



Dr Uddin & Dr Anwar  
Halliwell Surgery  
**Practice Newsletter**  
Summer Newsletter 2020

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**[www.halliwellsurgery@nhs.uk](mailto:www.halliwellsurgery@nhs.uk)**

If you require urgent medical assistance when the surgery is closed and cannot wait until the surgery opens, please call the Out of Hours service on 0161 7638940.

**Reception Opening Times:**

Mon to Fri – 8.00am to 6.30pm

**Coronavirus Update**

The practice is working differently and there are changes to how we review patients during this time. Currently, we will not accept patients walking in and having face to face appointments unless on the surgery staff members has spoken with you on the telephone to arrange.

If you want to request your repeat medication and usually drop your request off at the practice, we will accept the request over the phone during this time. Or you can register for our online service, Patient Access and you can order prescriptions online, contact the practice to register.

We would like to thank all our patients for your patience and understanding during this difficult period and helping us to keep you and our staff safe and well.

**Telephone/Video Triage Service** - We continue to offer a telephone/video consultation service only at present. Please DO NOT come to the surgery unless you are advised by a member of the surgery team.

**Video Consultations** - During this coronavirus outbreak, if you call with an urgent problem, the doctors at the surgery may need to use video consultation to assess you. This requires your smartphone using the internet browser and camera. Please update your phone operating system and internet browser to the latest version if possible.

If you are asked to attend the surgery to see one of our doctors or nurses:

- Anyone aged 3 or over will be required to wear a face mask/covering. *The practice has limited stocks, so if you have your own face masks, please use these so we can ensure we maintain a stock of face masks.* If you do not have access to your own face mask/covering, you could make your own at home - please search for "make your own face mask" on YouTube. Further guidance about wearing masks can be found at <https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>
- Please ensure you keep 2 metres apart and maintain social distancing where possible.
- Please stand away from the reception desk.
- Please use the hand sanitiser facility when entering the premises and leaving the premises.
- Please attend appointments alone wherever possible unless you require a carer, interpreter, or are attending with children/babies (only 1 adult to attend).

Our practice website is continuously being updated with news regarding coronavirus, please visit for the latest news- [www.halliwellsurgery@nhs.uk](mailto:www.halliwellsurgery@nhs.uk)

## Childhood Immunisations

We're still offering routine childhood vaccinations. It's really important to ensure that your children are kept up to date with their immunisations to help prevent them from becoming unwell with serious illnesses. Appointments and waiting procedures may be slightly different from normal. If you're coming to the surgery, please ensure that only you and your child attend the appointment. We will contact you on the morning of your child's appointment to for coronavirus symptoms or whether you are self isolating due to exposure.

If you believe your child may have missed one of their routine immunisations, we can help you check. If your child has missed doses of routine vaccinations, we may be able to offer catch-up doses. It's vitally important for the health and well-being of your child and others.

## Demands on A&E Service

Bolton has seen a recent increase in patient's visiting Accident & Emergency. Patients should only attend A&E if there is serious injury or a life threatening condition. For other less serious conditions, consider accessing the NHS website for advice, speaking to your local community pharmacist, calling 111, the out of hours service or contacting your GP

We need to continue to help stop the spread of coronavirus.

## Mental Health & Wellbeing

Coronavirus has been very hard on people's mental well-being. From the lockdown, to shielding high risk patients to social distancing, this has meant that we have not been able to spend time with our friends and loved ones and not carry out normal activities which help with our wellbeing.

There are a number of websites/services that have been providing advice on how to help us during this unprecedented crisis.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

<https://www.gov.uk/government/publications/for-the-public-on-mental-health-and-wellbeing>

If you feel that you need more support or are struggling with your mental health, you might prefer to speak to someone you can trust about the difficulties you're facing. You can always contact the surgery and book a telephone consultation with one of the doctors or our Mental Health Practitioner.

## Smoking

Please don't be offended if one of our team asks if you're a smoker. Even though coronavirus has changed the way we work, we're still trying to ensure the best health outcomes for our patients.

Coronavirus is a respiratory infection that affects the lungs and airways. People who smoke generally have a higher risk of these infections. This is because smoking damages your lungs, your heart and weakens your immune system, making it harder for your body to fight infections. The hand-to-mouth action of smoking could also increase the risk of catching or spreading the virus.

This is now an ideal time to quit smoking. With fewer social cues for smoking habits, you might find quitting easier. Please visit the website for the Greater Manchester Health Hub for support on how to quit smoking.

<https://www.gmhealthhub.org/smoking/coronavirus>

## Summer & Hot Weather

We have had some lovely, hot weather recently and hopefully this will continue during the summer months.

The NHS has useful advice on managing in hot weather which is particularly helpful at the moment.

- Make sure you stay out of the sun when it's at its hottest, especially around midday.
- Try to remember to wear a hat and slap on some sun cream. While the prospect of a holiday abroad might seem like a distant dream, the UK is experiencing unusually hot weather for the time of year, so please stay safe – it's just as easy to burn while in the sun at home. Sunburn causes long-term damage to the skin and increases the risk of skin cancer.
- Make sure you're well hydrated in hot weather. If you're feeling thirsty, you've already lost some of the fluid your body needs. The standard advice is to drink 8 glasses of water per day. If the weather is hot, you lose more fluid from your body through sweating. So you'll need to drink extra water to compensate for this. If you're exercising in hot weather, your needs will be greater still.