



Dr Uddin & Dr Anwar  
Halliwell Surgery  
**Practice Newsletter**  
Summer Newsletter 2021

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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 Vaccination Update**

The vaccination programme is delivered nationally or locally. Nationally, this is being done by NHS England and patient who are eligible will receive a letter informing them that they can now book their vaccination. Patients can book a vaccination at one of the national centres on <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/> or can ring 119.

Locally, the practice's vaccination programme is being held at Waters Meeting Health Centre. Patients who are eligible will receive an invitation to book the vaccine. You may be contacted by text message, phone call or letter.

The practice cannot book the appointment directly for you at the national centre or the local centre.

Any appointment queries at the national centres, please ring 119.

Any appointment queries at Waters Meeting Health Centre, please ring 07542 430550 (between 12pm-4pm, Monday-Friday)

**COVID19 VACCINATION RECORD**

The GP surgery cannot provide letters showing your COVID19 vaccination record. Please do not contact the GP surgery to request this. You can get a copy of this on the NHS App. Please click on the link for more information -

[https://www.gov.uk/guidance/demonstrating-your-covid-19-vaccination-status-when-travelling-abroad?fbclid=IwAR3hyALflxv1E23La5WJBabvZV7t0KBqxBKO Cnxuxr2RzbU\\_ywUNwuX0UsM](https://www.gov.uk/guidance/demonstrating-your-covid-19-vaccination-status-when-travelling-abroad?fbclid=IwAR3hyALflxv1E23La5WJBabvZV7t0KBqxBKO Cnxuxr2RzbU_ywUNwuX0UsM)

## General Practice Data for Planning and Research

From 1<sup>st</sup> September 2021, NHS Digital will collect data to support a wide variety of research and analysis to help run health and care services. In addition, the service will also help to support the planning and commissioning of health and care services, the development of health and care policy, public health monitoring and interventions and enable many different areas of research.

For more information, you can visit [General Practice Data for Planning and Research: GP Practice Privacy Notice - NHS Digital](#)

You can opt out of this if you choose to do so, please click on the above link to understand what data is collected and how to opt out.

## What has your GP practice been doing during the COVID Pandemic?

In the last 12 months, the clinical members of staff at the practice have carried out 3776 face to face appointments and carried out 4311 telephone consultations.

The surgery has been open throughout the pandemic, our doors have been open and our phone lines available between 8am to 6.30pm Monday to Friday. We do ask patients who visit the practice to wear a face mask/covering and not to come into the surgery if them or anyone in their household as COVID19 symptoms or if they are self-isolating due to being contact with someone with COVID.

If you need to see doctor or our other workforce including our musculoskeletal (MSK) practitioner, mental health practitioner, pharmacist, paramedic or health improvement practitioner, you will be offered an initial telephone triage consultation. If during the telephone triage consultation it is deemed that you are needed to be seen face to face, an appointment will be arranged with you, following COVID guidance and considering the safety of our patients and staff alike.

If you have a long term condition (e.g. asthma, COPD, heart disease, hypertension, diabetes, learning disability, mental health) or you are a carer and attend the practice for an annual review, our Nursing Team will be contacting you by telephone during your birth month and will carry out a remote consultation and if you need an examination face to face, they will arrange an appointment for you.

Face to face appointments - Childhood Immunisations, blood tests and BP checks, ECGs etc. – can all be booked in with our phlebotomist (blood taking nurses – blood tests only) or one of our nursing team.

## Long COVID

Supporting your recovery after experiencing COVID19.

If you have had the COVID19 virus and find yourself recovering, you may still be coming to terms with the impact the virus has had on both your body and mind. These changes should get better over time, some take longer than others, but there are things you can do to help.

The below website provides support for those who have had the virus and information for family, friends and carers.

<https://www.yourcovidrecovery.nhs.uk/>

## Summer & Hot Weather

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.