

STOCKPORT People

Spring / Summer 2017



Essentials to add to your spring shopping list

The festive period is a time for catching up with friends and family but we tend to forget that we can also fall ill or have a minor accident or injury over these few days.

If that happens, and you've got a well-stocked first aid kit or medicine cabinet, you can often treat yourself or your loved one at home straight away without any fuss.

The last thing you want to be doing is dashing out to your local pharmacy, to get what you desperately need, only to discover it's closed.

So at the very least make sure you have these essentials to hand over the festive break:

- Thermometer
- Plasters & sterile dressings
- Scissors
- Antiseptic cream
- Painkillers eg paracetamol and ibuprofen
- Antacids
- Distilled water (for cleaning wounds or for eye bath)

Repeat Prescriptions

Over the Easter break your GP practice will be closed so make sure you don't run out of the medication you need. Get your repeat prescriptions in early, ideally by the start of April.

Don't wait until the last minute – ask your GP in plenty of time,

Put a spring in your step with these free apps.



Active 10 walking tracker

Just 10 minutes of brisk walking every day can benefit your health, improve the way you feel and reduce the risk of a number of long-term conditions such as heart disease and type 2 diabetes.

Active 10 quickly and simply shows you how many brisk 10 minute walks you're doing and how to fit more into your day. Download it today to see how many Active 10s you've done.



One You Couch to 5K

The Couch to 5K app has been designed to get you off the couch and running in just 9 weeks. Grab your trainers, download the app and follow the step-by-step instructions.



Days Off

The One You Days Off app is a simple and easy way to track the days you drink alcohol and the days you don't.



One You Easy Meals

Our free Easy Meals app is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas to help get you going if you're ever short of inspiration.





Stay Safe In The Sun

When the sun's shining no-one wants to keep kids cooped up inside – but did you know that children in Britain have the highest skin cancer rates in Europe?

That's partly because we think we don't need to protect them when it's overcast but in fact 80 per cent of the harmful UV rays still get through when it's cloudy.

And because children's skin is so sensitive it's believed that just one episode of blistering sunburn can double their risk of skin cancer in later life.

Another problem is that when we do use sunscreen we don't use enough – as a rule of thumb you should apply it thickly so you can see skin but there's an obvious layer on top.

With that in mind, here are some simple tips to keep your child – and yourself – safe in the sun:

- Firstly babies under one should always be kept out of the sun
- Minimise the time toddlers spend in the sun
- Cover them up with a wide brimmed hat and t-shirt.
- Cover any exposed skin including ears, back of the neck and tops of feet with sunscreen
- Choose a sunscreen preferably with a sun protection factor (SPF) of 30+
- Check the "use by" date on the bottle and don't use it if it's expired.
- Apply to dry skin and only rub it in very lightly.
- Always apply the cream 15-30 minutes before they go outside so their skin has time to absorb the product and re-apply at least every two hours.
- Re-apply sunscreen after going in the water, even if it's labelled waterproof
- When the sun's at its most dangerous (11am-3pm) spend time in the shade.

Hold Back Hayfever

While most of us can't wait for the winter weather to be replaced by springtime, for around 60,000 hay fever sufferers in Stockport it can signal the start of weeks of misery. So here are some tips to help ease the symptoms:

- Stay indoors, with your windows closed, when the pollen count is high (over 50).
- If the pollen count is ok try to avoid being outside between 4pm and 7pm as this is when the pollen count is at its highest.
- When outside smear Vaseline inside your nostrils to act as a filter for the pollen and wear wraparound sunglasses to stop pollen getting in your eyes.
- Change your clothes and take a shower after being outdoors to remove the pollen on your body
- Vacuum your carpets regularly as pollen can live for 3 months.
- Keep all windows in your house and car closed.

Self Care

Sickness and Diarrhoea

This is a common illness in winter and symptoms usually improve after two or three days.

Don't go to your doctor just drink plenty of water, rest at home and let it run its course. Contact your GP for advice if symptoms don't go away.

