

Marple Cottage Surgery & Guywood Practice

Winter Newsletter

Dec 2025

Clinical Team changes

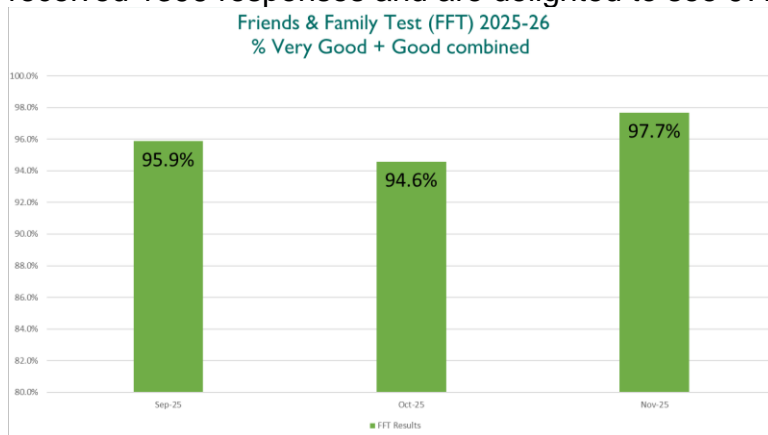
As a training practice we have Doctors on placement with the Practice from Stockport NHS Foundation Trust and Manchester University NHS Foundation Trust.

In December 2025, Dr Rouhi-Parkouhi and Dr Syed Ahmed completed their placement. We welcome Dr Glenn, Dr Mohanna and Dr Pelling who will be working with the Practice until April 2026.

In addition, we are pleased to confirm that Dr Hannah Rishworth (GP) will be working at the Practice every Wednesday and Thursday from December 2025 until May 2026.

Friends & Family Test (FFT) survey results

We would like to thank all our patients for their feedback over the last three months. We have received 1396 responses and are delighted to see 97.7% 'good' feedback last month.



Flu and COVID Vaccinations


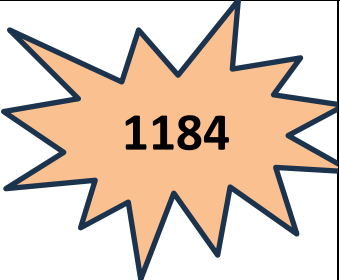


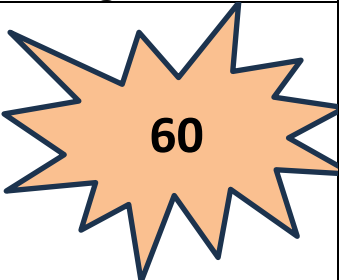



The Practice has been working hard to offer Flu and COVID Vaccinations to our patients from September 2025 and have given over 3400 Flu vaccinations and 1100 COVID vaccinations to date. We are delighted to see a high uptake of vaccinations to offer the best protection against serious illness over the winter months ahead. We do have a very small supply of flu vaccines remaining so please contact the Practice as soon as possible to get protected before supplies run out!

Flu Vaccinations	
Age 65 or over	88.7%
Under 65 at risk	63.4%
Age 2 & 3	74.4%
Pregnant	79.1%
Carers	72.8%
*As of w/e 14.12.2025	

COVID Vaccinations	
Care Home Residents	91.9%
Aged 75 or over	69.5%
Adults with immunosuppression	38.8%
*As of w/e 14.12.2025	

The Spring COVID Vaccination Programme will commence in April 2026.

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What happened last month (November 2025)			
GP appointments	Nursing Team appointments	Online Triage Requests	Telephone Calls received
 2834	 1184	 910	 5019
New Patient registrations	Prescriptions processed	Referrals processed	Missed appointments
 60	 4107	 370	 202

ADHD and ASD referrals paused

The demand for Autism (ASD) and Attention Deficit Hyperactivity Disorder (ADHD) services across England is higher than the NHS financial resources available. Therefore, in Greater Manchester NEW non-urgent ADHD and Autism assessments with right to choose providers have been postponed until a new system is implemented (expected to be after April 2026).

Therefore, if you are booking a GP appointment for an ADHD or ASD referral, the practice will need you to complete an online [Triage Request form](#) to assess urgency, and if non-urgent the practice can make a referral, however, please be aware that service providers will not be able to review referrals until after April 2026. However, where appropriate, we may be able to signpost patients to alternative services.

For further information please see <https://gmintegratedcare.org.uk/keep-well/adhd-and-autism-assessments>

If you are struggling with your mental wellbeing our Social Prescribers are able to support you and signpost you to local services that can help. You can self-refer to our Social Prescribers by visiting <https://viaductcare.org.uk/referrals/social-prescribing-referral/>

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Accessing and explaining Blood Tests Results

We will contact patients directly regarding any **abnormal results of concern**. We are unable to contact all patients about all **normal** results, but you are able to view your results via **NHS app**.

