



Dr Uddin & Dr Anwar Halliwell Surgery Practice Newsletter Summer Newsletter 2023

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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

COVID19 Vaccination Update

The NHS has started to offer COVID-19 vaccinations for children with certain medical conditions aged six months to four years, in line with the advice of experts. For most children COVID-19 is mild, but infants and young children with certain conditions can become very unwell and in need of hospital treatment. Vaccination will help to protect children from getting seriously ill from COVID-19. Children who turn five years old on or after 1 June 2023, and who have certain medical conditions which mean they are at increased risk of getting seriously ill with COVID-19, will still be invited to receive the COVID-19 vaccine if they haven't already had a dose. Parents will be contacted to advise if their child is eligible and the service has a number of clinics throughout Bolton based at Horwich RMI, Tonge Fold Health Centre, Stonehill Medical Centre, Pikes Lane Health Centre and Waters Meeting Health Centre.

Surgery Staff Update

We would like to welcome some new members joining our clinical team here at the practice.

- Sister Dusty Ward joins our practice nursing team
- Saliha Maroof joins our pharmacists team
- Cameron Fleming joins our MSK practitioner team

You can see more information about our whole team by visiting our practice website and clicking on the Practice Staff section. You can also find out more information about the different professionals in General Practice - [Who's who at your GP practice | Greater Manchester Integrated Care Partnership](#) (gmintegratedcare.org.uk)

We will also be welcoming one of our new GP Trainees (final year) in August 2023 – Dr Ahmed.

We say farewell to Sister Rachel Barrett, one of our practice nurses, who has left the practice for a new clinical role.

Friends & Family Feedback April to June 2023

The results from April to June 2023 are:

- 79% thought the service was very good
- 16% thought the service was good
- 2% thought the service was poor
- 3% thought the service was very poor

For more information, please visit our website [Dr Uddin & Dr Anwar, The Halliwell Surgery - Friends & Family Test Results](#)

Get prepared for the summer season

With summer being a time of increased social activities and outdoor gatherings, it's easy to forget simple things like topping up your sunscreen and staying hydrated, whilst also looking out for those who may be at risk.

Anyone can become unwell when the weather is hot but people who are at higher risk of becoming seriously unwell include:

- older people aged 65 years and over
- babies and young children aged 5 years and under
- people with underlying health conditions particularly heart problems, breathing problems, dementia, diabetes, kidney disease, Parkinson's disease, or mobility problems
- people on certain medications
- people with serious mental health problems
- people who are already ill and dehydrated (for example from diarrhoea and vomiting)
- people who experience alcohol or drug dependence
- people who are physically active and spend a lot of time outside such as runners, cyclists and walkers
- people who work in jobs that require manual labour or extensive time outside
- people experiencing homelessness, including rough sleepers and those who are unable to make adaptations to their living accommodation such as sofa surfers or living in hostels.
- people who live alone and may be unable to care for themselves

Although it can be great fun to bask in the sun and enjoy a BBQ with friends or family with a drink or two. There are a few simple things we can all do to stay safe when temperatures soar. This includes looking out for those who may be struggling with the heat, taking precautions to protect your skin from harmful UV rays, staying cool indoors and avoiding physical exercise at peak times (between 11am-3pm) of the day.

It's also crucial during this time of year to recognise the potential impact on mental health and alcohol related concerns. Not everyone has fun in the sun, Summer can be a difficult time for people's mental health and whilst some enjoy time with friends and family at social gatherings or on holiday, others may experience feelings of loneliness, worry or anxiety. It's important to look after yourself **and** others – remember that support is available to those how may need it.

This summer, prioritise your well-being by staying healthy in the sun, keeping an eye on others and enjoy the warmer months responsibly.

People are reminded that:

- **The local pharmacy** can offer advice and treatment for lots of minor illnesses, ailments and allergies - without the need for an appointment.
- **Dental support** can be accessed via the Greater Manchester dental helpline (0333 332 3800), which is available from 8am to 10pm every day, including weekends and bank holidays for those who need help urgently when their practice is closed, or do not have a regular dentist.
- **Greater Manchester's Urgent Eye Care Service** can provide assessments and treatment quickly if a sudden change in vision, red or painful eyes or new flashes or floaters are seen. This is a free NHS service, made up of local optician teams. Available to anyone registered with a Greater Manchester GP. To find out more, visit www.primaryeyecare.co.uk
- **Mental health crisis support**
Free, 24/7 mental health crisis support is available across Greater Manchester.
For Bolton, Manchester, Salford, Trafford and Wigan residents, call 0800 953 0285.
For Bury, Heywood, Middleton and Rochdale, Oldham, Stockport, Tameside and Glossop the number is 0800 014 9995.
- **Cost of living crisis**
Greater Manchester Combined Authority offers local advice and support available to people living in Greater Manchester who may be affected by the cost-of-living crisis. Visit <https://www.greatermanchester-ca.gov.uk/helping-hand>.
- **Bereavement support**
The Greater Manchester Bereavement Service is there to help and support anyone living in Greater Manchester that has been affected by a death, no matter how long ago. Visit www.greater-manchester-bereavement-service.org.uk.
- **Free digital mental wellbeing support**
Access free, safe, and anonymous professional support online. There are no waiting lists for support and no referral needed. Access to these platforms is available instantly 24/7. Support available includes: Live chat or messaging with qualified mental health professionals; self-help tools and activities; Visit **Kooth** (for ages 10 to 25) www.kooth.com or **Qwell** (for ages 26+) www.qwell.io/.
- **Alcohol addiction**
Support is available to those who may need it. For services in your local area, visit www.nhs.uk/nhs-services/find-alcohol-addiction-support-services