Winter sprains and strains

Mild to moderate sprains and strains, bumps and bruises can be treated at home. The pain should improve after four days of treatment. This can include resting the injured joint or muscle, applying ice wrapped in a damp towel to the affected area, raising the injured area on a pillow to reduce swelling and taking paracetamol for the pain.

Coughs

There is no quick way to get rid of a cough that's caused by a viral infection. Coughs caused by the common cold or flu usually clear within 2 weeks. Your pharmacist will be able to give you advice and over the counter medicines to help with the symptoms but if your cough doesn't go away or gets worse after a few weeks see your GP.

Opening days and hours over Easter and Summer Bank Holidays

Pharmacies	14 April	16 April	17 April	01 May	29 May	28 August
Asda (Warren Street, Stockport SK1 1UA)	09:00-18:00	Closed	09:00-18:00	09:00-18:00	09:00-18:00	09:00-18:00
Boots (Merseyway, Stockport SK1 1PU)	09:30-17:00	Closed	10:30-16:30	10:30-16:30	10:30-16:30	10:30-16:30
Boots (9 Market Street, Marple, SK6 7AA)	10:00-16:00	Closed	Closed	Closed	Closed	Closed
Boots (56-58 Heaton Moor Road, Heaton Moor SK4 4NZ)	10:00-16:00	Closed	Closed	Closed	Closed	Closed
Cheadle Pharmacy (7 Ashfield Crescent, Cheadle SK8 1BH)	08:30-19:00	08:30-19:00	08:30-19:00	08:30-19:00	08:30-19:00	08:30-19:00
Heald Green Pharmacy (208 Finney Lane, Heald Green SK8 3QA)	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00	08:00-18:00
Lloyds (236 Wellington Road South, Stockport SK2 6NW)	10:00-22:00	10:00-22:00	10:00-22:00	10:00-22:00	10:00-22:00	10:00-22:00
Lloyds (London Road, Hazel Grove SK7 4AW)	09:00-17:00	Closed	09:00-17:00	09:00-17:00	09:00-17:00	09:00-17:00
Superdrug (4-6 Mersey Square, Stockport SK1 1RA)	08:30-17:30	Closed	Closed	Closed	Closed	Closed

Dental Services

Most dental problems can wait until your dentist is open. Your dentist's answer phone will give you their opening times.

If you have an urgent problem and can't wait during the evening, weekend or bank holidays you can call the Out Of Hours dental emergency line on 0161 337 2246. Urgent dental care costs £20.60. Please make sure you can pay this fee or take your exemption certificate with you, if you attend the emergency clinic.

During working hours, if you need a dentist but are not registered with one call the Dental Helpline on 0161 476 9649 and you will be given help.

GP Services

GP practices in Stockport will be closed on the following days: Good Friday Friday 14th April 2017; Easter Monday 17th April 2017; Bank Holiday 1st May 2017; Bank Holiday 29th May 2017, and; Bank Holiday 28th August 2017

Please make sure you are well stocked up on your prescriptions whilst your GP surgery is closed during the Easter and Summer Bank Holidays. The GP Out of Hours service is for conditions of an urgent nature that cannot wait until your GP surgery is open. Please note that they can only prescribe a limited amount of your prescription, if urgent, to cover the days your GP is closed.

To contact the Out of Hours service, phone your GP surgery and follow the instructions.

Mastercall Healthcare is supporting your GP by providing additional appointment slots over the Easter weekend, as it does for normal Saturdays and Sundays. These slots need to be booked in advance – just ask your practice if you are eligible for a 7 day access appointment.

Colds

Colds cause unpleasant symptoms like stuffiness, runny nose, sore throats and headaches. Antibiotics are not effective against colds so please don't pressurise your GP for them. You can help relieve your symptoms with over the counter medicine such as paracetamol. Make sure you drink plenty of fluids.

Child's temperature

Contact your GP if your child's temperature is:

- 38C or higher (under 3 month old)
- 39C or higher (3 to 6 month old)
- Over 37.5C with other signs of illness

Earache

Earache can be a sharp, dull or burning pain that's either constant or comes and goes. Using over the counter painkillers and placing a warm flannel against the ear may help. Your pharmacist can recommend eardrops for earache but discuss all the symptoms with them first.

