

Surrey Lodge Group Practice

NEWSLETTER

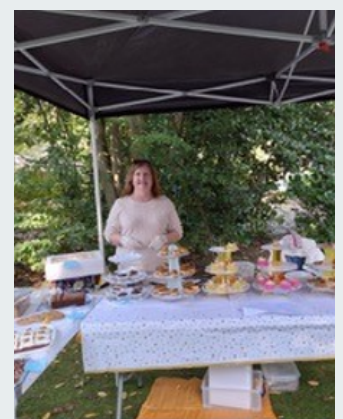
We hope you enjoy reading this edition of our Patient Newsletter! Your thoughts and ideas are important to us, and we'd love to hear from you. Is there a topic you'd like us to cover? Tips or resources you'd find helpful? Let us know!

Fun Day

On Saturday 5th October Surrey Lodge Group Practice with the help of our PPG group held a fun day for the community in conjunction with the annual flu clinic. There were several community organisations onsite (Be Well, Citizen's Advice and Health Champions) who offered advice to patients. There was a cake, cookie and samosa sale, a tombola and free tea and coffee for the grown-ups and free ice cream for the kids! The local MP, Mr Khan also made an appearance to open our new cycle shelter which was funded by a grant from TFGM.



On the day we vaccinated over 300 patients, raised £500 for Macmillan and £250 for Ardwick and Longsight Food bank local food bank. Also, the food bank received 85KG worth of donations. Amazing!



Thank you to all the patients and staff who gave up their time to volunteer at the event and to all those people who came. The day was a great success helped along by the lovely weather.



Welcome

We are pleased to announce that we have two new additions to our team here at the practice: Dr Zane Walji and Dr Rose Walsh. They will be covering sessions on Monday, Tuesday and Wednesday and will bring their expertise to our dedicated team of healthcare professionals.

Dr Walji and Dr Walsh come with a wealth of experience, and we are confident that they will contribute greatly to the care we provide to our patients. Please join us in welcoming them to the Practice, and feel free to introduce yourself when you next visit. We look forward to working together to continue delivering the high-quality care you deserve.

Happy Christmas & New Year

As the year draws to a close and the festive season is upon us, we want to take a moment to thank all our patients for entrusting us with your healthcare.

Wishing you a warm and happy break over the Christmas & New Year period.

The practice will be closed on the following bank holidays:

Wednesday, 25th December

Thursday, 26th December

Wednesday, 1st January

Please remember to order your medications in good time to ensure you have what you need over the festive period.



Flu Vaccines

We still have plenty of flu vaccines available, so don't miss your chance to get protected before Christmas! It's important to ensure you're covered, especially during the winter months.

To book your appointment, simply visit the link below:

<https://ow.ly/OHO050Up1i7>

Stay healthy this festive season!

A dark blue graphic with the NHS logo in the top right corner. The main text reads 'JUST THE FLU?' in large, bold, red letters. Below this, it says 'JUST GET YOUR FREE FLU JAB' in red, followed by 'Ask your pharmacist or GP if you're eligible.' in white. In the bottom right corner, there is a small logo that says 'Flu vaccine help us help you'.

Extra Help This Winter: Over 65s and Carers Urged to Claim Financial Support

Thousands of over-65s and carers across Greater Manchester are being urged to claim extra help this winter. Many residents are missing out on financial support, with nearly £368 million left unclaimed each year.

Pension Credit, Attendance Allowance, and Carer's Allowance provide vital extra income for those who qualify, but a significant number of people are not claiming despite being eligible.



If you're in Greater Manchester, check if you're entitled to support through the Independent Age website or by calling their freephone helpline on 0800 319 6789. Don't wait—applications for Pension Credit must be made by 21 December.

For more information, visit: <https://surreylodge.co.uk/news/where-to-get-help-with-cost-of-living-support-this-winter/>

Get To Know Where To Go: New Primary Care Booklet

With the busy festive season approaching, it's easy to overlook some of the smaller things, like ensuring your medicine cabinet is stocked, ordering repeat prescriptions early, and knowing your local pharmacy's opening hours. NHS Greater Manchester's new primary care booklet is here to help with exactly that!

Part of the Get To Know Where To Go campaign, this booklet provides clear guidance on which services to use for different health needs, helping you get the care you need quickly and efficiently.

As we approach the Christmas and New Year period, be sure to plan ahead! The NHS 111 service often sees a rise in calls for repeat prescriptions at this time of year. To avoid delays, use the NHS app to order your prescriptions in advance and help keep 111 lines free for those who need urgent care.

Be sure to download the booklet and make informed decisions about your healthcare:

<https://gmintegratedcare.org.uk/wp-content/uploads/2024/08/gtkwtg-pc-onlinebooklet-august-accessible.pdf>



Supporting Ardwick and Longsight Foodbank This Christmas

At Surrey Lodge Group Practice, we're proud to support our local Ardwick and Longsight Foodbank. Recognising that even small gestures can make a significant difference, we donate £50 worth of food each month from Asda to help those in need within our community. The foodbank provides essential items to individuals and families, helping to alleviate food insecurity and support those who rely on this vital service.

This festive season, you can make a difference too! If you're able, consider picking up an extra item or two during your next shop and bringing them to the practice. Non-perishable food donations such as canned goods, dried pasta, rice, and cereal are always needed.

Every contribution counts and helps to support people in our community who may be struggling this winter. Thank you for your generosity!

<https://ardwickandlongsightfoodbank.org.uk/>



NHS Tips for Fall Prevention

As winter approaches, the risk of falls increases, especially for older adults. Wet leaves, snow, rain, and ice can make the ground slippery.

Falls can be particularly dangerous for older people, often leading to long recovery times or even hospitalisation. While not every fall results in serious injury, it can affect a person's wellbeing, independence, and quality of life.

Several factors can increase the risk of falls, such as weak muscles, poor balance, certain health conditions (like dementia), side effects of medication, or hazards in the home.

Simple steps can reduce the risk, such as:

- Keep your home tidy: Remove tripping hazards.
- Stay active: Regular exercise helps balance and strength.
- Wear supportive footwear: Choose shoes with good grip.
- Make your home safer: Improve lighting and install grab rails if needed.

For more fall prevention tips, visit the NHS Falls Prevention page:

<https://www.nhs.uk/conditions/falls/prevention/>

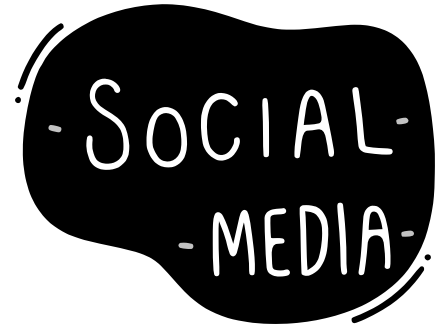
Connect with Us on Social Media

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

You can find us at:

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

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



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/>



Thank you for being a valued patient of our practice. We look forward to continuing to provide you with the best possible care in 2025.

Best regards,

Your GP Practice Team
Surrey Lodge Group Practice