



NEWSLETTER SUMMER 2020

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THE BARLOW MEDICAL CENTRE CONTACT DETAILS

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THE NEWSLETTER IS NOW AVAILABE ONLINE

COVID 19

Some of the ways that the practice functions day to day have changed due to the Coronavirus pandemic and national guidance from the UK Government and NHS England. If you haven't already done so you might want to consider signing up for online access so you can view your medical records and test results, request repeat prescriptions, and much more.

If you're not sure how to do this, please ask a member of our reception team who will guide you through the process and provide any information you might need. You can also find more information about this on our website:

https://barlowmed.com/practice_news/barlow-medical-centre-move-to-online-first-triage/

<https://barlowmed.com/navigator/register-for-online-services/>

We've had a quick search around the internet and found some guides which you might find useful:

Easy DIY Facemasks: <https://www.gathered.how/sewing-and-quilting/sewing/how-to-make-a-face-mask-2-ways-to-sew-your-own/>

Does wearing gloves help? <https://fullfact.org/online/Coronavirus-Gloves/>

Correct hand-washing technique: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Children's' hand-washing song: <https://www.youtube.com/watch?v=S9VjeIWLnEg>

CHILDHOOD IMMUNISATIONS

We are still offering routine childhood vaccinations as normal, and have been doing through the Coronavirus pandemic. It's really important to ensure that your children are kept up to date with their immunisations to help prevent them from becoming unwell with serious illnesses. Appointments and waiting procedures may be slightly different from normal. If you're coming to the surgery, please ensure that only you and your child attend the appointment.

If you believe your child may have missed one of their routine immunisations, we can help you check so please call us on 0161 445 9000. If your child has missed doses of routine vaccinations, we will be able to offer catch-up doses. It's vitally important for the health and well-being of your child and others.



BMC WEBSITE WWW.BARLOWMED.COM

LONG TERM CONDITION REVIEWS

Over the coming months we'll be contacting patients to arrange follow-up annual appointments for those who suffer with long-term conditions such as:

- Asthma
- COPD
- Diabetes

We're still reviewing patients with chronic conditions to ensure they're well looked after. We may offer telephone or video appointments where this is appropriate.

If you regularly take medication, please check you have enough medication and consider signing up for online prescription requests.

CERVICAL SCREENING (SMEARS)

We are now back to offering routine cervical screening appointments as normal. Things might look a little different from normal when you come in, but we're keen to make sure that we keep women up to date with their smear tests. We don't want women to miss out on important screening checks, which if left undiagnosed could lead to much more serious problems further down the line. If you're having any unexplained bleeding or other concerning symptoms, please don't wait to be invited for a routine smear but contact the practice for a review with the doctor.

<https://www.nhs.uk/conditions/cervical-screening/>

CANCER

If you're concerned about symptoms you're having, which you want to speak to the GP about, please don't delay contacting us because you're worried about coronavirus. We're doing everything we can to keep our patients safe, using remote consultations where we can. We don't want you to delay talking to us if you're worried.

If you think you may have symptoms of cancer, please don't delay contacting us; we're here to support you.

<https://www.nhs.uk/conditions/cancer/>

If you've recently been diagnosed with cancer, we want to support you and will be contacting you over the coming weeks and months to see how you're doing. If you're concerned about current symptoms, or you just want to speak to someone for reassurance, please contact us in the usual way.

STROKE AND TIA

A&E departments have seen a reduction in people seeking help for a suspected Stroke or Transient Ischemic Attack ("mini stroke"). If you have new symptoms such as problems with smiling or a drooping face, difficulty raising and keeping one or both arms lifted, or difficulties with speech or understanding what someone else is saying to you, call 999.

If you've had these symptoms, but they lasted less than 24 hours and you didn't attend hospital at the time, please contact us urgently by telephone (0161 445 9000) <https://www.nhs.uk/conditions/stroke/>



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DEPRESSION AND ANXIETY

Coronavirus and the 'Stay at Home' order might have been very hard on your mental well-being. The government has put together some advice to help people during this unprecedented crisis: <https://www.gov.uk/government/publications/for-the-public-on-mental-health-and-wellbeing>

If you're finding it more difficult than usual to stay positive, or are feeling down and struggling to enjoy life, there are some websites which might offer some useful advice:

The Mental Health Foundation: <https://www.mentalhealth.org.uk/coronavirus>

NHS UK: <https://www.nhs.uk/conditions/clinical-depression/symptoms/>

We've had more patients asking to speak to us because they're feeling anxious. If you're finding it hard to manage your anxiety and are worried about the effects of releasing restrictions, you might want to consider seeking advice. Anxiety UK has some really helpful information: <https://www.anxietyuk.org.uk/blog/post-lockdown-anxiety/>

You can use techniques at home that can help you to improve your mental health and well-being, and the NHS has a variety of advice, tools and guidance to support you. The NHS has developed 'Your Mind Plan' to help you develop a plan to improve your mental health and well-being. You answer questions to identify key issues and then you'll be provided with a plan to help you move forward; you can even tailor parts of the plan to fit your own goals: <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>
<https://www.nhs.uk/oneyou/apps/>

You might prefer to speak to someone you can trust about the difficulties you're facing. You can always contact us to speak to a GP who would always be happy to help.

MENTAL HEALTH

If you have a diagnosed mental health condition, for which we normally review you annually, we'll still want to have a chat with you to find out how you're managing. You don't need to wait for your annual review to speak to us if you're finding things difficult.

<https://www.mind.org.uk/>

SMOKING

Please don't be offended if one of our team asks if you're a smoker. Even though coronavirus has changed the way we work, we're still trying to ensure the best health outcomes for our patients. With life in lockdown, you might think that now is an ideal time to quit smoking. With fewer social cues for smoking habits, you might find quitting easier.

<https://www.nhs.uk/conditions/stop-smoking-treatments/Bottom of Form>