



HOPWOOD MEDICAL CENTRE Summer 2024

OUR STAFF

Clinical Team - Dr Osborne, Dr Mohammed, Dr Malik, Dr Shabbir, Dr Porter, Dr Waleed, Dr King, Dr Hussain, Dr Baber, Dr Knight, Mrs Siddique, Mr Johnson, Rosanna Cohen, Emma Ball, Kelly McGrath, Bobby Hulme, and Leanne Mullen.

Non-Clinical – Adele Hardacre, August Lane, Paula Beanland, Melanie Greenhalgh, Bobby Hulme, Leanne Mullen, Jolene Hannon, Ellie McGrath, Joanne Bloomfield, Trish Loftus, and Deborah Brandon

Primary Care Network Staff

Alison Newton – Paramedic, Gina Wilson – Mental Health Practitioner, Sam Hall – Mental Health Assistant Practitioner, Keiran Mughal – Pharmacist, Colin Hinsley – Medicine Technician, Emily Ilnyckyj & Beverley Hilton – Social Prescribers

The practice is currently promoting patients to contact us via the below:

ON-LINE ACCESS – PATCHES



Patients access Patches via their practice website or the NHS APP.

- Patients submit requests about health issues and other queries using the Patches 'Chatbot.'
- Requests enter the practice's Patches 'inbox' for practice staff to read and respond.
- Requests are triaged and workflowed to the most appropriate person to action.
- Staff can respond by online message, SMS, phone, or video call.

NHS APP

The NHS App gives you a simple and secure way to access a range of NHS services. Download the NHS App on your smartphone or tablet via the Google play or App store. You can order repeat prescriptions, book, and manage your appointments, view your GP health record to see information like your allergies and medicines (if your GP has given you access to your detailed medical record, you can also see information like test results)

When making an appointment with the practice you may be signposted to the below services:

OPTICIANS - MINOR EYE CONDITIONS SERVICE

If you have a red, sore, uncomfortable eye or sudden disturbance of your vision please contact any of the below Opticians and they will be able to help:

- DG Opticians – 7 Hornby Street, Heywood. Tel: 01706 369525
- The Eye Centre – 58 Market Street, Heywood. Tel: 01706 620432
- Shaws Opticians – 39 Market Street, Heywood. Tel: 01706 369369

DENTAL SERVICES PLEASE CONTACT

If you need help with an urgent dental problem, call our Urgent Dental Care Service on 0333 332 3800, available from 8am to 10pm every day, including weekends and bank holidays.

Your Local Pharmacist

Your local pharmacist will be able to give you free health advice at any time and you do not need an appointment. Pharmacists can give you advice on a range of conditions and suggest medicines that can help. They may also be able to offer treatment and some prescription medicine (antibiotics) for some conditions, without you needing to see a GP (this is called Pharmacy First). Conditions they can treat as part of Pharmacy First are:

- Earache (aged 1 to 17 years)
- Impetigo (aged 1 year and over)
- Infected insect bites (aged 1 year and over)
- Shingles (aged 18 years and over)
- Sinusitis (aged 12 years and over)
- Sore throat (aged 5 years and over)
- Urinary tract infections or UTIs (women aged 16 to 64 years)

If you go to a pharmacy with one of these conditions, the pharmacist will offer you advice, treatment or refer you to a GP or other healthcare professional if needed. They will then update your GP health record.

If you are not within these age ranges, a pharmacist can still offer advice, but you may need to see a GP for treatment.

Medicine Cabinet Essentials

Pain Relief: Paracetamol, Ibuprofen and Aspirin (Adults Only)

Oral Rehydration Salts

Diarrhoea and Constipation Tablets

Cough Medicine

Sore Throat Lozenges

Decongestants

Thermometer

NHS bowel cancer screening checks if you could have bowel cancer. It is available to everyone aged 60 to 74 years. The programme is expanding to make it available to everyone aged 50 to 59 years. This is happening gradually over 4 years and started in April 2021. You use a home test kit, called a faecal immunochemical test (FIT), to collect a small sample of poo and send it to a lab. This is checked for tiny amounts of blood.

Blood can be a sign of polyps or bowel cancer. Polyps are growths in the bowel. They are not cancer but may turn into cancer over time. If the test finds anything unusual, you might be asked to go to hospital to have further tests to confirm or rule out cancer.

Please contact telephone number 0800 707 6060 for a Bowel Testing Kit to be sent to your home.

What are the symptoms of bowel cancer?

The most common symptoms of bowel cancer are:

- A persistent change in bowel habit, especially needing to go to the toilet more often or having diarrhoea for several weeks.
- Bleeding from the back passage or blood in the bowel motion
- Severe abdominal pain
- A lump in the abdomen
- Unexplained tiredness or weight loss

These symptoms do not necessarily indicate bowel cancer, but if one or more persists for four to six weeks then the GP should be consulted.

Breast Screening is offered to all women aged between 50 and 70 every three years. Some older and younger women are also being invited as part of a study of screening in different age groups. It aims to save lives by detecting breast cancer at an early stage and involves an x-ray test called a mammogram.

Screening does not prevent you from getting breast cancer but means treatment can be provided to give the best chance of tackling the cancer and surviving.

It is important to note that most women with breast cancer do not have a family history of the disease.



Cervical Screening -

Cervical screening, which used to be called smear test, is a test to check the health of the cervix and help prevent cervical cancer. It is offered to women and people with a cervix aged 25 to 64.

