

THE BROOKE SURGERY

A blue stethoscope graphic is positioned to the right of the word 'BROOKE' and loops around the word 'SURGERY'.

Newsletter
Autumn-2020

Coronavirus

**Don't forget... Coronavirus COVID-19 is still around and still dangerous!
The NHS and Public Health England (PHE) are extremely well prepared to
combat, treat and beat Coronavirus. The NHS has put measures in place to
ensure the safety of all patients and NHS staff while also ensuring other services
are available to the public as normal.**

**Here at Brooke Surgery, we have advice for all patients and
families which you will find over the page**



0161 368 3312



www.brookesurgery.co.uk



[The Brooke Surgery](https://www.facebook.com/brookesurgery)



[@brookesurgery](https://twitter.com/brookesurgery)



Annual Flu Vaccinations

This year, Brooke Surgery will be working with other local practices to provide flu vaccinations for our patients. **All appointments must be pre-booked.**

- If you're able, you can book online and get your vaccination at a drive-through facility which will be set up at the Hyde Leisure Centre. To register and book go to <https://hyde.nhsvaccinations.co.uk/>
- If you don't drive, or you can't book online, you will be able to book a face-to-face appointment at one of our local pharmacies. Contact Brooke Surgery reception for details.
- If you have mobility problems and are housebound, your Practice Nurse will visit and give you your flu jab.



Do's and Don'ts

Please do **NOT** leave the house if you think you may be affected. **DO NOT** come to the surgery. Instead – go online to <https://www.gov.uk/coronavirus>. If you don't have a smartphone or computer, call 111 from your phone.

Remember:

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell

Do NOT

- touch your eyes, nose or mouth if your hands are not clean

Watch us on Facebook

A lot of our patients follow us on Facebook.

Did you know that Dr Arshad gives regular video chats too?

They cover popular health topics such as:

“What is high blood pressure?”, “How to deal with hayfever”, “Why you shouldn’t put cotton buds in your ears”, “What the cause of your tiredness may be” and much more. Tune in weekly to get a chance to watch this live and to ask questions.. Go to the practice Facebook page and click on “Videos”:

<https://www.facebook.com/brookesurgery/videos>



Practice News



Dr Shay Kuponu recently joined the practice as a GP partner and this is what he has to say. “Despite growing up in London, it only took being told to ‘have a nice day’ by a bus driver in Manchester as I stepped off to realise that the North is where I’m meant to be. Always wanting to be a GP, I gathered as much experience in as many different specialties as I could during my training. I was very excited to join The Brooke Surgery and look forward to working with you all to make the most of the opportunity to care for the people of Hyde.”



Lorraine Sice (Deputy Practice Manager) worked in General Practice for 15 years in Trafford. Starting as a receptionist, she soon progressed into managing prescriptions. She worked her way up and became part of the management team in 2017. “I felt keen to embark on another challenge, which is how I ended up in Hyde! I look forward to working alongside the excellent team here at Brooke Surgery. “



An old face says “Goodbye”. **Dr Raj Patel MBE** recently retired from the practice after 27 years’ service at Brooke Surgery. He was one of the continue to work for NHS England and is taking up other national roles that relate to general practice from a management aspect.

Our Allotments

The Brooke Surgery is part of the Healthy Hyde Team who are in the process of getting two allotment sites ready to work on. The **Hattersley** site just needs some more weeding and soil and then volunteers can plant and tend the beds there. There is now a plan and a way forward to develop the site at **Denton**, including a tool shed and small summerhouse, a polytunnel and wood for raised beds - it won't be long before we can start assembling those with volunteers interested in building them and planting them up. For more info. see the [Healthy Hyde Team Facebook page](#).



“Healthy Hyde Team works for and on behalf Awburn House, Brooke Surgery, Clarendon Medical, Donneybrook, Dukinfield Medical, Hattersley Group, Haughton Thornley and The Smithy.

We put our patient population and community at the centre of all we do. Our Vision is to provide integrated and comprehensive health care services in the community, to improve the health of our population, reduce health inequalities and improve quality of life. Our core values are, honesty, fairness and transparency.”

NHS

**Play your part in
controlling Coronavirus**

If you have symptoms
then self-isolate and book
a test at nhs.uk/coronavirus
or **call 119**



Free NHS Health Check

Helping you prevent heart disease, stroke, diabetes and kidney disease.



Are you aged 40 – 74??? If so, the team at Brooke Surgery would like to encourage you to book in with one of our Health Care Assistants for a **FREE NHS HEALTH CHECK**.

It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions. An NHS Health Check helps find ways to lower this risk. You are entitled to one of these checks every 5 years. Don't delay, appointments are in great demand. Let us help you to keep yourself healthy.

Patient Participation Group

Would you like to help improve your GP practice services?



WHAT IS A PATIENT PARTICIPATION GROUP? A group made up of staff and patients working together to help support and improve the surgery

WHO CAN JOIN? All patients registered with the practice over the age of 18

WHY SHOULD I JOIN? It is an opportunity to support your surgery in supporting you and other patients.

HOW DO I JOIN? Contact the PPG Chair by giving your details to any member of the reception team.

WHEN AND WHERE ARE THE MEETINGS? The first Friday of every month at the Brooke Surgery, starting at 10:00am.

I CAN'T GET TO THE MEETINGS. CAN I STILL GET INVOLVED? Yes! You can sign up to be a "Virtual Member". You will receive minutes of all meetings and can get in touch via email to comment on or add to items on the meeting agenda.