

HOPWOOD MEDICAL CENTRE

SPRING 2025



Welcome to our Newsletter for Spring 2025. Please find a list of our current staff based at the practice. During 2024 and 2025 we have been working hard to recruit more clinical staff to offer more appointments.

Staff at Hopwood Medical Centre

Clinical

Dr. Osborne, Dr. Mohammed, Dr Malik, Dr. Shabbir, Dr. Porter, Dr. Hussain, Tabsum Siddique, Darren Johnson.

Trainees: Dr Gul, Dr Ahmed, Dr Tajammal, Dr Siddiqua

Nursing Staff

Rosanna Cohen, Emma Ball, Olivia Schofield and Kelly McGrath

Administration Staff

Practice Manager—Adele Hardacre, Assistant Practice Manager – August Lane

Clinical Coder/ Manager – Paula Beanland, Care Co-Ordinator – Melanie Greenhalgh

GP Assistants – Bobby Hulme & Leanne Mullen

Reception Staff – Jolene Hannon, Joanne Bloomfield & Teegan Robinson

Medical Secretaries/ Data Quality – Trish Loftus & Deborah Brandon

Heywood PCN Staff

A Newton (Clinical Practitioner), S. Parvez (Pharmacist), G. Wilson (Mental Health Nurse), Sam White (Assistant Mental Health Practitioner), O Akinwale

(FPC Physiotherapist) Jane Cartz & Beverley Hilton (Social Prescribers) Colin & Samina (Pharmacy Technicians)

HOW YOU CAN HELP US

- Be on time for your appointment
 - Tell us if you need to cancel your appointment
 - Call for a home visit or urgent appointment before 10am
 - Order your repeat prescription 48 hours in advance via the NHS APP
 - Access your NHS App for test results
 - Non medical issues, sicknotes etc. can be used via patches which is available on our website www.hopwoodmc.nhs.uk
-

PATIENT PARTICIPATION

As a practice our patient's views are important to us in shaping and developing services for our patients and improving the level of care that the surgery provides. Currently we have a Patient Participation Group that will enable patients to be more involved in our decision making processes. It is expected that the group will meet on a 3 monthly basis and discuss ways in which health services within the practice and within the local area can be improved.

If this is of interest to you, we would ask that you register your interest by emailing us at hmrccg.hopwoodsurgery@nhs.net, you will then be placed on our email circulation list and be contacted when arrangements for the induction session have been made.

Health Checks Regular health checks are essential for early detection of potential health issues, allowing for timely treatment and prevention. They help monitor vital indicators like blood pressure, cholesterol, and overall well-being, ensuring you stay healthy and catch any concerns before they become serious. Prioritising check-ups can lead to a longer, healthier life.

The NHS Health Check is available for adults in England between the ages of 40 and 74.

Baby Assessments & Vaccines From 8 weeks old, all new babies are invited for regular health check-ups. During these visits, our practice nurse will discuss the importance of vaccinations, which play a crucial role in protecting your baby from serious illnesses like measles, whooping cough, and meningitis. Vaccines help build early immunity, keeping your child safe and reducing the spread of infections. If your baby is due for vaccinations, book an appointment with your nurse to give them the healthiest start in life.

Chronic Disease Management Clinics Regular check-ups for chronic conditions like diabetes, asthma, and heart disease are essential for managing your health and preventing complications. These appointments help monitor your condition, adjust treatments if needed, and provide support to keep you feeling your best. If you're due for a review, book your appointment today with our practice nurse.

Minor Surgery We offer minor surgery in our designated treatment rooms, provided by Dr Mohammed, who is fully accredited in minor surgical procedures, with the assistance of one of our GPAs. Procedures include cyst removal, joint injections, and minor incisions and excisions. If you require or are considering minor surgery, please book a telephone appointment with Dr Mohammed to discuss your options.

Family Planning Our practice offers a dedicated family planning clinic run by Dr Shabbir, who is fully accredited in this area, alongside one of our GPAs. We provide family planning advice, as well as implant and coil fittings and coil removals. If you would like more information or to book an appointment, please contact the practice to make an appointment with Dr Shabbir.

