When the Surgery is Closed

Ashton Primary Care Centre

If you feel you need to see a GP, you can "walk in" to Ashton Primary Care Centre, 193 Old Street, Ashton or ring on 0161 342 7050.

Go to Doc.

If you need medical help for a serious medical emergency please telephone 01457 860860 and follow instructions to be put through to our out of hours service.

Or call Go to Doc direct on 0161 336 5958.

WellFit Health & Wellbeing CIC

A social enterprise set up to help raise levels of wellbeing in local communities using mainly physical activities. We started work on Gamesley in June 2012 and are now working with Manor House, Cottage Lane, Lambgates and Simmondley GP surgeries to provide seated exercise, walking football and gentle walks in various venues throughout Glossopdale. Nurses and doctors help direct people who would benefit from a little more physical activity in their lives or you can just ring Mick Owen on 07944 605508 to find out more.

The Manor House Glossop and Hadfield Newsletter is compiled and produced by the Patient Participation Group (PPG). If you have any suggestions for inclusion in our next newsletter please contact us on manorhouseppg@hotmail.co.uk

Glossop and Hadfield Patient Participation Group

Newsletter Winter 2014

All the Staff and PPG members at Manor House Surgeries wish all our patients a happy and healthy 2014

We hope you had a really good Christmas and New Year - made some resolutions? Check out our Word Search inside.

News

Patients' contact details

The practice is hoping to be able to use telephone and mobile messaging more in the future, to send appointment reminders, event reminders, etc... Please would all our patients update their contact details with a member of the reception team.

Women's Health

Dr Jha will be giving a talk at our next health event which will be on 28th May 2014 in the Glossop surgery starting at 7.00 pm

Men's Health - Prostate Cancer

Dr Wilkinson will be giving a talk on Prostate Cancer at Glossop Surgery on 24th September starting at 7.00 p.m.
HEALTHY LIVING

We hear a lot about living a healthy lifestyle, but what does that mean? In general, a healthy person doesn't smoke, is at a healthy weight, eats healthily and exercises. Sounds simple, doesn't it? Not always easy to achieve.

The trick to healthy living is making small changes...taking more steps, adding fruit to your cereal, having an extra glass of water...these are just a few ways you can start living healthy without drastic changes.

Exercise

We know it's good for us but some of us avoid it like the plague either because we're used to being sedentary or afraid that exercise has to be vigorous to be worth our time. The truth is, movement is movement and the more you do, the healthier you'll be. Even moderate activities like chores, gardening and walking can make a difference.

Glossop has a number of activities to support healthy lifestyle in respect of exercise. i.e. various activities at Glossop Leisure Centre. Pilates, Forever Active for the 50+, indoor group cycling, yoga.

Eating Well

Eating a healthy diet is another part of the healthy lifestyle. Not only can healthy eating support/ help with weight management, it can also improve your health and quality of life as you get older.

The PPG is looking to increase its membership. We have levels of membership to suit everyone so if you are interested, please contact us. Our email address is manorhouseppg@hotmail.co.uk or we have a box in each Surgery where you can leave your details and a member of the PPG will contact you.

New Year's Resolutions Word Search Puzzle

While you're waiting!

Something to while away a few minutes and get you thinking about shedding those extra Christmas pounds you've put on!

How many of these NEW YEAR’S RESOLUTION words can you find?

- ANNUAL
- BAD HABITS
- BORED
- CHANGE
- CHEAT ON DIET
- DETERMINED
- DIET
- DISAPPOINTMENT
- EAT RIGHT
- EXERCISE
- FAILURE
- GIVE UP
- JANUARY FIRST
- LOSE INTEREST
- NEW
- NEW YEAR
- RESOLVE
- SET GOALS
- WILL POWER
- WORKOUT