.org.uk/locations. For more information please contact: foodbank@stockportfoodbank.org.uk or call **07483 115349**

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Antibiotics

The 18th -24th November 2025 marks World Antimicrobial Awareness Week (WAAW)
We must remember how to keep antibiotics working.

1. **Don't take** antibiotics for flu or cold, they **won't** work.
2. **Don't save** leftover antibiotics for later, they **don't** work.
3. **Take them** as directed by your **GP, Nurse or Pharmacist**.



Scan the
QR code to
find out more



Your Feedback

We welcome your opinions and would really appreciate getting your feedback about our telephone system and the NHS app on the survey below:

<https://www.surveymonkey.com/r/L6VF998>

Visit us at <http://www.manormedical.co.uk> Or follow us on [Facebook](#) & [Twitter](#)