Stockport Sexual Health Service

If you use a daily method of contraception (eg the pill) ensure you've enough to cover the holiday period. If you've not used contraception, experienced contraception failure or require information and testing for sexually transmitted infections,

Central Booking Line

0161 426 5599

9.30am-12.30pm & 1pm-3pm:
23rd, 24th, 29th, 30th,
31st December.

The Choices Centre

1 High Bank Side, Stockport SK1 1HG

Tel: 0161 426 9677 (Clinic)

Tel: 0161 426 5599 (Central Booking Line)

Central Youth (for under 25s)

1 St Peter's Square, Stockport, SK1 1N

Tel: 0161 426 9696 (Clinic)

Tel: 0161 426 5599 (Central Booking Line)

Men and women are welcome to attend any of the walk-in clinics regardless of where they live, race, sexual orientation or age (including those under 16). Please note that Central Youth is for young people under the age of 25 years. All other services are open to anyone of any age. The services are free and confidential.

Please note: emergency contraception is also available from your GP or Practice Nurse.

District Nursing

If you already have visits from a district nurse you will be given a phone number for emergencies. Please use this number to get advice and support if you need it.

Early Pregnancy Unit

(Jasmine Assessment Unit and Ward) 5th Floor, Women's Unit, Stepping Hill Hospital.

Assessment Unit: 0161 419 4721

Jasmine Ward: 0161 419 5508

24 hours a day every day via the Jasmine Ward.

Social Care

Our normal office hours are 8.30am – 5pm Monday – Thursday, and 8.30am – 4.30 pm on Friday. To get in touch with Adult Social Care or Stockport Family during normal office hours, please contact:

Adult Social Care – 0161 217 6029 or visit

www.mycaremychoice.org.uk

Stockport Family – 0161 217 6028

Outside of these hours, the out of hours service is available to provide emergency social work support to people in crisis. This includes: Concerns about or problems with a child or young person; Older people who are at risk and need immediate help; People with mental health problems in times of crisis, and; Concerns about a person with a physical, sensory or learning disability

The out of hours service can be contacted on 0161 718 2118 and they operate between 5pm – 8.30am Monday – Thursday, 4.30pm Friday – 8.30am Monday, and provide 24 hour cover over Bank Holiday periods.

Let's get Physical

Spring is just around the corner so with the much lighter evenings on their way, it's time to get physical!

Being unfit puts a real strain on your body and means you're more likely to be affected by a long term health condition – which nobody wants.

Recent studies have shown physical inactivity to be as dangerous to your health as being overweight so just because you're slim don't fall into the trap of thinking you don't need to exercise – we all need to do it.

Doing as little as a brisk 20 minute walk each day will help you live up to five years longer and it also likely to keep you happier and healthier.

Often you'll hear about doing 30 minutes of exercise for at least 5 days but can vary that as

long as you do the recommended 150 minutes in a week.

You don't need to do your 20 or 30 minutes of exercise all at once – you can do it in smaller chunks and add it together - and it doesn't need to cost you anything either.

Walking is underrated as a form of exercise, but it's free and one of the easiest ways to get more activity into your day.

However any activity will do - walking briskly, dancing, cycling – as long as it makes you a bit out of breath or feel warm.

For tips on easy ways to get active and keep healthy visit www.healthystockport.co.uk

Useful contacts

NHS 111 - when you need medical help but it's not life threatening simply call 111.

Mental Health Access and Crisis team
(24 hour) 0161 419 4678

Stockport without Abuse 0161 477 4271

Samaritans 0161 432 1221

Shelter 0808 800 4444

Age UK 0161 480 1211

Wellspring 0161 477 6344

Drinkline 0300 123 1110

Signpost for carers 0161 442 0442

A free interpreting service is available if you need help with this information: 0161 477 9000 eds.admin@stockport.gov.uk

如果你需要幫助去了解這份文件的內容，我們可以提供免費的傳譯服務。 eds.admin@stockport.gov.uk 0161 477 9000

اگر در مورد این اطلاعات احتیاج به کمک داشتید سرویس خدمات مترجمی رایگان موجود است eds.admin@stockport.gov.uk 0161 477 9000

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