

GOOD. CQC report: Use the link. [www.cqc.org.uk/location/1-515288113](http://www.cqc.org.uk/location/1-515288113)

## SPRING COVID BOOSTERS

### COVID BOOSTER TIME IS HERE AGAIN DON'T WAIT TO BE INVITED

Book online at <https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/> or call 119

You are eligible if you:

- Are 75 years old or over
- Are immunosuppressed and aged 5 years and over.

You can walk in but booked appointments will be given priority

Vaccines will be administered at  
**Bar Invicta (Next to the bowls club)**

Open every Tuesday and Thursday  
9am to 4pm

## LONG TERM CONDITION REVIEWS

It is important to have annual reviews of your long term conditions to ensure your condition is well managed. Appointments can be booked for the below reviews

- Asthma/COPD Review
- Diabetes Review
- Blood Pressure Check
- Heart Failure Review
- Dementia Review
- Learning Disability Review
- Mental Health Review

Also don't forget to book your appointment for cervical screening.

**REPEAT PRESCRIPTIONS** CAN TAKE UP TO 48 HOURS TO PROCESS AND 72 HOURS IF RECEIVED BY THE SURGERY AFTER 12PM. THIS DOES NOT INCLUDE WEEKENDS OR BANK HOLIDAYS.

Prescriptions can be requested either through the NHS app, email the manor clinic on [KMICB.manorclinicprescriptions@nhs.net](mailto:KMICB.manorclinicprescriptions@nhs.net) or posting repeat prescriptions through the Manor Clinic door.

All prescriptions are sent electronically to the pharmacy.  
Tel: 01303 851122

## OPENING TIMES

### Monday to Friday

Reception: 08:15 – 18:30

Telephone: 08.00 – 18:30

*All telephone calls are recorded for training/monitoring purposes*

### Econsults

Book an appointment by using our econsult service. Our econsult service is available Sunday to Thursday 6pm to 8pm

### Named GP

ALL our patients have been allocated a named accountable GP. If you would like to know who your named GP is please ask reception.

### Patient Access

Book online and save time.  
Book or cancel appointments  
Order repeat prescriptions  
View your health records.  
For more details visit The Manor Clinic Website.  
[www.manorclinic.co.uk](http://www.manorclinic.co.uk)

### Updating Contact Details

The GPs have asked if all patients could please keep us updated with their contact information, this is to ensure the GP surgery can contact you if needed.

**CLINICS:**

**(Subject to change)**

**Dr Fernandes:**  
Contact Reception

**Dr Chireka:**  
Monday AM & PM  
Tuesday AM  
Friday PM

**Dr Gupta:**  
Monday AM  
Thursday AM & PM  
Friday AM & PM

**Dr Mishra**  
Monday AM & PM  
Thursday AM & PM  
Friday AM & PM

**Dr Noorpuri:**  
Monday AM & PM  
Tuesday AM & PM  
Wednesday AM & PM

**Dr Pulapalli**  
Tuesday AM & PM

**Dr Elas**  
Wednesday AM & PM

**Rudo Katandika**  
Tuesday AM & PM  
Wednesday AM & PM  
Thursday AM & PM  
Friday AM & PM

**Debbie Wood**  
Monday AM & PM  
Tuesday AM & PM  
Wednesday AM & PM  
Thursday AM & PM

**DO YOU KNOW SOMEONE WHO SERVED IN THE RAF**

The Royal Air Force Benevolent Fund is there for anyone who served as a regular reserve or through national service and their partners or widow/ers

One in three of us knows an RAF veteran.

To learn more about The Royal Air Force Benevolent fund and how they can support you go to <https://www.rafbf.org/>

**DO I LOOK LIKE I CARE?  
#NHSTHINKCARER**

**Do you look after, or give any help or support to anyone and are not paid for this?  
Did you know that we can record that you are an unpaid carer on your medical record?**

We can record the following information about you:

- If you look after a family member, partner and/or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support.
- If you have a contingency plan in place for a situation when you cannot provide care. You might know this as an Emergency Plan, a Plan B, a Just in Case Plan, or something else!

We can remove this when you no longer provide help and support.

**Please ask us to do this for you.**

**If we know that you are helping someone else and they can't cope without your support we can offer you help, advice and signpost you to support services.**

**Health Information**

Let's talk about Ovarian Cancer

Finding ovarian cancer early can mean it's more treatable.

Main symptoms of ovarian cancer

- **Persistent bloating or a swollen tummy- not bloating that comes and goes**
- **Reduced appetite or feeling full quickly after eating**
- **Pain or tenderness in the tummy or pelvis (the area between the hips)**
- **Urinary symptoms (needing to wee more urgently or more often)**

The Surgery operates a ZERO TOLERANCE POLICY and there is CCTV in operation in and around the Surgery. Such behaviour may result in your removal as a patient.

Rude or aggressive behaviour shown towards any member of the practice team is unacceptable.