Screening Here at the surgery we are actively promoting screening as we feel this can save lives by detecting early signs of cancer before symptoms appear, giving the best chance for successful treatment. Bowel, breast, and cervical screening can help identify changes early, often before they become serious. If you've been invited for screening, don't delay on attending your appointment as this could make all the difference to your health. If you have any concerns or need more information, speak to the practice.

Adult Vaccines Available from Spring At Hopwood Medical Centre, we offer several vital vaccinations to protect your health and well-being. Below is information on each vaccine, including its importance and eligibility criteria:

Shingles Vaccine: Shingles is a painful condition caused by the reactivation of the chickenpox virus, leading to a rash and nerve pain. Vaccination reduces the risk of developing shingles and its complications.

Eligibility: Aged 65 and Over: Individuals become eligible for the shingles vaccine at 65 and remain eligible until their 80th birthday. Aged 50 and Over with Weakened Immune Systems: Those with severely weakened immune systems are eligible from 50 years of age, with no upper age limit.

RSV (Respiratory Syncytial Virus) Vaccine RSV can cause severe respiratory infections, particularly in older adults and those with underlying health conditions. Vaccination helps prevent serious illness and hospitalisation. **Eligibility:** Aged 75 to 79: Individuals turning 75 years old on or after 1 September 2024 are eligible for the RSV vaccine. **Pregnant Women:** The vaccine is recommended during every pregnancy from 28 weeks onwards to help protect the baby after birth.

COVID-19 Spring Booster COVID-19 can lead to severe illness, especially in older adults and those with certain health conditions. Vaccination reduces the risk of severe disease and hospitalisation. **Eligibility:** Spring Booster 2025 is being offered to adults aged 75 years and over, residents in care homes for older adults, and individuals aged 6 months and over with a weakened immune system.

MMR (Measles, Mumps, and Rubella) Vaccine The MMR vaccine protects against three serious diseases: measles, mumps, and rubella. These infections can lead to severe health complications.

Pneumococcal (Pneumonia) Vaccine The pneumococcal vaccine helps protect against serious illnesses caused by pneumococcal bacteria, including pneumonia, meningitis, and septicemia. **Eligibility:** Babies: Administered in two doses: the first at 12 weeks and a booster at 1 year of age. Adults Aged 65 and Over: A single dose is recommended at 65 years of age, providing lifelong protection.

Maintaining up-to-date vaccinations is crucial for your health and the health of those around you. If you are eligible for any of these vaccines or have questions about your vaccination status, please contact Hopwood Medical Centre to schedule an appointment or to obtain further information.

Travel Clinic At Hopwood Medical Centre, our Travel Clinic is led by our Senior Practice Nurse Rosanna Cohen, she provides essential vaccinations and advice to ensure your health and safety when traveling abroad. We offer vaccinations for diseases such as Hepatitis A, Hepatitis B, Typhoid, among others, depending on your travel destination. Our team also provides general travel health advice, including tips on preventing travel-related illnesses, staying hydrated, and maintaining safety during your trip. For more information or to schedule an appointment, please contact the practice.

Patient Awareness

April – Bowel Cancer Awareness Month

Bowel cancer is one of the most common cancers, but with early detection, it's highly treatable. During April, we encourage all patients to be aware of the signs and symptoms of bowel cancer, including changes in bowel habits, unexplained weight loss, and blood in stools. If you're eligible, don't delay your screening early detection saves lives. Please contact us for more information.

Know the symptoms of bowel cancer 

-  Bleeding from your bottom
-  Blood in your poo
-  A change in how often you poo, or regularly having diarrhoea or constipation
-  Losing weight but you're not sure why
-  Feeling very tired all the time but you're not sure why
-  A pain or lump in your tummy

If you have any of these symptoms, talk to your GP and ask about an at-home test.

May – Mental Health Awareness Month

Mental health is just as important as physical health. This May, we focus on raising awareness about mental health conditions, including anxiety, depression, and stress. It's important to recognise the signs and seek support when needed. If you or someone you know is struggling, we offer a range of services to help, including counselling and referrals. Remember, you're not alone help is available.

June – Men's Health Awareness Month

June is dedicated to raising awareness about men's health issues, particularly conditions like prostate cancer, heart disease, and diabetes. Men are often less likely to seek help for health concerns, but regular check-ups and screenings can make a huge difference in early detection and treatment. This month, we encourage men of all ages to take charge of their health and book a check-up with your GP.