Cornbrook Medical Practice

Working Together to Provide Warm, Personalised Care

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April 2020—Patient Newsletter

A welcome from Our Practice Manger

Welcome to our first Cornbrook Patient Newsletter. We will be launching a newsletter each month for our patients to view on our website and in reception. We'll use this to update you about any changes and good news stories. We hope you enjoy it!

Jermaine

A note from Dr James

We have needed to adapt very quickly during the Covid Crisis in order to continue providing the best care in the safest way. I am immensely proud of Cornbrook Medical Practice and all the staff. During the Covid Crisis they have worked tirelessly for our patients. Our nursing staff are contacting our most vulnerable patients every week to make sure they are OK. Our amazing Practice Manager has replaced a phone in an elderly patient's house so she can keep in touch. Our admin team have collected shopping for patients before the Council Team took over. The reception team have made sure that there is always someone to answer the phone and help patients out with any problems they might have. The doctors have worked out a rota so patients can be phoned or videoed quickly on the same day. We have seen patients with non covid symptoms as needed and used a cordoned off area to see patients with Covid symptoms.

All our staff think of the needs of the patients first and foremost and I am lucky to work with such an amazing team.

Practice News

During these unprecedented times we are seeing, we've had to make some changes to the way we work as a Practice. Firstly, all GP appointments are now by triage only each day. If you need to speak to a doctor please telephone the surgery and we will arrange a callback as soon as possible.

We're online!!! Using our website (www.cornbrookmedicalpractice.co.uk) you can speak to a doctor using Online Consult, you can register as a new patient and you can request your prescription. More services to come!

If you are requesting prescriptions, or sicknotes we are now moving to paperless notes. Your prescription will be sent electronically to a local pharmacy of your choice and your sicknote will now be sent to you via text message.

During this time out Booth street site will remain closed and if you need to see a GP or a nurse you will be invited to City Road.

If you are due an injection or treatment from the nurse team, please contact reception who will arrange for you to come in and have this.

Staff updates

This month we welcome 2 new receptionists, Leah and Ang. They come with a wealth of healthcare experience and have hit the ground running.

We have also recently recruited a practice pharmacist called Rebekah who may contact you from time to time about your medication.

Don't forget: Debbie is our reception manager and she is on hand to take any complaints or praise about our team. If you want to speak to her just call the surgery number.

Community Garden News from Augusta

The garden is looking truly beautiful at this time of year with lots of colourful spring flowers. I am also sowing seeds so we have plenty of crops throughout the year, see the plating plan!

bed 1	**bed 2**	**bed 3**
onions / garlic	kale/purple sprouting broccoli	sweetcorn
bed 4	**bed 5**	**bed 6**
peas and beans	courgettes/ squash	carrots
pots	**pots**	
lettuce	spinach	
greenhouse	**greenhouse**	**greenhouse**
tomato	chili	cucumber

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Public health section

Happy Ramadan

Ramadan Mubarak from the entire team of Cornbrook. As every year, once again, Muslims around the world are observing the spiritual and sacred month of Ramadan. It's an honour for all us here at Cornbrook for wishing our patients and the community on this auspicious occasion.

Despite the hard-hitting COVID-19 that has tinged sadness, banned gatherings and closed mosques. Millions of Muslims, devoted and passionate have found spectacular ways to celebrate Ramadan this year in their homes.

Having to mark the Holy month at home. Cornbrook continues to share its love and unconditional support to our fantastic community. We are here to help and we are here for you this Ramadan.

COVID-19: How to stay safe

Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.

We have been sending out text messages and letters to our most vulnerable patients. As for older people or individuals with underlying health conditions, it can be more serious.

If you require any further information then please contact the surgery and speak to either Heather or a GP for medical advice.

If you require anymore information please contact NHS 111

Or access the following websites:

https://www.nhs.uk/conditions/coronavirus-covid-19/

https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/

Hulme News

There are lots of groups offering support locally, search for 'Hulme, Moss Side & Rusholme Integrated Neighbourhood Team' or 'Castlefield, Brittania Basin & Hulme COVID-19 Support Group' on Facebook.

Manchester Cares are offering online social clubs, phone friendships and other services, you can contact them online; https://manchestercares.org.uk/make-a-referral or via the telephone 0161 207 0800.

Manchester Community Response can provide support for vulnerable people by offering delivery of medication and food and managing fuel top-up payments. Please contact 0800 234 6123.

Important Dates— happy holidays to everyone celebrating

Passover 9– 10 April

Happy Easter 10—13 April

Happy Ramadan 23 April—23 May

Useful contacts

- National Domestic Abuse Helpline: 0808 2000 247
- CAB: 03444 111 222
- Mind: 0300 123 3393
- Anxiety and depression helpline, and emotional support for carers in Gujarati, Hindi, Punjabi and Urdu, offered nationally during the Covid crisis by Shama Women's Centre: 116-251 4747
- Manchester Council: 0800 234 6123
- A brand-new service has been launched that will make it easier for people in Greater Manchester to find and receive mental health support - anytime, day or night. Shout, can be contacted 24 hours a day, 7 days a week, simply by texting 'SHOUT' to 85258