



# Surrey Lodge Group Practice

NEWSLETTER

Dear Patients and Community Members,

Welcome to the Surrey Lodge Group Practice newsletter! We're excited to share important updates and information with you. We hope you find this newsletter informative and helpful in staying connected with us.

## Welcoming New Members to Our Team

We are pleased to announce several new additions to our team at Surrey Lodge Group Practice. Dr Amanda Logan has joined us as a Salaried GP, working five sessions a week. With her extensive experience, Dr Logan is a valuable addition to our medical staff, and we are excited to welcome her.



WELCOME!

Additionally, Joe Corram has joined our Primary Care Network (PCN) as a Dietitian. Joe will be based at our practice one day a week and will be running the "Real Food Real Health" course starting in September. For more information and to sign up, visit our "Meet Your Dietitian!" page on the Surrey Lodge Group Practice website.

We are also delighted to introduce Hameeda, Safa, and Momna, who have joined our Admin and Reception team. They are here to assist patients with their administrative queries and ensure smooth operations within the practice.

Please join us in welcoming Dr Logan, Joe, Hameeda, Safa, and Momna to Surrey Lodge Group Practice!



## How to Stay Healthy, Safe, and Well This Summer

The school holidays bring warmer weather, trips away, and more time outdoors, providing opportunities to make memories with the kids.

However, summer can also present challenges. With children spending less time in school and more time playing outside, minor injuries become more likely, and they can still pick up bugs. Additionally, food bills can soar with everyone at home, while some people may feel isolated as community activities slow down and friends and family go away. Summer can be tough!



### QUICK TIPS FOR A HEALTHY SUMMER:

**Know Where to Go:** For quick access to the right services, visit the 'Get To Know Where To Go' page on the NHS Greater Manchester website.

**Pharmacy First:** Your local pharmacy can offer expert advice on minor illnesses and provide over-the-counter medicines. Some conditions can be treated with prescription medicine from the pharmacy without needing a GP appointment. For more details, visit the 'Think Pharmacy First' page on the NHS Greater Manchester website.

**Check Prescriptions:** If anyone in your family takes prescription medicines regularly, make sure to check your supply before going away. Order repeat prescriptions at least seven days before you run out.

### IMPORTANT CONTACTS:

**Teeth:** Greater Manchester Urgent Dental Service – Call 0333 332 3800 (8am-10pm every day, including weekends and bank holidays).

**Eyes:** Greater Manchester Urgent Eye Care Service – [Visit Primary Eye Care](#). Available all week, including weekends and bank holidays.

**Mental Health:** Free 24/7 mental health crisis support helplines:

Bolton, Manchester, Salford, Trafford, or Wigan: 0800 953 0285

Bury, Heywood, Middleton and Rochdale, Oldham, Stockport, or Tameside and Glossop: 0800 014 9995

**Food:** Find your local food bank – [Greater Manchester Food Bank](#)

**Loneliness:** Chatty Café can help – [Chatty Café Scheme](#)

Not Sure What to Do? Visit [NHS 111 Online](#) (for those over 5 years old) or call NHS 111.

Stay safe and enjoy the summer!

## Free NHS Health Checks



The NHS Health Check is a vital health assessment for adults aged 40 to 74. It is designed to spot early signs of Type 2 Diabetes, Heart Disease, and other serious health conditions. This free check-up can help identify risks before they become more significant issues, ensuring you stay healthy and well.

During the NHS Health Check, a healthcare professional will take measurements and ask questions about your lifestyle and family history. The check includes a blood pressure test, a cholesterol level check, and a discussion about your diet, exercise habits, and any other factors that might impact your health.

**Free NHS Health Checks are available at Longsight Library, 519 Stockport Rd, Longsight, M12 4NE on Monday, 12th August.**  
**Appointments are available between 10am and 3pm.**

To check if you qualify and to book your health check, call the Community NHS Health Check Team on 0770 2872 861. For more detailed information on what the appointment involves, please visit the [NHS Health Check page](#).

## Measles and MMR Vaccine

Measles is a highly contagious disease that can lead to serious health problems. The best way to protect yourself is through the MMR vaccine, which also protects against mumps and rubella.

Symptoms of measles include a high fever, cough, runny nose, and a red rash that usually starts on the face and spreads to the rest of the body.

Vaccination is safe and effective, so please make sure your vaccinations are up to date. Complete the online medical request form to request an appointment.



## Join our Patient Participation Group

The Patient Participation Group (PPG) is all about you, our patients, giving feedback on the care you receive.

Have a say about your views on what we do in the practice, our staff, services, appointments and how we meet your needs. We want you to receive the best possible treatment in all aspects of your care and want you to participate in the choices and plans we make.

To find out more about the PPG, complete the form on our website:

<https://surreylodge.co.uk/surgery-information/patient-group/>



## Connect with Us on Social Media

Did you know that we are on social media? Follow Surrey Lodge Group Practice on our Facebook page to stay updated with the latest health tips, service updates, and important announcements.

Don't forget to share our page with your friends, family, and fellow patients so they can benefit from our updates too!

You can find us at:

<https://www.facebook.com/SLGP11AnsonRoad>

<https://www.instagram.com/surreylodge.grouppractice/>



Thank you for being a valued patient of our practice. We look forward to continuing to provide you with the best possible care.

Best regards,

Your GP Practice Team  
Surrey Lodge Group Practice