

HEATON NORRIS MEDICAL

NOVEMBER NEWSLETTER 2024

Welcome to our November Patient Newsletter 2024

For the latest update and information, visit our website
www.heatonnorrismedicalpractice.nhs.uk or follow **Heaton Norris Medical Practice** on Facebook.

Opening Day - September 2024

On the 24th September we had an open day for patients to have a look at our new building, help with setting up the NHS App, Public Health staff offering advice and booking in your flu vaccine.

We had an incredible turn out on the day. Thank you to all those along with those who staff helped along with our amazing PPG members who volunteered to help!



Join the PPG

We are always looking for new members to join our Patient Participation Group (PPG). The aims are offer opinions in a constructive manner, improve the provision of health care, improve communication between surgery.

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.

Blood pressure reading at pharmacy

If you're at an increased risk of high blood pressure, you should have your blood pressure checked more often, ideally once a year. The easiest way to get your blood pressure checked is at your local community pharmacy. It's free if you're [over 40 and eligible](#) and you don't need an appointment.

You can find your local pharmacy
www.nhs.uk/service-search/pharmacy/find-a-pharmacy

Did not attend

In the month of October we had **566** Did not attends.

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 through the following routes:**

- 1. NHS App.**
- 2. Contact the practice on 0161 983 1600**

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.

Get winter strong 2024

Want to get 'winter strong?' Get vaccinated!

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.

Children spread flu fast! So, little ones aged 2-3 years, plus children in school years reception to year 11 will be given a quick and painless nasal flu vaccine spray.

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