Once completed, Tests Results will usually be viewable within the following time frames:

• Blood results	2 days
• Culture eg for urine	4 days
• Xray results and scans that we request	1 week
• Hospital letters	2 weeks

We have seen increased demand in patients requesting explanations regarding comments attributed to results on NHS app, and have highlighted common terms used below:

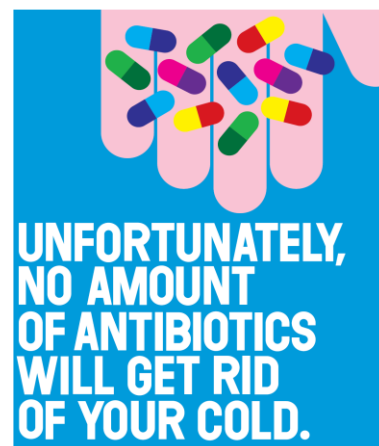
<u>“TCI”</u>	“To Come in”- we would like to see or talk to the patient
<u>Normal- No Action</u>	Your result is within a normal range and shows no abnormalities
<u>Abnormal -No Action</u>	Your result is outside a “normal” range; however the clinician feels this is either a normal result for the patient , or is not significant
<u>Abnormal – TCI Doctor or Abnormal – TCI Nurse</u>	There is something abnormal about the results e need to follow up; majority of the time the result is something minor and not sinister however
<u>Abnormal – Shows bacteria, accurx sent</u>	This is usually used regarding a urine sample result, which shows bacteria. This <u>doesn’t</u> mean there is an infection however, it simply means a bacteria has been grown, which is common.
<u>Abnormal – TCI Urgent</u>	We need to see the patient urgently; this is rarely used however as we would normally contact the patient directly first

If you wish to discuss something about your blood test results you will be required to complete an online [Triage Request form](#) for the GP to review before making an appointment.

World Antimicrobial resistance Awareness Week (WAAW)

Last month WAAW highlighted that **antimicrobial resistance** is one of the most urgent global threats to the public’s health, and antibiotics should only be used when needed.

Treating a patient with antibiotics can lead to becoming resistant to the antibiotic given which limits further treatment



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How long will your infection last?

Earache



Most get better by **8 days**

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sore throat



Most get better by **7-8 days**

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Cold



Most get better by **14 days**

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Cough



Most get better by **21 days**

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Antibiotics do not work for viral infections such as these noted above.
For more information visit the NHS Choices website: www.nhs.uk

Version 3 Published: October 2018 Review: October 2021

Caring for Children with Coughs*

'Noisy / chesty coughs' are quite common when young children catch a cold and are not necessarily a sign of a 'chest infection'

Healthy children typically get a cough 7-10 times a year and this is not a sign that there is anything wrong with their immune system.

Coughs will often wake your child in the night as when a child lies down more of the mucus from the nose and throat runs downwards and your child coughs more to clear it.

For children over 1 year, a spoon of honey (perhaps in a warm drink) half an hour before bed may help them to wake less often.

For children over 2 years, vapour rubs (containing camphor, menthol and/ or eucalyptus) may help children sleep better

*Reference: <https://child-cough.bristol.ac.uk>

To access patient leaflets with advice on common infections, scan the QR or visit:

www.RCGP.org.uk/TARGET-patient-leaflets



Prostate Cancer

On 7th September, Dr Al-Ausi donned his rain cape and battled the elements participating in the Tour de 4 charity bike ride event in Glasgow, inspired by Sir Chris Hoy's fight against Prostate Cancer. As a dear friend of Chris, Dr Al-Ausi was pleased to have raised £495 in support of Prostate Cancer UK.



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Patient Forum

The next patient forum meeting will be held on **Wednesday 14 January 2026**.

If you would like to attend, please email thomas.spedding@nhs.net

The previous patient forum meeting minutes are available on the practice website – please [click here](#) or search “Patient Group Meeting”

Practice Website

Further to patient feedback about accessibility of the practice website we are launching a new practice website at the end of December 2025. We hope that patients will find the new website more user friendly.

Patient Frequently Asked Questions (FAQs)

We have pulled together commonly asked questions raised by patients over the last 18 months, which can be viewed on the Practice website – please [click here](#) or search Patient FAQs.

Christmas and New Year Opening Hours

The Practice will be closed on Thursday 25 December and Friday 26 December, and will reopen as normal from 8am on Monday 29 December 2025.

The Practice will be closed on Thursday 1 January 2026 and will reopen as normal on from 8am on Friday 2 January 2026.

Saturday appointments

Our next Saturday clinic is: **09:00 – 17:00 on Saturday 3 January 2026**

Yours sincerely



Dr Maher Al-Ausi
GP Partner



Dr Sam Wise
GP Partner



Mr Johan Taylor
Managing Partner